

BO JACKSON'S ELITE SPORTS

BO JACKSON'S ELITE SPORTS

Spring & Summer Programming

FOR AGES 3-18

2018



Bo Jackson's
ELITE SPORTS
TRAINING ATHLETES INSIDE-OUT

www.bjesLockport.com

(815) 221-6000 • 17130 S Prime Blvd, Lockport, IL 60441



**Get Back in the Game —
Go Where the Pros Go.**

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.

**Ranked #5 in the Nation and #1 in Illinois by
U.S. News & World Report.**

To schedule an appointment, call **877-MD-BONES**.
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MIDWEST
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

4 SUMMER CAMPS

5 BO JACKSON FASTPITCH SOFTBALL

6 PRIVATE LESSONS

7 B.S.F. PERFORMANCE

8 BO JACKSON FOOTBALL

11 RENTALS

12 MEMBERSHIPS



SPRING TRAINING

This is the time of year that every Major League player reports to Spring Training to prepare for opening day and a long season. At Cangelosi Baseball we designed Spring Training to cover all aspects of the game and get you prepared to compete as a complete player! Spring Training provides you the unique opportunity to hit live pitching, and see the flight of the ball off the bat before opening day.

FEATURES

- Covers all aspects of the game to prepare you for your season
- Progression of training sessions leading to live on-field hitting
- Hitting instruction with Cangelosi Staff
- Throwing program to develop proper throwing mechanics for all positions
- Baserunning instruction and drills
- Speed & Agility Training

FORMAT

- 40 minutes in-cage hitting with Cangelosi Baseball staff
- 40 minutes on-field drills & game situations
- 40 minutes sports performance training with BSF staff

DATE: 3/6-4/28
DAY: TUES OR SAT
AGES: 10-14
TIME: TUES 6:00P-8:00P OR SAT 9:00A-11:00A
PRICE: \$395

YOUNG GUNS SPRING TRAINING

With a focus on preparing for the season 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 and proper mechanics

FORMAT

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

DATE: 3/12-4/30
DAY: MON
AGES: 7-9
TIME: 6:00P- 8:00P
LENGTH: 8 WEEKS
PRICE: \$325

LITTLE SLUGGERS SPRING TRAINING

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: 3/10-4/21
DAY: SAT
AGES: 5-7
TIME: 9:30A-11:00A
LENGTH: 7 WEEKS
PRICE: \$195

BASEBALL BUDDIES

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: 2/17-3/24 SESSION 3
 4/7-5/12 SESSION 4
DAY: SAT
AGES: 3-4
TIME: 11:00A-12:00P
LENGTH: 6 WEEKS
PRICE: \$75

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

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

HIGH SCHOOL IN-SEASON "STAY SHARP" WORKOUTS

Do you get the proper amount of swings and attention during the week at your high school practices? We've designed the "Stay Sharp" program for the high school athlete who doesn't want their off-season work to go to waste. The Cangelosi Baseball staff will direct this 8-week program that focuses on keeping your game consistent throughout your high school season.

FEATURES

- Hitting instruction with Cangelosi staff
- Repetitive on-field defensive instruction
- Talk about your at-bats with our staff
- Live simulated at-bats off our ProBatter simulator

FORMAT

- 60 minutes of in-cage hitting instruction
- 60 minutes of on-field defensive drills

DATE: 3/18-5/20
DAY: SUN
AGES: H.S. AGES
TIME: 9:00-11:00A
LENGTH: 8 WEEKS
PRICE: \$350

SUMMER CAMP FEATURING JOHN CANGELOSI

13-year MLB veteran, John Cangelosi, designed these 4-week camps that cover the fundamentals of base stealing, outfielding and bunting. Players will meet on Mondays and Wednesdays for 4 weeks and will work in a small group setting with John Cangelosi. Space is limited to the first 10 players who register.

- DATE:** 6/11-7/11
- DAY:** MON & WED
- AGES:** 9-12
- TIME:** 9:00-11:00A OR 11:00A-1:00P
- LENGTH:** 1 MONTH
- PRICE:** \$360



**CANGELOSI TEAM TRYOUTS
WILL BE HELD IN JULY**



The Blacksox organization is a travel organization that focuses on player development, with teams from 15u-18u. Players are provided with year-round training and complete access to the Bo Jackson Elite Sports Dome. This "elite" membership allows players the opportunity to train on their own schedule and take their game to the next level. During the off-season, our goal is to develop each player's game individually. In-season, mid-week practices are held, and coaches will strive to correct their team's mistakes from the prior weekend. This organization is committed to making you a complete player.

The Cangelosi Sparks organization is an elite travel program with teams at each level from 9u-18u. Sparks players have access to all of the resources that the Bo Dome offers to improve their game and advance to the next level. The program will put players through training designed to accelerate their maturation and readiness for the next step in their respective baseball careers & life.

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



FEATURES

- 8 Week Program
- 16 Hours Of Instruction
- Register 8 Or More Players & Receive Member Discount
- Teams Stay Together During Rotations
- 40 Minutes Of On-Field Drills & Game Situations
- 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



Summer Camps

ALL SPORTS CAMP

The All-Sports Camp Offers Fun Summer Options For Girls & Boys Ages 5-13.

In today's fast-paced and competitive world, we hear the phrase, "Kids need some time to just be kids".....and we agree! The All-Sport camps 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 like "when we were kids!" BJES offers a professional and safe environment where a parent can be confident that their son or daughter will be monitored from check in to check out each day, and that they will be around positive people in a respectful atmosphere.

Sports Activities Include: Wiffleball, Kickball, Dodgeball, Touch Football
 Play Activities Include: Arts & Crafts, Capture the Flag, Scatter Dodge, Water Balloon Toss, Sharks & Minnows

FEATURES

- Week to week registration available
- Several discounts available

DATE: 6/11 THRU 7/29
DAY: MON-FRI
AGES: 5-13
TIME: 9:00-12:00P
LENGTH: 8 WEEKS AVAILABLE
PRICE: \$150 PER WEEK

FUNDAMENTAL BASEBALL CAMP

Whether you want to get ahead of the competition or just want to learn the game of baseball, this camp will provide daily instruction such as hitting, fielding and all other fundamentals of the game. Campers will also learn techniques to help increase their hitting and pitching skills.

FEATURES

- Week to week registration available
- Several discounts available

DATE: 6/25-6/29 OR 7/16-7/20
DAY: MON-FRI
AGES: 7-13
TIME: 9:00-12:00P
LENGTH: 5 DAYS
PRICE: \$225

FUNDAMENTAL FOOTBALL CAMP

Bo Jackson Football's summer camp is recommended for students of all skill and experience levels. The Bo Jackson coaches will introduce the fundamentals necessary to give every athlete the tools for continued development and success. Our week-long camp will feature exciting drills, competitions and gameplay. After all, "BO KNOWS Football!"

FEATURES

- Week to week registration available
- Several discounts available

DATE: 7/9-7/13 OR 7/23-7/27
DAY: MON-FRI
AGES: 7-13
TIME: 9:00A-12:00P
LENGTH: 5 DAYS
PRICE: \$225



DISCOUNTS AVAILABLE

- EARLY BIRD DISCOUNT
- SIBLING DISCOUNT
- MULTI-WEEK DISCOUNT

SUMMER CAMP FEATURING JOHN CANGELOSI

13-year MLB veteran, John Cangelosi, designed these 4-week camps that cover the fundamentals of base stealing, outfielding and bunting. Players will meet on Mondays and Wednesdays for 4 weeks and will work in a small group setting with John Cangelosi. Space is limited to the first 10 players who register, per session.

DATE: 6/11-7/11
DAY: MON & WED
AGES: 9-12
TIME: 9:00-11:00A
LENGTH: 1 MONTH
PRICE: \$360



SOFTBALL SPRING TRAINING

At Bo Jackson Softball we have designed Spring Training to cover all aspects of the game and get you you prepared to compete as a complete player! Spring Training provides you the unique opportunity to hit live pitching, and see the flight of the ball off the bat before opening day.

FEATURES

- Spring Training covers all aspects of the game
- Hitting instruction with Bo Jackson softball staff
- Throwing program to develop proper throwing mechanics for all positions
- Speed and agility training with BSF staff
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills
- Game-like situations and scrimmages

FORMAT

- 40 minutes in-cage hitting with Bo Jackson softball staff
- 40 minutes on-field drills and game situations
- 40 minutes sports performance training with BSF staff

DATE: 3/8-4/26

DAY: THUR

AGES: 7-14

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: 10:15p and 11:45p
- Pre Game: 1 hr pre-game hitting (9:15p-10:15pm)
- Umpires: 1 per game

DATE: FEB - MAR

AGES: 9U-18U

TIME: SEE WEBSITE

PRICE: \$275 PER TEAM



*WHERE
ARE
YOU
GETTING
YOUR
REPS IN?*





BASEBALL & SOFTBALL PRIVATE LESSONS

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

We 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

**RESULTS AREN'T GIVEN
RESULTS ARE EARNED**



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/Month

6 MONTH MEMBERSHIP PRICE

\$200/Month

12 MONTH MEMBERSHIP PRICE

\$165/Month

- * All dome members receive 10% off monthly membership price.
- ** 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 TRIPLE 'S' PROGRAMS (SPEED, STRENGTH & STAMINA)

B.S.F. Youth Triple S Programs are 60 minute, small group, sports performance classes. Classes are designed to build a fundamental athletic base by developing the three "S"s (Speed, Strength & Stamina). Programs are split into grade school & junior high groups and are for athletes of all sports.

FORMAT

- 2 Times Per Week
- 60 Minute Classes
- 6-8 Weeks

PROGRAM DETAILS

- Max of 12 Individuals Per Class
- Participants receive BSF apparel upon completion of program

PROGRAM FEE

- 6 Week Program - \$240
- 7 Week Program - \$ 280
- 8 Week Program - \$320

- * All dome members receive 10% off monthly membership price.
- ** Each additional family member receives 20% off program fee.*

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)

FOR MORE INFORMATION CONTACT

BRETT VELON, CSCS, Pn1
 DIRECTOR OF SPORTS PERFORMANCE

Email
BRETT@BSFPERFORMANCE.COM



SPRING BALL FOOTBALL CAMP

In the life of a football player at any level, spring is the time to sharpen your game mentally and physically. Spring Ball, the third installment in the youth Off-Season Training Program, teaches our players mentality of a college program. Spring Ball delves into what it means to be a smarter football player while covering the fundamentals needed to be successful as a youth football player!

FEATURES

- Learn the football language spoken by the pros!
- The fundamentals of safe, proper tackling, blocking, pass catching and coverage
- Weekly competition against your peers in football speed and agility drills
- 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

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: 3/3-4/14
DAY: SAT
AGES: 8-14
TIME: 9:00A-11:00A
LENGTH: 7 WEEKS
PRICE: \$275

#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 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 6:00P-7:00P
 SAT 8:00A-9:00A
LENGTH: 2 TIMES PER WEEK
 4 WEEKS PER SESSION
PRICE: \$200 FOR 1 SESSION
 \$160 FOR EACH ADDITIONAL SESSION

SUNDAY WORKOUTS

The off-season is THE time to set yourself apart as an athlete. Sunday Workouts are fast-paced, high energy passing game sessions for high school QBs, receivers, running backs, defensive backs and linebackers. Sunday evenings from January to April are your chance to come together with your teammates and compete with the top talent in the Chicago area!

FEATURES

- Focused on passing game fundamentals
- Week to week registration

DATES: 2/11-5/6
DAY: SUN
AGES: H.S. AGES
TIME: 5:00P-7:00P
LENGTH: 6 WEEKS OR 12 WEEKS
PRICE: \$225 FOR 6 WEEKS
 \$395 FOR 12 WEEKS

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: 3/10-4/28
DAY: SAT
AGES: 5-6 & 7-9
TIME: SEE WEBSITE
LENGTH: 8 WEEKS
PRICE: \$180 (7-9 YR OLDS)
 \$150 (5-7 YR OLDS)

TRAINING CAMP

Game time is right around the corner! The fourth installment of the Youth Off-Season Training Program, Training Camp prepares our athletes for the upcoming season. Our coaches will cover the fundamentals, get our athletes in great condition, and put together everything we have worked on this off-season.

FEATURES

- Just like the pros, we'll review the fundamentals before the season starts
- Weekly competition against your peers in football speed and agility drills
- Situational scrimmages and games put new knowledge to the test.
- Conditioning to get our athletes in shape for the season
- Instruction from former NFL and D-I athletes
- Each player will receive a Nike Dri-Fit T-shirt

DATES: 4/28-6/9
DAY: SAT
AGES: 8-14
TIME: 9:00A-11:00A
LENGTH: 7 WEEKS
PRICE: \$275
TIME: 5:00P-7:00P
LENGTH: 9 SESSIONS
PRICE: \$225



QUESTIONS
 Contact
RYAN BAISE
 Email
RBAISE@BOJACKSONSELITESPORTS.COM



IL77 PASSING LEAGUE

Now in it's fifth year, IL77 is the largest off-season high school 7-on-7 passing league in Illinois, with an estimated 32 varsity teams from the Chicagoland area in 2018. Designed to give high school football players the unique opportunity to train as a team, IL77 provides the platform to measure how your school stacks up against other high schools in the greater Chicago area.

During our first four seasons, IL77 attracted dozens of Illinois' top high school programs, including: Lincoln-Way Central, Lincoln-Way West, Carl Sandburg, Marist, Brother Rice, Hinsdale Central, Hinsdale South, Downers Grove North, Lockport, Shepherd, and several others.

The Southern Conference will once again be held at Bo Jackson's Elite Sports. There is room for 16 teams and slots will fill quickly!
Team Entry Only (no individual sign-ups allowed)

Registration Ends: Mon, Apr 2
Regular Season: Sun, Apr 8– Jun 10
Playoffs: 1-day tournament, Sun, Jun 17th
Games Begin: Sun, Apr 8
No Meeting: Sun, May 13

FEATURES

- 45-minute games
- One-hand touch
- Timed QB tee snaps
- IHSA Officials are provided
- Team fee: \$1,250

PRESEASON PREP

Bo Jackson Football's summer Preseason Prep program provides the most complete instruction and football training in the Chicago area. Preseason Prep brings on-the field instruction and a speed/agility/conditioning program that will have you in playing shape and a step ahead of the competition!

FEATURES

- Position-specific, on-field skill development
- Speed, agility and conditioning

DATES: 6/26-7/31
DAY: TUES & THUR
AGES: 8-14
TIME: 5:00P-7:00P
LENGTH: 9 SESSIONS
PRICE: \$275



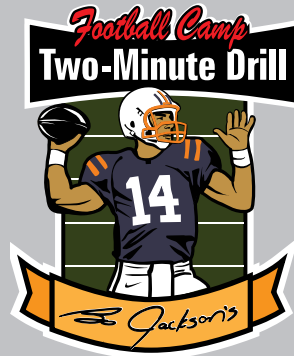
**YOUTH FOOTBALL
Off-Season
TRAINING**

**Ages 8 - 14
7 Week Program
Saturdays
9am - 11am
\$ 275**



NOVEMBER - DECEMBER

First & Ten covers the fundamentals of safe tackling and blocking, pass catching and coverage, and what it means to be a safe, smart football player. Each week our athletes are challenged with a new position to help them become a more complete football player.



JANUARY - FEBRUARY

As the second installment of the youth Off-Season Training Program, Two-Minute Drill builds on the progress made during 1st and Ten. In session two, our coaches continue to cover the fundamentals necessary at the youth level while presenting new situations to our athletes.



MARCH - APRIL

In the life of a football player at any level, spring is the time to sharpen your game mentally and physically. Spring Ball, the third installment in the youth Off-Season Training Program, teaches our players mentality of a college program. Spring Ball delves into what it means to be a smarter football player while covering the fundamentals needed to be successful as a youth football player!



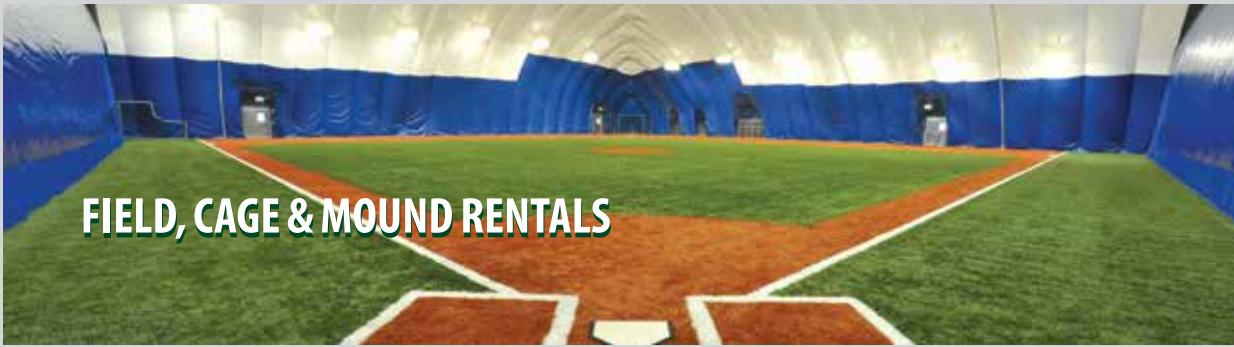
MAY - JUNE

Game time is right around the corner! The fourth installment of the Youth Off-Season Training Program, Training Camp prepares our athletes for the upcoming season. Our coaches will cover the fundamentals, get our athletes in great condition, and put together everything we have worked on this off-season.



FUEL YOUR GAME FROM THE FIRST PITCH TO THE LAST OUT. WIN FROM WITHIN.

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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 TEAM'S PRACTICES AT THE DOME

Looking for some practice field time this spring? 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 spring training experience!

Contact
RYAN MALONE
 Email

RYAN@BOJACKSONSELITESPORTS.COM

BOOK YOUR WINTER PRACTICE TIME AT THE DOME BEGINNING IN JUNE!

**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 INFIELD USE NOV - MAY:

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

PROFESSIONAL INFIELD 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
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12 MONTH MEMBERSHIP

\$165/Monthly- Non-Member
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**BSF PERFORMANCE
MEMBERSHIP INQUIRIES**

Brett Velon, CSCS, Pn1
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 BRETT@BSFPERFORMANCE.COM

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