



BASEBALL
NEW SOUTH WALES

2025 Performance Pathway Program Information Pack



Introduction

Baseball NSW will once again be conducting our U18 Performance Pathway Program (PPP) for 2025 and are now calling upon players who wish to trial for this program. Age eligibility for this program are players born in 2008 or 2009.

Players in the PPP will be selected via a combination of automatic invites and a trial process. Those players automatically selected will be advised by email.

Please note that players wishing to trial for this program should be of a representative standard for their charter or to potentially represent NSW at the U18 level.

Program length

The Performance Pathway Program will run over a **10-week period between June 24 and August 28, 2025.**

This 10-week program comprises of 2 x 3 hour training sessions per week.

Sessions will take place at:

- Blacktown International Sports Park (Diamond 1)
- **6pm to 9pm on Tuesday and Thursday nights**

Program content

All players will receive the following content:

- Baseball specific skill development
- Arm velocity development
- Running speed development
- Bat speed development
- Strength + Conditioning
- Incorporation of modern technology such as Rapsodo, Blast Motion
- Game play/awareness
- Mental Skills Development



Program cost

The cost of the program this year will be approximately \$1050 per player.

Trials

Trials for the program will be held on the following dates from 6pm - 9pm:

- Tue 29th April 2025
- Thu 1st May 2025
- Tue 6th May 2025
- Thu 8th May 2025

Venue

Blacktown International Sports Park (Diamond 1)

Please note that players may be released from the trial process by BNSW High-Performance Staff anytime after trial 2 or trial 3 if in their opinion those players will be unsuccessful in selection.

Registration

To register [click here](#)

For any enquires please contact Grahame Cassel, Baseball Development Manager on grahame@baseballnsw.com.au

Registrations to trial will end at midnight Sunday 27th April, 2025.



Pre and Post Program Physical Testing

Sydney West Sports Medicine (situated at the new world class BEST facility located in BISP) will assist BNSW High Performance staff in conducting pre and post program testing which will also double up as testing for State Team selection.



Strength + Conditioning Program

The Strength + Conditioning Program is written by Driveline in conjunction with BNSW High Performance staff and will be implemented by our Program S & C coaches.



Running Speed Development

BNSW sprint coach David Nannes will be providing our players with a program designed to increase their running speed, mobility and agility. The program will be baseball specific - provide Dynamic Warm-Ups, progressive speed programming, cool down programming, and ancillary programs such as flexibility and mobility.



David Nannes

Driveline TRAQ

Baseball NSW's partnership with Driveline Baseball allows us access to the player management system known as Driveline TRAQ. Driveline TRAQ will allow us to provide additional programming that players will need to complete in their own time.





RAPSODO profiles

As part of the Baseball NSW's partnership with RAPSODO, all players will receive an invite to their own RAPSODO profile which will contain all the Batted Ball/Pitch ball flight data. This will be sent by e-mail to all participants.



BLAST Motion Bat Sensor Data

Position Player participants will have access to BLAST Motion sensors throughout the program to provide development data on attack angle, bat speed, peak hand speed and rotational acceleration.



College Recruitment

BNSW can provide an introduction to Baseball Australia Player Development Manager Andrew Riddell who can guide you through the USA College entry requirements



Mental Fitness

Prime Mind Coaching - 12 week program combining Neuroscience, practical examples and relatable content to provide a proactive insight into building mental skills fundamentals. The program will cover Motivation, Fear, Goal Setting, Self Talk, Managing Expectations, Perception, Resilience and accountability, Sleeping for Performance, Nutrition, Preparing the Body for Movement.

