



ILLAWARRA DEVELOPMENT HUB

PLAYER DEVELOPMENT PROGRAM · SOUTHERN REGION

Tuesdays & Thursdays · 6:00pm - 8:00pm

Cringila · Wollongong

In Partnership with the
Illawarra Academy of Sport





ABOUT THE PROGRAM



The Illawarra Development Hub is a player development program designed to identify, challenge, and elevate baseball players across the Southern Region.

Twice a week under the lights at Cringila Baseball Park, players selected for the development hub work within a structured environment, delivered by accredited coaches.

The program will aim to guide player's personal baseball growth. This includes honing on-field skills, increasing baseball IQ, and maintaining high levels of strength and conditioning.



PROGRAM PILLARS

Skill Development

Advanced hitting, pitching, field and game development sessions crafted for performing players looking to go further.



Pathway Focus

A clear bridge to representative and state-level competition. Coaches who know what it takes and how to get you there.



Performance Monitoring

Regular assessment, individual feedback and goal-setting to track your development and keep standard high.



Competitive Culture

Train alongside Illawarra's best. Raise your level through a culture that demands the best every session.





THE PARTNERSHIP



Powered by the Illawarra Academy of Sport

Players gain access to athlete services delivered by the Illawarra Academy of Sport. The IAS has been a centre of excellence since 1985 developing over 8,000 athletes and producing Olympians, world champions, and senior national representatives.

Group Strength & Conditioning sessions - University of Wollongong Sports Hub

Through Lumin sports athlete management system, players access Professional strength and conditioning programs designed to build athletic capacity, reduce injury risk, and maximise on-field performance.

Monday: 18-15 years old

Friday: 14-12 years old

Sport-Specific Education: Workshops delivered face to face in term 1, 2027

An education curriculum tailored specifically to athlete development. It will cover topics ranging from general sports science to nutrition and recovery with an emphasis on athlete welfare.

Personal Development: Workshops delivered face to face in term 1, 2027

Leadership, resilience and life-skills workshops that develop well-rounded people and future community leaders.

Additional Benefits of the IAS

Discounted access to other allied health services partnered with IAS such as BaiMed, Condor Performance and Embody Nutrition.

All workshops will be delivered at the University of Wollongong (Wollongong Campus) or University of Wollongong (Shoalhaven Campus).

Continued access to Illawarra Academy of Sport offerings are available upon the completion of the program for a termly fee.





TRIAL SCHEDULE



Cringila Baseball Park



6:00pm - 8:00pm

July 7th

July 9th

July 10th

(if needed)



PROGRAM



Cringila Baseball Park



6:00pm - 8:00pm

Program Length

4th of August -
22nd of September

Training Days

Tuesdays & Thursdays

Eligibility

Your Child must be a
minimum of 12yrs old to a
maximum of 18yrs old on or
before the 31st of December

Cost

\$590 + Uniform Pack (Polo,
Training shirt, Training Shorts,
and a Hoodie)

Being selected in the program is an exciting opportunity and an important step in the Country baseball pathway. The program provides players with access to high-quality coaching, advanced skill development.

For aspiring players with NSW Country representative ambitions, the program offers the experience, exposure, and development needed to take their game to the next level.