

WINTER GUIDE 2019/2020

- BASEBALL
- FOOTBALL
- SOFTBALL
- SOCCER
- LACROSSE
- SPORTS PERFORMANCE

Be Jackson's
ELITESPORTS
TRAINING ATHLETES INSIDE-OUT
LOCKPORT, ILLINOIS



**80 JACKSON'S
ELITE SPORTS**

BJESCOLUMBUS.COM

(614) 528-4555 • 4696 COSGRAY RD, HILLIARD, OH 60441

SUCCESS STORY



JASMIN SINGH

College Liftoff
Class of 2014

Queen's University
of Charlotte

**Business
Administration**
Major

**Soccer
and Lacrosse**
Varsity Athlete



When we started working with Jasmin (College Liftoff Class of 2014), we began with two things: the first, determining what role she wanted to play sports in college (varsity, club or intramural); and second, her best career path.

After about 40 hours of extensive career development work, we determined that varsity soccer and a Bachelor's in Business Administration and Management were the right fits for Jasmin. So, we helped her search for colleges that were excellent at both.

We negotiated with several universities, and Jasmin picked Queen's University of Charlotte. From there we negotiated further with the soccer coach to get her the best athletic scholarship possible.

She ended up receiving both academic and athletic scholarships. Then she got recruited by Queens to play lacrosse and was offered even MORE scholarship money!

Jasmin graduated in May of 2018 making money. Between the one academic and two sports scholarships, she got a check for more than her tuition plus room and board costs!



I could go on and on, but the point is we will be forever in your debt for showing us all of the possibilities, for pointing us in the right direction and for the limitless assistance you consistently offered, always above and beyond. You never ever made us feel like we were just a client, you always remained professionally engaged and you met all three of us at the level we needed. The peace of mind that we gained from our experience with College Liftoff continues to this day. Thank you so very much.

With sincere gratitude,

Suzan Singh Parent of Jasmin,
Thomas Worthington High School Class of 2014

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 114,000 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, Blast Softball, B.S.F. Performance, Bo Jackson's Lacrosse, Bo Jackson's Soccer. 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.

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WINTER HITTING LEAGUE

AGES 10-18

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
- 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
- 40 minutes on-field competition
- 40 minutes sports performance training with B.S.F.

DATE: 10/29-12/17

DAY: TUES

TIME: 6:00P-8:00P AGES 10-14
8:00P-10:00P HIGH SCHOOL

LENGTH: 8 WEEKS

PRICE: \$350

YOUNG GUNS WINTER LEAGUE

AGES 7-9

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 in each division receive a gift certificate
- Limited to 16 players per group

FORMAT

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

DATE: 11/2-12/14

DAY: SAT

TIME: 11:30P-1:30P

LENGTH: 7 WEEKS

PRICE: \$265

LITTLE SLUGGERS WINTER LEAGUE

AGES 5-7

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

- 30 minutes offensive instruction, including in-cage hitting & on-field base running instruction
- 30 minutes defensive (infield & outfield) instruction
- 30 minutes proper warm-up & throwing mechanics

DATE: 11/2-12/14

DAY: SAT

TIME: 10:00A-11:30A

LENGTH: 7 WEEKS

PRICE: \$195

BASEBALL BUDDIES-SESSION 1

AGES 3-5

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

DATE: 11/2-12/7

DAY: SAT

TIME: 9:00A-10:00A

LENGTH: 6 WEEKS

PRICE: \$90

LACORTE THROWING PROGRAM

HIGH SCHOOL AGES

This program is focused on helping each athlete move more efficiently, feel better, throw harder and perform at a higher level than ever before. Athletes will accomplish this by completing a thorough evaluation of their movement patterns, pain assessment, and video analysis of their pitching mechanics. From there each athlete will follow a 13-week comprehensive throwing and arm care protocols to help them prepare for the upcoming season. Athletes will spend 3-weeks preparing their arms for high intensity throwing and then will move on to 6-weeks of velocity training. Each participant will complete Coach LaCorte’s research based throwing program using drills that are individual to each athletes’ needs. Velocity training will then transition into 4-weeks of mound work. Each session athletes will be taken through an extensive warm-up to prepare their bodies to move efficiently and explosively and all throwing sessions will conclude with arm care and sports performance training.

ON-RAMP/VELO FEATURES

- On-Ramp: Focus on becoming more mechanically efficient while preparing the arm for high intensity throwing
- Velocity: Use underload and overload baseballs to help create more velocity by throwing at max intent to prepare the arm for the rigors of the season. Continue to focus on moving efficiently.

DATE: 11/18-1/24

DAY: MON & THUR

TIME: 6:00P-7:30P

LENGTH: 10 WEEKS

PRICE: \$ 900

*ASSESSMENT DAY 11/13 & 11/14

MOUND FEATURES

- Velocity & Command. Learn to command the baseball while carrying over the high intensity from velocity training
- Control what you can control... Executing quality pitches
- Develop a quality pre-game routine that prepares you from pitch #1. “Third Inning Ready”
- Develop a pre-pitch routine along with green, yellow, and red light routines.

DATE: 1/27-2/20
DAY: MON & THUR
TIME: 6:00P-7:30P
LENGTH: 5 WEEKS
PRICE: \$350

HIGH SCHOOL PRE-SEASON WORKOUTS-POSITIONAL PLAYERS HIGH SCHOOL AGES

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

- 60 minutes explosive power and agility training with BSF Performance
- 60 minutes professional hitting instruction
- 60 minutes on-field defensive instruction

DATE: 1/5-2/16
DAY: SUN
TIME: 7:00P-10:00P
LENGTH: 6 WEEKS
PRICE: \$395

HIGH SCHOOL PRE-SEASON WORKOUTS-PITCHERS HIGH SCHOOL AGES

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: 1/5-2/16
DAY: SUN
TIME: 7:00P-9:00P
LENGTH: 6 WEEKS
PRICE: \$265

CACTUS LEAGUE AGES 10-18

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 Cangelosi Baseball staff
- Throwing program to develop proper throwing mechanics for all positions
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills
- Includes sports performance training

FORMAT

- 40 minutes of sports performance training
- 40 minutes of in-cage hitting instruction
- 40 minutes on-field defensive instruction

AGES: 10-14
DATE: 1/7-2/25
DAY: TUES
TIME: 6:00P-8:00P
LENGTH: 8 WEEKS
PRICE: \$350

AGES: HIGH SCHOOL
DATE: 1/7-2/11
DAY: TUES
TIME: 8:00P-10:00P
LENGTH: 6 WEEKS
PRICE: \$265

YOUNG GUNS CACTUS LEAGUE AGES 7-9

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

DATE: 1/11-2/22
DAY: SAT
TIME: 11:30A-1:30P
LENGTH: 7 WEEKS
PRICE: \$265

LITTLE SLUGGERS CACTUS LEAGUE AGES 5-7

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

- 30 minutes offensive instruction, including in-cage hitting & on-field base running instruction
- 30 minutes defensive (infield & outfield) instruction
- 30 minutes proper warm-up & throwing mechanics

DATE: 1/11-2/22
DAY: SAT
TIME: 10:00A-11:30A
LENGTH: 7 WEEKS
PRICE: \$195





BASEBALL BUDDIES -SESSION 2
AGES 3-5

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

DATE: 1/11-2/15
DAY: SAT
TIME: 9:00A-10:00A
LENGTH: 6 WEEKS
PRICE: \$ 90

CATCHERS CAMP
AGES 8-13 & 14 & UP

Our Catchers Camps are designed to help catchers develop a complete physical and mental knowledge of the catcher position. We offer both an advanced and a youth catchers camp. No matter your skill level, we have a program for you

ADVANCED CATCHER'S CAMP

AGES: 14 & UP
DATE: 1/6-2/10
DAY: MON
TIME: 6:00P-8:00P
LENGTH: 6 WEEKS
PRICE: \$265

YOUTH CATCHER'S CAMP

AGES: 8-13
DATE: 2/17-3/23
DAY: MON
TIME: 6:00P-8:00P
LENGTH: 6 WEEKS
PRICE: \$265



FORMAT

- **NOVEMBER 10TH AND 17TH, 9:00A -3:00P (BOTH WEEKENDS)**
- **THE CAMP IS OPEN TO ANY AND ALL ENTRANTS LIMITED ONLY BY NUMBER, GENDER & AGE**
- **AGES: OPEN TO ALL PLAYERS IN 8TH GRADE OR HIGHER (2020 - 2025 GRAD YEARS)**
- **\$295 PER PLAYER, NO REFUNDS**

DETAILS

- **DIVISION I COACHES INSTRUCT AT THE CAMP**
- **SCOUTED BY MANY COACHES FROM D-II, D-III, NAIA AND JUNIOR COLLEGES**
- **REGISTRATION GIVES THE ATHLETE ONE SESSION PER WEEKEND. SAME FORMAT EACH WEEKEND, WITH DIFFERENT COLLEGE COACHES**
- **NO OTHER CAMP PROVIDES YOU WITH SUCH DIRECT ACCESS TO COLLEGE COACHES**



WINTER HITTING LEAGUE

AGES 8-18

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 situational hitting and sports performance training
- Pre-game hitting instruction from Blast 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
- Less than \$22 per hour

FORMAT

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

DATE: 10/23-12/11
DAY: WED
TIME: 6:30P-8:30P
LENGTH: 8 WEEKS
PRICE: \$350

PITCHERS CAMP

AGES 7-12 & 13-18

This program is designed for pitchers looking to get an edge on their competition. This program won't just get you ready physically, it will also breakdown the mental side of pitching.

FEATURES

- Pitching mechanics for pitch control & efficiency
- Conditioning drills for increased velocity & power
- Shoulder strengthening exercises & injury prevention
- Individual confidence and mental toughness in practice & games
- Based on the experience level of the pitcher this program covers movement pitches, change-ups and spins.

DATE: 11/5-12/10
DAY: TUES
TIME: 6:30P-8:00P
LENGTH: 6 WEEKS
PRICE: \$200

CATCHERS CAMP

AGES 8-18

The Catchers Camp is designed to help young catchers develop a complete physical and mental knowledge of the catcher position.

FEATURES

- Receiving techniques
- Throwing footwork
- Blocking fundamentals
- Game management
- Sports performance training

DATE: 11/5 -12/10
DAY: TUES
TIME: 6:00P-8:00P
LENGTH: 6 WEEKS
PRICE: \$250

HIGH SCHOOL SOFTBALL LEAGUE

HIGH SCHOOL AGES

Don't let the cold delay your team from getting ready for the spring season. Come join us at the dome for evening games December through February.

FORMAT

- 9 V 9
- 55 minute drop dead games
- 1 hr pre-game batting cage per team
- 6 weeks of games with 2 weeks of playoffs
- 1 umpire will be provided for each game
- Hitters will start with a 1-1 count

DATE: 11/24-1/26
DAY: SUN
TIME: SEE WEBSITE
LENGTH: 8 WEEKS
PRICE: \$1,800 TEAM (MAX 9)

CACTUS LEAGUE

AGES 8-18

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: 1/8-2/26
DAY: WED
TIME: 6:30P-8:30P
LENGTH: 8 WEEKS
PRICE: \$350



COLLEGE DEVELOPMENT CAMP

HIGH SCHOOL AGES

Bo Jackson's Elite Sports will be holding second annual softball college development camp. This camp will blend instruction from D-I college coaches while also showcasing their skills to college coaches of all levels. During each session of camp, athletes will receive instruction and evaluation from coaches and then showcase their abilities in a game format. Athletes will be able to work side-by-side with college coaches of all levels while refining their softball skills.

SEE AD ON PAGE 5 FOR DETAILS



1ST & 10 FOOTBALL CAMP

AGES 8-14

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.

FEATURES

- We will cover 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

FORMAT

- 7 weeks
- 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: 10/28-12/9

DAY: MON

TIME: 6:00P-8:00P

LENGTH: 7 WEEKS

PRICE: \$250

NFL FLAG FOOTBALL

AGES 5-6

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

- 8 players per team max
- 5V5 games
- Players will receive NFL flag jersey and flag belt
- 1 hour games
- 1st week of league will be an instructional training camp

DATES: 10/27-12/15 WINTER 1
1/5-3/4 WINTER 2

DAY: SUN

TIME: SEE WEBSITE

LENGTH: 8 WEEKS

PRICE: \$125 (5-6 YR OLDS)

QB/WR CAMP

AGES 13 & UP

PROGRAM FOCUS QB/WR:

- Stance
- Start
- Releases
- Route Running
- Catching Techniques
- Reading Coverages
- Blocking

PROGRAM FOCUS DB:

- Stance
- Footwork and transition
- Route recognition
- Run support
- Man coverage (Off man/ Press man)
- Zone coverage
- Coverage disguise
- Defeating blocks
- Offensive play recognition
- Tackling

FORMAT

- 15 minutes of proper warm-ups
- 45 minutes of Position Specific Work
- 30 minutes of QBs and WRs together

DATES: 11/3-12/15 WINTER 1

1/5-2/23 WINTER 2

DAY: SUN

TIME: 8:00P-9:30P

LENGTH: 7 WEEKS

PRICE: \$250

TWO MINUTE DRILL

AGES 8-14

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
- Each player will receive a Dri-Fit T-shirt

FORMAT

- 7 weeks

- 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: 1/6-2/17

DAY: MON

TIME: 6:00P-8:00P

LENGTH: 7 WEEKS

PRICE: \$250

WIN THE DAY

AGES 13 & UP

This program is designed to advance junior high school and high school players skills and conditioning. Our football staff will do position specific conditioning drills to help the athletes maintain and increase their skill, speed, quickness and endurance for football activities!

FEATURES:

- Position Specific Development
- Football Conditioning Drills
- Flexibility Work

SESS 1: 1/8-2/1

SESS 2: 2/5-3/7

SESS 3: 3/11-4/11

SESS 4: 4/15-5/16

DAY: WED & SAT

TIME: 7:00P-8:00P WED
8:00A-9:00A SAT

LENGTH: 5 WEEK SESSIONS

PRICE: \$150

COMPETITIVE FLAG LEAGUE

AGES 7-9 & 10-12

Bo Jackson's Competitive Flag League features 7-on-7 full field games that incorporate more tackle football concepts like blocking, formations, and competitive strategies. Each player receives a soft shell helmet with their registration, as well as belts and jerseys.

FEATURES

- Games played the full length of our fields
- 1st week of league will be an instructional training camp
- 2 referees
- Players receive soft helmet, jersey, and flags
-

FORMAT

- 7-on-7 games
- 11-12 players per team

- 40 minute games with a 5 minute half time
- 1st week is team practice
- 5 weeks of regular season and 1 week of playoffs
- Teams may have bye weeks

DATES: 1/5-3/4
DAY: SUN
TIME: SEE WEBSITE
LENGTH: 8 WEEKS
PRICE: \$165 (INCLUDES SOFT HELMET)

PRIVATE FOOTBALL LESSONS

Lessons are 1 hour and can be purchased on an individual basis or a package. All packages must be paid up front in order to take advantage of discount pricing.

LESSONS	BREAKDOWN	TOTAL
1 lesson	\$70 per lesson	
5 pack	\$65/lesson	\$230
10 pack	\$60/lesson	\$430

SMALL GROUP LESSONS

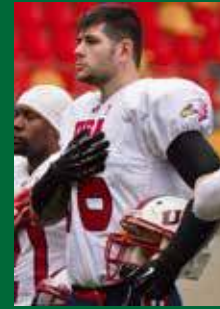
\$40/person 2-4 players

FOOTBALL INSTRUCTORS



Austen Rankin
 BJES Director of Football Programming

- Played at Tiffin University before transferring to Ohio State University
- Football Coach at Dublin Coffman High School 2015-2016
- CEO of Juice Academy football training business
- Has worked with several former and current OSU Buckeyes & NFL players



Chad Hunshell
 Coach

- All-state offensive lineman Lake Catholic High School
- Over 25 D1 Scholarship offers
- Full scholarship athlete for University of Central Florida
- LeCharles Bentley O-Line Academy trainee

SEMI-PRIVATE TRAINING MEMBERSHIPS

For athletes and individuals middle school and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Semi-private training is limited to a 6:1 athlete-to-coach ratio. 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 4 week program is designed.

PRICE PER MONTH

Month to Month - \$225 Dome Member
 \$250 Non-Dome Member
 6 Months - \$180 Dome Member
 \$200 Non-Dome Member
 12 Months- \$150 Dome Member
 \$165 Non-Dome Member

TEAM 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 2 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)



ENDURANCE & CARDIO TRAINING THROUGH SELF DEFENSE - LEVEL ONE COURSE

Self Defense classes are available for Women, Men, Children or Co-Ed. These classes will focus on striking, situational awareness and basic fundamental self defense techniques. The participants will be trained in striking on targets, de-escalation techniques as well as utilizing the Bo Jackson Centers state of the art strength training equipment. The class is for participants of all varying levels of fitness.

FEATURES

- Fundamental kicking and striking
- Speed and power training
- Situational awareness techniques
- Cardio and stamina training

1 Lesson - \$20.00
 10 Lessons - \$150.00
 20 Lessons - \$200.00

QUESTIONS & SCHEDULING

Mark Calahan
 mcalahan@bjescolumbus.com
 614-354-9332





OHIO STATE SPORTS MEDICINE:
**CARING FOR THE BUCKEYES,
BO JACKSON'S ELITE SPORTS ATHLETES AND
COMPETITORS EVERYWHERE.**

It's tough to perform at your best when you're sidelined by injury. **Ohio State Sports Medicine** has the bench strength of the best sports medicine physicians, orthopaedic surgeons, physical therapists, licensed athletic trainers, sport psychologists, sports nutrition consultants and clinical research specialists. Our experts provide treatment, rehabilitation and preventive strategies to keep you active for a lifetime. Learn more at wexnermedical.osu.edu/sports-medicine or call **614-293-3600** for an appointment.

KNOW

practice and
hard work will
pay off.



When you leave it all on the
field, you go home a champion.
That's why PNC is proud to sponsor Bo
Jackson's Elite Sports.

pnc.com

 **PNC**
for the achiever in you[®]

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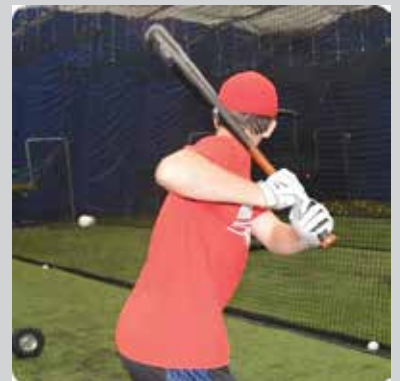
BASEBALL & SOFTBALL PRIVATE LESSONS

AT CANGELOSI BASEBALL...

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 or is pursuing a college scholarship our staff has the credentials, knowledge and passion to impact each player.

THE BO JACKSON SOFTBALL MISSION...

is to instill a love and respect for the game of softball by providing the highest quality training facilities and professional instruction. The Bo Jackson Softball staff has the credentials, knowledge and passion to help each player achieve her greatest potential, and the understanding of how to guide that player to the next level.



HOUSE INSTRUCTORS

Individual Lesson – \$50*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$46/lesson	\$230
10 pack	\$43/lesson	\$430
20 pack	\$39/lesson	\$780

HOUSE PLUS INSTRUCTORS

Individual Lesson – \$60*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$55/lesson	\$275
10 pack	\$52/lesson	\$520
20 pack	\$48/lesson	\$960

HOUSE PRO INSTRUCTORS

Individual Lesson – \$70*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$66/lesson	\$330
10 pack	\$62/lesson	\$620
20 pack	\$58/lesson	\$1,160

*MEMBERS RECEIVE 10% OFF INDIVIDUAL LESSONS AND PACKAGES

QUESTIONS

For more information please contact our front desk staff at:
(614)528-4555 OR INFO@BJESCOLUMBUS.COM

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

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
- Includes 10 hours per week of designated climb time on The Gauntlet

ELITE MEMBERSHIP MONTHLY FEE

Individual	2 Siblings	Family
\$110	\$175	\$200

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	2 Siblings	Family
\$75	\$110	\$130

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	2 Siblings	Family
\$165	\$275	\$375



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

FOOTBALL, SOCCER & LACROSSE MEMBERSHIP

- Ten hours of multi-purpose field time each week
- 10% discounts on all private lessons, camps, and clinics
- 15% off of all B.S.F. memberships
- Includes 10 hours per week of designated climb time on "The Gauntlet"
- Membership Dri-Fit Tshirt

ELITE PLUS MEMBERSHIP MONTHLY FEE

Individual	2 Siblings	Family
\$85	\$135	\$165



BSF PERFORMANCE MEMBERSHIP INQUIRIES

Neal Packanik

Senior Sports Director
NPackanik@BJESColumbus.com

DOME MEMBERSHIP INQUIRIES

INFO@BJESColumbus.com

ALL MEMBERSHIPS ARE 12 MONTHS

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





YOUTH LACROSSE LEAGUE
AGES 5TH - 11TH GRADE

BJES is offering an exciting and competitive 7 v 7 lacrosse league for grades 5th-11th Grade that takes place inside the controlled environment of a world-class facility. Our lacrosse leagues promote sportsmanship and serves as a platform for our athletes to compete with and against their friends and teammates. Athletes may be signed up as a team or as individuals. If you are interested in signing up as a team, please indicate such in the notes section of the registration page.

FEATURES

- Boys
- Athletes will be supplied Bo Jackson lacrosse jersey
- All teams will be coached by the parent of an enrolled athlete or a coach from youth program

FORMAT

- 40 minute games
- Two, 20 minute halves
- Five-minute half time
- 10 games
- 7 v 7 formats
- Maximum 15 players per team

3 DIVISIONS:

- 5th-6th GRADE
- 7th-8th GRADE
- 9th-11th GRADE

DATES: 11/30-2/9

DAY: FRI & SAT

TIME: TBD

LENGTH: 11 WEEKS

PRICE: \$180/PLAYER
 \$2700/TEAM (MAX 15)

Interested in coaching?
 Contact Neal Packanik at
npackanik@bjescolumbus.com



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TEAM BONDING
TEAM BUILDING
TEAM PERFORMANCE



"I can't thank you enough for today. My staff have overwhelmed me with positive responses. See you next time!" -Dr. Miller

LEADERSHIP & TEAMBUILDING

CORPORATE ATHLETES & TEAMS / ATHLETES & TEAMS / INDIVIDUALS & YOUTH GROUPS

The teambuilding and leadership development programs offered by the Bo Jackson's Sports Leadership Centers of America are powerful, engaging, transformational experiences. Our deep knowledge of leadership, team and personal development has been adapted for Corporate Teams, Athletic Teams, Individuals and Youth Groups in ways that produce meaningful results rapidly.

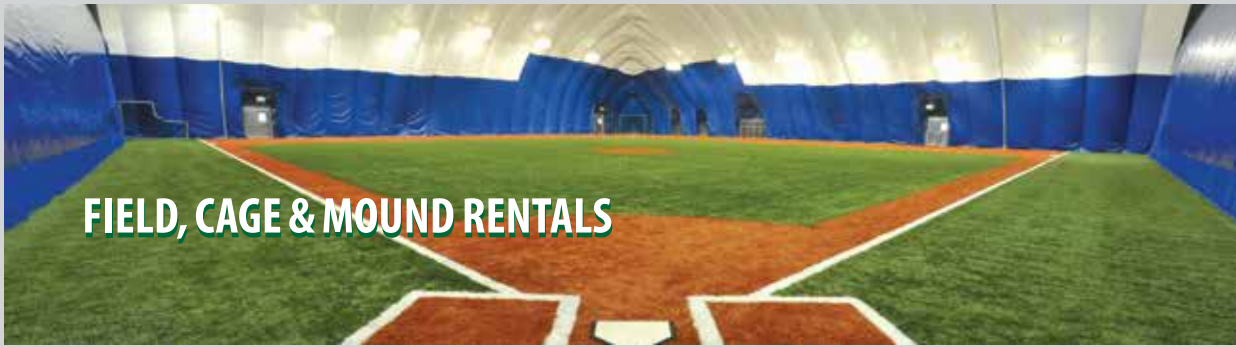
COMPLETELY CUSTOMIZABLE

Choose From Multiple Experiences

- Team Bonding
- 3 Hour Team Building
- 5 Hour Team Performance

To learn more & schedule your next event, please contact Aaron Conrad
AConrad@BJESColumbus.com





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 135' by 135'.

- \$225/hr

MULTI-USE FIELD

Our multi-use field measures 190' x 109'. 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 always welcome!

- Batting Cage – \$40/hr & \$25/half hr
- Pitching Cage – \$35/hr & \$20/half hr
- Long Toss Area – \$30/half hour (available for 30 min sessions only)

SOFTBALL/MULTIPURPOSE FIELD

Our softball/multipurpose field measures 216' by 109' and is fully netted. 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. The field has a netted curtain which can be used to divide the field into two separate spaces. The softball field is 106' by 109'. Additional hitting/pitching cages can be lowered for team practices and instruction.

- \$225/hr for full multipurpose field
- \$175/hr for softball field only (curtains use to separate space)



Contact the Front Desk
(614)528-4555
INFO@BJESCOLUMBUS.COM



HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY AT BO JACKSON'S ELITE SPORTS SO THAT YOU CAN RELAX AND JOIN IN THE CELEBRATION! OUR EVENT PLANNING STAFF WILL WORK WITH YOU PRIOR TO YOUR PARTY TO PLAN OUT EVERY DETAIL.

On the day of the party, sit back and let us do the work – our party facilitator will make sure your children and guests are having fun while staying safe! All our events can be customized to include sports and activities, food options, invitations and most importantly, FUN.

BIRTHDAY PACKAGE INCLUDES

- Party Facilitator
- Bo Jackson's Elite Sports shirt for birthday child
- 90 minutes of activity and 30 minutes of birthday room rental
- Food Options Include:
4 Large, one topping pizzas
Gluten Free options
Paper products
Pitchers of Gatorade or Pepsi Products

ALL-STAR SPORTS PARTY

- AGES 7 AND UP
- 2 HOURS
- 90 MINUTES OF ACTIVITY
30 MINUTES IN PARTY ROOM

Calling all sports fanatics: host your next party at Bo Jackson's Elite Sports, Columbus's ultimate sports training destination! Our indoor turf fields guarantee a great time, rain or shine! Bo Jackson's Elite Sports will plan your games and provide all the sports equipment and staff to ensure you and your party guests have care-free, action-packed play time.

SPORTS THEMED PARTY OPTIONS INCLUDE:

Flag Football Skills and Drill, Dodgeball, Soccer, Kickball, Tee-ball and Wiffleball, Baseball & Softball Skills and Drills and many more! Ask us about your favorite sport!

COST: \$350 for up to 15 children
\$20 for each additional child

CREATE A COMBO PARTY

- ALL AGES
- 2 HOURS
- CHOOSE 2 ACTIVITIES

Can't decide on just one party event? We understand...even the great Bo Jackson couldn't choose just one sport. We have an option for you too. Combo parties are available by request and consist of 2 activities which you get to choose (all ages). Our combo party includes 45 minutes of each activity you choose & 30 minutes to follow in the birthday party room.

COMBO PARTY OPTIONS INCLUDE:

Flag Football Skills and Drill, Dodgeball, Soccer, Kickball, Tee-ball and Wiffleball. Combo parties can also include our 45 foot rock wall, face-to-face and cargo climb. Bo Jackson's Elite Sports provides all harnesses, belaying devices and safety equipment. Ask us about your favorite sport!

COST: \$400 for up to 15 children
\$20 for each additional child



INTERESTED IN HAVING YOUR BIRTHDAY AT THE DOME?

Contact the Front Desk

(614)528-4555

INFO@BJESCOLUMBUS.COM



VISIT US AT OUR HILLIARD LOCATION

5410 Scioto Darby Rd.
Hilliard, OH 43026

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