

**BO JACKSON'S  
ELITE SPORTS**

— BO JACKSON'S ELITE SPORTS —  
**WINTER PROGRAMMING**  
FOR AGES 3-18

2017 - 2018



*Bo Jackson's*  
**ELITE SPORTS**  
TRAINING ATHLETES INSIDE-OUT

**[www.bjesLockport.com](http://www.bjesLockport.com)**  
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**Get Back in the Game —  
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## **Top-Ranked Sports Medicine Experts.**

As team physicians for the Chicago Bulls, Chicago White Sox and Chicago Fire Soccer Club, we are experts in treating athletes.

The experienced physicians of Midwest Orthopaedics at Rush are here to provide expert orthopedic care to help athletes get back to playing their sport at the highest level.

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ORTHOPAEDICS  
*at* RUSH

IT'S HOW ORTHOPEDIC CARE SHOULD BE

## OUR PHILOSOPHY

Bo Jackson's Elite Sports (BJES) is renowned as one of the leading indoor sports training centers in the country. As an air-supported structure we offer 88,000 square feet of unique training space for athletes, with clear spans and 72' high ceilings. BJES allows training opportunities for turf sport teams (baseball/softball, football, soccer, and lacrosse) as well as to individual athletes, of any sport, who desire to improve athleticism and personal leadership skills. BJES is home to Cangelosi Baseball, Bo Jackson's Football, Bo Jackson Softball, B.S.F. Performance. Our team has developed an extraordinary model for player development that is delivered to athletes by our professional staff of coaches. At BJES we are dedicated to "Training Athletes Inside Out" which speaks to our training philosophy to not only provide skill training, but also develop the whole athlete. From a training standpoint, we are rooted in the belief that developing athletes to be "Bigger, Stronger, Faster" gives them a competitive edge. We believe "there is an elite performer in all of us" and we are committed to helping each athlete realize his/her path to excellence.

## 2 CANGELOSI BASEBALL

## 5 BO JACKSON SOFTBALL

## 6 PRIVATE LESSONS

## 7 B.S.F. PERFORMANCE

## 8 BO JACKSON FOOTBALL

## 11 RENTALS

## 12 MEMBERSHIPS



## COLLEGE DEVELOPMENT CAMP

This camp is for high school baseball players who aspire to play at the next level.

### FEATURES

- 40 D-I coaches instruct at the camp
- Scouted by many coaches from D-II, D-III, NAIA and Junior Colleges
- Registration gives the athlete two sessions (1 each weekend) same format each weekend, different college coaches.
- No other camp provides you with such direct access to college coaches
- The camp is open to any and all entrants limited only by number, gender and age
- No refunds

**DATE:** 10/27-10/29 & 11/3-11/5  
**DAY:** FRI, SAT, OR SUN  
**AGES:** H.S. AGED PLAYERS  
**TIME:** SEE WEBSITE  
**PRICE:** \$395 POSITIONAL PLAYER  
 \$195 PITCHERS  
 \$495 COMBO PLAYERS

## WINTER HITTING LEAGUE

The Winter Hitting League is designed to allow a player to develop and understand his hitting approach. Each week, players will focus on situational hitting in the cages. They will then head onto our infield for a scored 4 at-bat game. Scores will be posted weekly online. The top two hitters in each division will receive gift certificates.

### FEATURES

- League is focused on Situational Hitting
- Sports Performance Training with B.S.F.
- Pre-game hitting instruction from John Cangelosi and staff
- Competitive On-Field Situational Hitting League
- On average, players will receive 4 on-field at bats each game
- Top 2 hitters in each age division will receive gift certificates

### FORMAT

- 40 minutes in-cage hitting with John Cangelosi & staff
- 40 minutes on-field competition
- 40 minutes sports performance training with B.S.F.

**DATE:** 11/1-12/23  
**DAY:** TUES OR SAT  
**AGE:** 8-18  
**TIME:** SEE WEBSITE  
**LENGTH:** 8 WEEKS  
**PRICE:** \$395

## YOUNG GUNS WINTER LEAGUE

With a focus on hitting the "Young Guns" program is designed to introduce proper baseball development at an early age. Surrounding young players with our staff's experience and respect for the game will give them a huge edge in becoming tomorrow's elite player. The younger we get kids training with a purpose, the more successful players they will be down the road.

### FEATURES

- Allows players to concentrate on their individual development at a young age
- Progressive hitting drills from week to week
- Competitive on-field hitting league
- Top 2 hitters of each division receive gift certificate
- Limited to 16 players per group

### FORMAT

- 40 minutes in-cage hitting with Cangelosi Baseball staff
- 40 minutes on-field hitting league
- 40 minutes athleticism development with BSF staff

**DATE:** 11/7-12/19  
**DAY:** TUES  
**AGES:** 7-9  
**TIME:** 6:00P-8:00P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$285

## LITTLE SLUGGERS WINTER LEAGUE

The Little Sluggers Program is designed to instill a love for the game and all of its skills. We will use "backyard" baseball games to focus on fun ways to experience the game while still learning important skills and rules.

- Wiffle Ball
- Run-downs
- Small-sided games
- Wall Ball

### FORMAT

- 45 minutes of hitting instruction in the batting cages
- 45 minutes of on-field drills/games

**DATE:** 11/11-12/23  
**DAY:** SAT  
**AGES:** 5-7  
**TIME:** 9:30A-11:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$195

## BASEBALL BUDDIES SESSION 1

Baseball Buddies is a program designed for boys and girls that promotes physical literacy in younger children by integrating basic fundamental movement skills and fundamental baseball skills. "Physical Literacy" is defined by Project Play as "the ability, confidence, and desire to be physically active for life".

### FEATURES

- Intro to fun baseball skills & functional movement development
- Participants receive a shirt upon completion of program

For more information:  
 Tyler Thompson (815)221-6002  
 tyler@cangelosibaseball.com

**DATE:** 11/11-12/16  
**DAY:** SAT  
**AGES:** 3-4  
**TIME:** 11:00A-12:00P  
**LENGTH:** 6 WEEKS  
**PRICE:** \$75

## HOLIDAY BASEBALL BASH

Celebrate the holidays with the Cangelosi Baseball staff for our Annual 3-Day Holiday Bash. The first two days will cover offensive and defensive fundamentals, utilizing our batting cages and Major League sized infield. We'll wrap up the program on December 29th with a skills competition and pizza party. Awards will be given out to the top performers at each age group.

**DATE:** 12/27, 12/28, & 12/29  
**DAY:** WED, THUR & FRI  
**AGES:** 6-13  
**TIME:** 9:30A-12:00P 6-9 YR OLDS  
 12:30P-3:00P 10-13 YR OLDS  
**PRICE:** \$165





## HOLIDAY ALL SPORT CAMP

The All-Sport camp will give kids exposure to a variety of sports and activities with enough structure to keep them organized, but enough freedom for them to be creative and have some fun!

Activities Include:

Dodgeball, kickball, freeze tag, sharks & minnows, capture the flag, etc...

**DATE:** 12/26-12/29  
**DAY:** TUES - FRI  
**AGES:** 5-13  
**TIME:** 9:00A-12:00P  
**PRICE:** \$120

## 40/80 CLUB

We've designed an elite training program specifically for high school infielders, outfielders, and catchers that will focus on developing a player's complete game. We have built a four month program that will cover: advanced hitting philosophy with the help of video analysis and ProBatter PX2, position-specific defensive drills, and BSF Performance Training. This program is designed for the player who is willing to dedicate himself to a focused baseball training program that will elevate his game. We will run this program 3x a week for 2 hours.

We have allocated, what we call our most advanced tool, the ProBatter PX2, for players to have access to for the entire 80 hours of this program. ProBatter PX2 gives our players the ability to see velocity up to 100 mph and implement the mechanical adjustments they've been trying to make in the cage. This tool will give our players a huge edge over the competition come the spring time.

**DATE:** 11/11-2/24  
**DAY:** MON, THUR & SAT  
**AGES:** 14-18  
**TIME:** SEE WEBSITE  
**LENGTH:** 4 MONTHS  
**PRICE:** \$1760 (BILLED \$440 PER MONTH)

## CAVE VELOCITY PROGRAM

The CAVE Velocity and Strength program has been re-engineered for high school baseball players to create a base that will develop into a stronger and healthier arm, and a template for in-season arm care.

Simply stated, this program will add

velocity by producing strength, speed and a cleaner arm action. This program is designed to benefit both pitchers and position players who are looking to achieve these goals. The CAVE program will entail the most researched and science based methodologies. Our program is a collection of some of the greatest minds in pitching when it comes to arm care and injury prevention. It will also be implemented in adherence to Dr. Andrew's PitchSmart Guidelines.

**DATE:** 11/11-2/24  
**DAY:** MON, THUR & SAT  
**AGES:** 14-18  
**TIME:** SEE WEBSITE  
**LENGTH:** 4 MONTHS  
**PRICE:** \$1400 (BILLED \$350 PER MONTH)

## CACTUS LEAGUE

The Cactus League is designed to build winning baseball players by developing championship defense. Each player will get focused, position-specific attention and take advantage of our Major League sized infield. In the cages, hitters will see increased velocity week to week to prepare each player for their season.

### FEATURES

- Cactus League is focused on defensive training
- Hitting instruction with John Cangelosi & staff
- Throwing program to develop proper throwing mechanics for all positions
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills
- Sports Performance Training

### FORMAT

- 40 minutes of sports performance training
- 40 minutes of in-cage hitting instruction with John Cangelosi & Staff
- 40 minutes on-field defensive instruction

**DATE:** 1/9-2/27  
**DAY:** TUES OR SAT  
**AGES:** 8-18  
**TIME:** SEE WEBSITE  
**LENGTH:** 8 WEEKS  
**PRICE:** \$395

## YOUNG GUNS CACTUS LEAGUE

With a on-field focus on defense the "Young Guns" program is designed to introduce proper baseball development at an early age. Surrounding young players

with our staff's experience and respect for the game will give them a huge edge in becoming tomorrow's elite player. The younger we get kids training with a purpose, the more successful players they will be down the road.

### FEATURES

- Allows players to concentrate on their individual development at a young age
- Progressive hitting drills from week to week
- Fundamental infield drills and absolutes
- Throwing program that promotes accuracy & proper mechanics
- Proper outfield play and base running techniques
- Limited to 16 players per group

### FORMAT

- 40 minutes in-cage hitting with Cangelosi Baseball staff
- 40 minutes of on-field defensive instruction
- 40 minutes of agility & athleticism development with BSF staff

**DATE:** 1/9-2/27  
**DAY:** TUES  
**AGES:** 7-9  
**TIME:** 6:00P-8:00P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$325

## LITTLE SLUGGERS CACTUS LEAGUE

The Little Sluggers Program is designed to instill a love for the game and all of its skills. We will use "backyard" baseball games to focus on fun ways to experience the game while still learning important skills and rules.

- Wiffle Ball
- Run-downs
- Small-sided games
- Wall Ball

### FORMAT

- 45 minutes of hitting instruction in the batting cages
- 45 minutes of on-field drills/games

**DATE:** 1/13-2/24  
**DAY:** SAT  
**AGES:** 5-7  
**TIME:** 9:30A-11:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$195

## BASEBALL BUDDIES SESSION 2

Baseball Buddies is a program designed for boys and girls that promotes physical literacy in younger children by integrating basic fundamental movement skills and fundamental baseball skills. "Physical Literacy" is defined by Project Play as "the ability, confidence, and desire to be physically active for life".

### PROGRAM DETAILS

- Intro to fun baseball skills & functional movement development
- Participants receive a shirt upon completion of program

For more information:  
Tyler Thompson (815)221-60020  
tyler@cangelosibaseball.com

**DATE:** 1/6-2/10  
**DAY:** SAT  
**AGES:** 3-4  
**TIME:** 11:00A-12:00P  
**LENGTH:** 6 WEEKS  
**PRICE:** \$75

## HIGH SCHOOL PRE-SEASON WORKOUTS-POSITIONAL PLAYERS

This program is designed for position players looking to make an impact on their high school team this spring. Meeting on Sunday evenings, this seven week program includes sports performance training with BSF, in-cage hitting, and on-field defensive work.

### FORMAT

- 1-hour explosive power and agility training with BSF Performance
- 1-hour professional hitting
- 1-hour on-field defensive instruction

**DATE:** 1/7-2/25  
**DAY:** SUN  
**AGES:** 14-18  
**TIME:** 7:00P-10:00P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$520

## HIGH SCHOOL PRE-SEASON WORKOUTS-PITCHERS

This program is designed for pitchers looking to get an edge on their competition come the high school season. This program won't only get you ready physically, but will also breakdown the mental side of pitching.

### FORMAT

- Build arm strength, pitcher fielding practice, bullpens
- 1-hour of pre-season pitching program
- 1-hour of training with BSF Performance with an emphasis on arm care, core, and legs

**DATE:** 1/7-2/25  
**DAY:** SUN  
**AGES:** 14-18  
**TIME:** 7:00P-9:00P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$350

## ROUND ROBIN TOURNAMENTS

Don't let the cold delay your team from getting ready for the spring season. Come join us at the dome for late night double headers in February and March. Teams will have access to pre-game hitting 1 hour prior to their first game.

### FORMAT

- Max teams: 6
- 2 games: 1 hr 15 min time limit
- Game times: 10:15P & 11:45P
- Pre-game: 1 hr pre-game hitting 9:15P-10:15P
- Umpires: 1 per game

**DATE:** FEB - MAR  
**AGES:** 9U-11U  
**TIMES:** SEE WEBSITE  
**PRICE:** \$275 PER TEAM

**GET YOUR TEAM THE TRAINING THEY DESERVE THIS WINTER!**



NOVEMBER - DECEMBER



JANUARY - FEBRUARY

### FEATURES

- Each Program Is 8 Weeks
- 16 Hours Of Instruction Per Program
- Register 8 Or More Players & Receive Member Discount
- Teams Stay Together During Rotations
- 40 Minutes Of Fielding
- 40 Minutes Of Hitting With Cangelosi Baseball Staff
- 40 Minutes Of BSF Sports Performance Training

**ONLY \$355.50 PER PLAYER WHEN REGISTERING 8 OR MORE PER PROGRAM**

## WINTER HITTING LEAGUE

The Winter Hitting League is designed to allow a player to develop and understand her hitting approach. Each week, players will focus on situational hitting in the cages. They will then head onto our infield for a scored 4 at-bat game. Scores will be posted weekly online. The top two hitters in each division will receive gift certificates.

### FEATURES

- League is focused on situation hitting
- Includes sports performance training
- Pre-game hitting instruction from Bo Jackson softball staff
- Competitive on-field situational hitting league
- On average, players will receive 4 on-field at bats each game
- Top 2 hitters in each age division will receive gift certificates

### FORMAT

- 40 minutes in-cage hitting with Bo Jackson softball staff
- 40 minutes on-field competition
- 40 minutes sports performance training

**DATE:** 11/2-12/21  
**DAY:** THUR  
**AGES:** 8-14  
**TIME:** 6:00P-8:00P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$300

## CACTUS LEAGUE

The old adage says "defense wins championships"... The Cactus League is designed to build winning softball players by developing speed and defense. Each player will get focused, position-specific attention as well as coaching in team defense concepts. Cactus League takes advantage of our full-size infield which allows for "live" softball reps to prepare the player for her season.

### FEATURES

- Cactus League is focused on defensive training
- Hitting instruction with Bo Jackson softball staff
- Throwing program to develop proper throwing mechanics for all positions
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills

### FORMAT

- 40 minute in-cage hitting with Bo Jackson softball staff
- 40 minute defensive work on field
- 40 minutes sports performance training with BSF

**DATE:** 1/4-2/22  
**DAY:** THUR  
**AGES:** 8-14  
**TIME:** 6:00P-8:00P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$345



## ROUND ROBIN TOURNAMENTS

Don't let the cold delay your team from getting ready for the spring season. Come join us at the dome for late night double headers in February and March. Teams will have access to pre-game hitting 1 hour prior to their first game.

### FORMAT

Max Teams: 6  
 Games: 2 games (1 hr 15 min time limit)  
 Game times: 10:15pm and 11:45pm  
 Pre Game: 1 hour pre-game hitting (9:15pm-10:15pm)  
 Umpires: 1 per game

**DATE:** FEB - MAR  
**AGES:** 9U-18U  
**TIMES:** SEE WEBSITE  
**PRICE:** \$275 PER TEAM







## BASEBALL & SOFTBALL PRIVATE LESSONS

### PRACTICE TURNS THEORY INTO TECHNIQUE, TECHNIQUE INTO HABIT, & HABIT INTO REACTION.

**W**e have designed a proven approach for player development. Our professional instruction and expert evaluation helps players advance effectively and develop the skills needed to succeed in the game. Whether the player is just starting to play baseball/softball or is pursuing a college scholarship our staff has the credentials, knowledge and passion to impact each player.

#### HOUSE INSTRUCTORS

Individual Lesson – \$55

LESSONS	BREAKDOWN	TOTAL
4 pack	\$51/lesson	\$204
8 pack	\$48/lesson	\$384
18 pack	\$45/lesson	\$810
10% off for members		

#### HOUSE PLUS INSTRUCTORS

Individual Lesson – \$65

LESSONS	BREAKDOWN	TOTAL
5 pack	\$62/lesson	\$310
10 pack	\$60/lesson	\$600
20 pack	\$57/lesson	\$1140
10% off for members		

#### PROFESSIONAL INSTRUCTORS

Individual Lesson – \$75

LESSONS	BREAKDOWN	TOTAL
5 pack	\$72/lesson	\$360
10 pack	\$70/lesson	\$700
20 pack	\$68/lesson	\$1360
10% off for members		

#### QUESTIONS

For more information or to schedule a lesson please contact our front desk staff at:

**PHONE**  
(815)221-6000



# GET MOVING THIS WINTER

**B★S★F**  
 PERFORMANCE

**BIGGER**

**STRONGER**

**FASTER**


## SEMI-PRIVATE MEMBERSHIPS

For athletes and individuals high school and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive program is designed.

### MONTH-TO-MONTH MEMBERSHIP PRICE

\$250 Non-Member/Month  
\$225 Member/Month

### 6 MONTH MEMBERSHIP PRICE

\$200 Non-Member/Month  
\$180 Member/Month

### 12 MONTH MEMBERSHIP PRICE

\$165 Non-Member/Month  
\$150 Member/Month

\* Each additional family member receives 20% off the monthly membership fee.

\*\* All memberships are automatically billed on a monthly basis. Requires credit card on file.

## YOUTH DEVELOPMENT PROGRAMS

B.S.F. Youth Training Programs are 60 minute, small group, sports performance programs designed to develop a fundamental strength and athletic basis for grade school & junior high athletes of all sports. Programs are split into junior high and grade school age groups and have a strong focus on long-term athletic development.

### 12 MONTH MEMBERSHIP PRICE

\$80 Non-Member/Month  
\$70 Member/Month

YOUTH DEVELOPMENT MEMBERSHIP  
ALLOWS ACCESS TO ALL 8 WEEK BSF  
PROGRAMS THAT RUN THROUGHOUT THE  
YEAR.

THE COST FOR INDIVIDUALS  
REGISTERING FOR BSF YOUTH 8 WEEK  
PROGRAMS IS \$320 PER PROGRAM

\* Each additional family member receives 20% off the monthly membership fee.

\*\* All memberships are automatically billed on a monthly basis. Requires credit card on file.

## TEAM TRAINING

Let B.S.F. coaches design and coach your team's sports performance training. Team training is a great way to gain an advantage over the competition, while simultaneously providing a unique team bonding experience. Team programs are fully comprehensive and address all aspects of sports performance including: mobility, power & strength, speed & agility, and conditioning. Team training sessions are 60 minutes long and are available based on scheduling availability.

### PRICE

\$125/hr for groups up to 12 (Includes 1 B.S.F. Staff Member)  
\$150/hr for groups 13-19 (Includes 2 B.S.F. Staff Members)  
\$200/hr for groups 20+ (Includes 2 B.S.F. Staff Members)

## CONTACT

**BRETT VELON, CSCS, PNL**  
DIRECTOR OF SPORTS PERFORMANCE

Email  
**BRETT@BSFPERFORMANCE.COM**

## 1ST & TEN FOOTBALL CAMP

Are you a youth football All-Star? Or maybe football is brand new! No matter your skill level, 1st & Ten is for youth football players of all kinds.

Our athletes will learn fundamentals of the game, have fun with their Bo Jackson teammates, and compete for the title of "Bo-Bowl" champion! 1st & Ten takes place inside the world-class Bo Dome and is the first program in our four-part youth off-season training series.

### FEATURES

- Covers the fundamentals of the game: safe and proper tackling, blocking, throwing, pass catching and coverage
- Weekly competition against your friends in speed and agility drills
- High energy 7-on-7 games
- Instruction from former NFL and D-I athletes
- Each player will receive a Nike Dri-Fit T-shirt

### FORMAT

- Each week we will cover an offensive and defensive position, coupled with speed and agility instruction.
- 40 minutes of offense
- 40 minutes of defense
- 40 minutes of speed and agility

**DATES:** 11/11-12/23  
**DAY:** SAT  
**AGES:** 8-14  
**TIME:** 9:00A-11:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$275



### QUESTIONS

Contact  
**RYAN BAISE**  
 Email

**RBAISE@BOJACKSONSELITESPORTS.COM**

## TWO MINUTE DRILL

Covers the fundamentals necessary at the youth level while presenting new situations to our athletes.

### FEATURES

- Cover the fundamentals of the game through pressure packed situations including the Two-Minute Drill, the Red Zone, the Goal Line, and more
- Athletes will be taught to think like a coach and challenged to understand the many stages of each football game
- Speed and agility competition gives our athletes the advantage on the football field while preparing them for other sports as well
- Situational scrimmages and games put new knowledge to the test
- Instruction from former NFL and D-I athletes
- Each player will receive a Nike Dri-Fit T-shirt

**DATES:** 1/6-2/17  
**DAY:** SAT  
**AGES:** 8-14  
**TIME:** 9:00A-11:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$275

## NFL FLAG FOOTBALL

Bo Jackson's NFL Flag Football League offers a great opportunity for your child's growth and development in athleticism. It provides a fun, active environment where children from ages 5 to 9 can learn the fundamentals of team sports.

### FEATURES

- 12 players per team
- 8 on 8 games
- Players will receive NFL flag jersey and flag belt
- 1 hour games
- 1st week of league will be an instructional training camp

**DATES:** SESSION 1: 11/4-12/23  
 SESSION 2: 1/6-2/24  
 SESSION 3: 3/3-4/21  
**DAY:** SAT  
**AGES:** 5-6 & 7-9  
**TIME:** SEE WEBSITE  
**LENGTH:** 8 WEEKS  
**PRICE:** \$180 (7-9 YR OLDS)  
 \$150 (5-7 YR OLDS)

## #WINTHEDAY- SMALL GROUP TRAINING

#WinTheDay is our small group position training for Bo Jackson Football. Together with TNC University and The Quarterback Farm, #WinTheDay brings together several of the top coaches in the Chicago area to provide world-class training for our athletes. #WinTheDay is a mindset. It's an attitude. It's a burning desire to be the best. This program is for experienced youth, junior high, and high school football players who want to develop their skills and get bigger, stronger and faster.

### FOUR SMALL GROUPS ARE OFFERED:

QB, WR/RB, DB/LB, OL/DL

### FORMAT

- 60 minutes small group football training

**DATES:** SESSION 1: 1/9-2/3  
 SESSION 2: 2/6-3/3  
 SESSION 3: 3/6-3/31  
 SESSION 4: 4/3-4/28  
 SESSION 5: 5/1-5/26

**DAY:** TUES & SAT  
**AGES:** 12-18  
**TIME:** TUES 6P-7P  
 SAT 8A-9A

**LENGTH:** 2 TIMES PER WEEK  
 4 WEEKS PER SESSION

**PRICE:** \$200 FOR 1 SESSION  
 \$160 FOR EACH ADDITIONAL SESSION







R·U·N FOOTBALL CLUB

R.U.N. Football Club will be the nation's premier football club for developing youth and high school football players. Powered by Bo Jackson's Elite Sports, R.U.N FC will compete in 7v7 tournaments at the highest levels across the Midwest and the U.S., but our focus will be on developing you as a football player.



#### MEMBERSHIP INCLUDES

- 4 - 8 sanctioned national 7v7 tournaments (the number of tournaments is age dependent)
- Access to 30+ hours of position-specific training through Bo Jackson Football's 'Win The Day' program
- Full line of R.U.N. FC on-field and off-field gear

R.U.N?  
**ARE YOU IN?**

Are you committed to maximizing your potential as a football player?

Will you take the path of least resistance?

Or do you have what it takes to truly be successful?

Only you can make that decision. The will to win is important, but...

**THE WILL TO PREPARE IS VITAL.**



R·U·N FOOTBALL CLUB

**WHO**  
Designed for committed athletes only

**AGES**  
5<sup>th</sup> - 12<sup>th</sup> grade

**TRYOUT DATES**  
12/17, 1/7, or 1/13

SEE WEBSITE FOR FURTHER DETAILS

# UNLEASH YOUR INNER DEMON.

AT YOUR DODGE PERFORMANCE HEADQUARTERS



SRT



392  
HEMI

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Guest's  
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DODGE

CHRYSLER

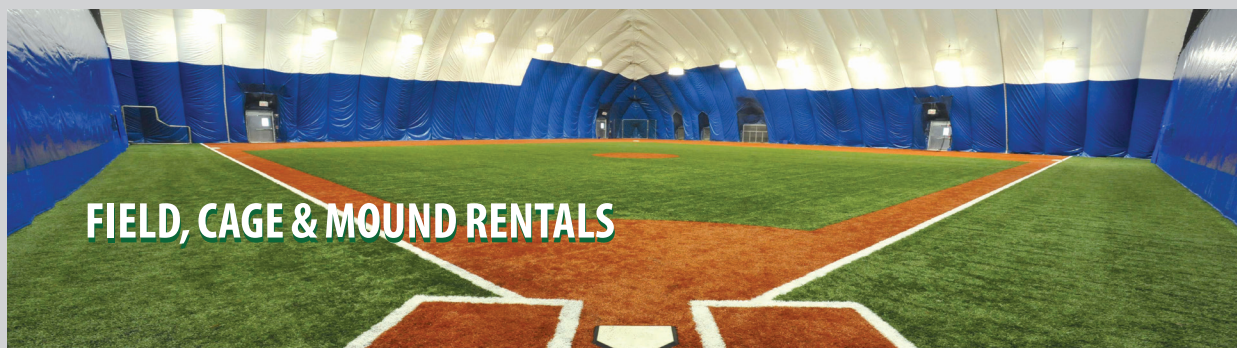
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RAM



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## FIELD, CAGE & MOUND RENTALS

### MAJOR LEAGUE INFIELD

Cangelosi Baseball's Major League infield provides a unique, unobstructed, playing surface for all ages. The field can be configured with base paths from 60 feet up to 90 feet. The full field measures 125' by 125'.

- \$225/hr

### MULTI-USE FIELD

Our multi-use field measures 190' x 100'. This allows multiple sports to take advantage of the large practice space. Great space for outfield training, infield work, football, soccer, lacrosse along with many more turf sports.

- \$225/hr

### CAGE/MOUND RENTALS

All of our batting cages have Iron Mike pitching machines, L-Screen and Tees. Walk-ins are welcome based on availability.

- Batting Cage – \$40/hr & \$30/half hr
- Pitching Mound – \$40/hr & \$30/half hr

### BSF TEAM TRAINING

Let B.S.F. coaches design and coach your team's sports performance training. Team training is a great way to gain an advantage over the competition, while simultaneously providing a unique team bonding experience. Team programs are fully comprehensive and address all aspects of sports performance. Team training sessions are 60 minutes long and are available based on scheduling availability. Team training is not just limited to baseball and softball but is also available for team sports such as lacrosse, volleyball, basketball, swim, cheer, etc.

- \$125/hr for groups up to 12 (Includes 1 B.S.F. Staff Member)
- \$150/hr for groups 13-19 (Includes 2 B.S.F. Staff Member)
- \$200/hr for groups 20+ (Includes 2 B.S.F. Staff Member)



## BOOK YOUR TEAMS WINTER PRACTICES AT THE DOME

Looking for some practice field time this winter? We have weekday and weekend time slots available on our Major-League sized infields, Multipurpose and batting cages. The facility provides a unique training experience for teams of all levels. Reach out to us to plan your team's winter training experience!

Contact  
**RYAN MALONE**  
 Email

**RYAN@BOJACKSONSELITESPORTS.COM**



## BASEBALL & SOFTBALL CAGE MEMBERSHIP

Unlimited batting cage use including  
Iron Mike machine  
- 24 hour advanced booking suggested  
- Walk-ins based on availability  
- 1/2 hour sessions

### CAGE MEMBERSHIP MONTHLY FEE

Individual \$75	2 Siblings \$110	Family \$130
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## BASEBALL & SOFTBALL ELITE MEMBERSHIP

### BATTING CAGES

Unlimited batting cage use including  
Iron Mike machine  
- 24 hour advanced booking suggested  
- Walk-ins based on availability  
- 1/2 hour sessions

### PROFESSIONAL INFILDT USE NOV - MAY:

- Members may use the infield  
Mon - Fri from 4p - 6p  
- An instructor will be provided  
from 5p - 6p

### PROFESSIONAL INFILDT USE JUN - OCT:

- Members are able to access fields  
whenever they are not in use

### ADDITIONAL BENEFITS

- 10% off of all B.S.F. memberships  
- 10% discount on camps & clinics  
- 10% off private lessons  
- Membership Dri-Fit Tshirt

### ELITE MEMBERSHIP MONTHLY FEE

Individual \$110	2 Siblings \$175	Family \$200
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## ALL MEMBERSHIPS ARE 12 MONTHS

**1 year contracts billed  
monthly. All memberships  
are automatically renewed  
on an annual basis unless  
canceled by member.**

**OUR MISSION IS TO INSTILL A LOVE AND RESPECT FOR THE  
GAME BY PROVIDING THE HIGHEST QUALITY FACILITIES AND  
PROFESSIONAL INSTRUCTION.**

## BASEBALL & SOFTBALL ELITE PLUS MEMBERSHIP

ALL OF THE SAME BENEFITS OF  
THE ELITE MEMBERSHIP PLUS 24  
WEEKS OF PLAYER DEVELOPMENT  
PROGRAMS. CHOOSE 3 OF OUR 4  
YEAR ROUND PROGRAMS:

### FALL BALL

Sept - Oct - 8 week program  
\*Elite Plus Members receive a \$300  
towards the fall program of their  
choice.

### WINTER HITTING LEAGUE

Nov - Dec - 8 week program

### CACTUS LEAGUE

Jan - Feb - 8 week program

### SPRING TRAINING

Mar - Apr - 8 week program

### ELITE PLUS MEMBERSHIP MONTHLY FEE

Individual \$165	2 Siblings \$275	Family \$375
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## BSF SPORTS PERFORMANCE SEMI PRIVATE MEMBERSHIP

For athletes and individuals High School and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive program is designed.

### MONTH TO MONTH

\$250/Monthly- Non-Member  
\$225/Monthly- Dome Member

### 6 MONTH MEMBERSHIP

\$200/Monthly- Non-Member  
\$180/Monthly- Dome Member

### 12 MONTH MEMBERSHIP

\$165/Monthly- Non-Member  
\$150/Monthly- Dome Member

## BSF SPORTS PERFORMANCE YOUTH DEVELOPMENT PROGRAM

B.S.F. Youth Training Programs are 60 minute, small group, sports performance programs designed to develop a fundamental strength and athletic bases for grade school & junior high athletes of all sports. Programs are split into junior high and grade school age groups and have a strong focus on long-term athletic development.

### 12 MONTH MEMBERSHIP

\$80/Monthly- Non-Member  
\$70/Monthly- Dome Member

# *The* **G**SERIES



**01 PRIME**

**02 PERFORMANCE**

**03 RECOVERY**

## **GATORADE HAS EVOLVED**

THE G SERIES IS A COMBINATION OF FLAVOR SUPPLEMENTS  
WITH VITAMINS, CARBS, AND ELECTROLYTES TO IMPROVE ATHLETIC PERFORMANCE

[WWW.GATORADE.COM](http://WWW.GATORADE.COM)

*Be Jackson's*  
**ELITE SPORTS**  
TRAINING ATHLETES INSIDE-OUT

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OFFICIAL PARTNERS

