

SPRING & SUMMER 2020

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

- **BASEBALL**
- **FOOTBALL**
- **SOFTBALL**
- **SPORTS PERFORMANCE**



PROGRAMS FOR AGES 3-18

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.**
To learn more, **visit RushOrtho.com.**



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.

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SPRING TRAINING

AGES 9-14

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

DATES: 3/7-4/28

DAY: TUES OR SAT

TIME: TUES 6:00P-8:00P OR
SAT 9:00A-11:00A

LENGTH: 8 WEEKS

PRICE: \$395

YOUNG GUNS SPRING TRAINING

AGES 7-9

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
- Proper outfield play and baserunning techniques

FORMAT

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

DATES: 3/9-4/27

DAY: MON

TIME: 6:00P- 8:00P

LENGTH: 8 WEEKS

PRICE: \$345

LITTLE SLUGGERS SPRING TRAINING

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

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

DATES: 3/7-4/18

DAY: SAT

TIME: 11:00A-12:30P

LENGTH: 7 WEEKS

PRICE: \$195

BO'S BUDDIES

AGES 3-4

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".

FOR MORE INFORMATION:

CALL 815-221-6000 OR

EMAIL INFO@BOJACKSONELITESPORTS.COM

FEATURES

- Intro to fun baseball skills & functional movement development

DATES: 3/7-4/11

DAY: SAT

TIME: 10:00A-11:00A

LENGTH: 6 WEEKS

PRICE: \$95

ROUND ROBIN TOURNAMENTS

AGES 8U-10U

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

DATES: 3/7, 3/14, 3/28

DAY: SAT

PRICE: \$275 PER TEAM

IN-SEASON "STAY SHARP"

WORKOUTS

HIGH SCHOOL AGES

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 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

SPRING SESSION

DATES: 3/15-5/17

DAY: SUN

TIME: 9:00-11:00A

LENGTH: 8 WEEKS

PRICE: \$350

SUMMER SESSION

DATES: 6/2-7/7

DAY: TUES

TIME: 6:00-8:00P

LENGTH: 6 WEEKS

PRICE: \$295

SUMMER CAMP FEATURING JOHN CANGELOSI

AGES 9-12

13-year MLB veteran, John Cangelosi, designed this camp that covers the fundamentals of base stealing, outfielding and bunting. Space is limited to the first 10 players who register.

DATES: 6/8-6/17

DAYS: MON, TUES, & WED

TIME: 9:00-11:00A OR 11:00A-1:00P

LENGTH: 2 WEEKS

PRICE: \$360

**REGISTER NOW!
SPACES WILL SELL OUT!**



TEAM TRYOUTS WILL BE HELD IN JULY



The Cangelosi Sparks organization is an elite travel program with teams at each level from 8U-18U. All teams are provided with indoor and outdoor field space multiple times per week throughout the year, as well as priority and discounted access to Cangelosi Baseball instructors. Our players also have unlimited individual facility access.

The goal of our organization is personal growth. Players develop at different rates and it's important that we foster that development. Our staff is informed and guided by a combination of sports management, college coaching, and professional baseball experience. This gives us an unparalleled perspective in the industry, and a unique ability to encourage each player into the best paths of development.

Our mission is to prepare every player in our youth division not only to be prepared, but to thrive at the high school level. As players show the potential to play beyond high school, our experience can provide them with the plan to do so both on and off the field. Our relationships with both the College and Professional game are second to none, and will cater to any player at any level! The result of our network is that our alum are experiencing tremendous success at both the college and professional ranks. We are proud of that strong tradition and are aware of our responsibility to continue to run a program that fosters that success. We will continue to be diligent in our efforts to sustain a culture that prepares young men for what lies ahead.

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 In Cage 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 AGES 5-13

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

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

DATES: 6/8-8/7
DAYS: MON-FRI
TIME: 9:00-12:00P
LENGTH: 8 WEEKS AVAILABLE
PRICE: \$150 PER WEEK

FUNDAMENTAL BASEBALL CAMP AGES 7-13

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

DATES: 6/22-6/26 OR 7/13-7/17
DAYS: MON-FRI
TIME: 9:00-12:00P
LENGTH: 5 DAYS
PRICE: \$225

FUNDAMENTAL FOOTBALL CAMP AGES 7-13

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

DATES: 7/6-7/10 OR 7/20-7/24
DAYS: MON-FRI
TIME: 9:00A-12:00P
LENGTH: 5 DAYS
PRICE: \$225



DISCOUNTS AVAILABLE

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

CALL FOR MORE INFORMATION
(815)221-6000

SUMMER CAMP FEATURING JOHN CANGELOSI AGES 9-12

13-year MLB veteran, John Cangelosi, designed this camp that covers the fundamentals of base stealing, outfielding and bunting. Space is limited to the first 10 players who register.

DATES: 6/8-6/17
DAYS: MON, TUES, & WED
TIME: 9:00-11:00A OR 11:00A-1:00P
LENGTH: 2 WEEKS
PRICE: \$360



IN-SEASON "STAY SHARP" WORKOUTS HIGH SCHOOL AGES

The Cangelosi Baseball staff will direct this 6-week program that focuses on keeping your game consistent throughout your high school season.

DATES: 6/2-7/17
DAY: TUES
TIME: 6:00-8:00P
LENGTH: 6 WEEKS
PRICE: \$295



SOFTBALL SPRING TRAINING

AGES 8-14

At Bo Jackson Softball we have 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

- 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

DATES: 3/9-4/27

DAY: MON

TIME: 6:00P-8:00P

LENGTH: 8 WEEKS

PRICE: \$345

ROUND ROBIN TOURNAMENTS

AGES 10U - 18U

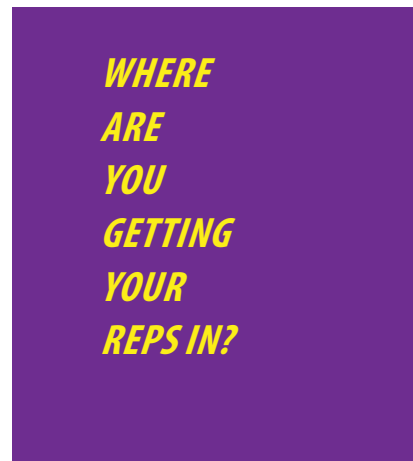
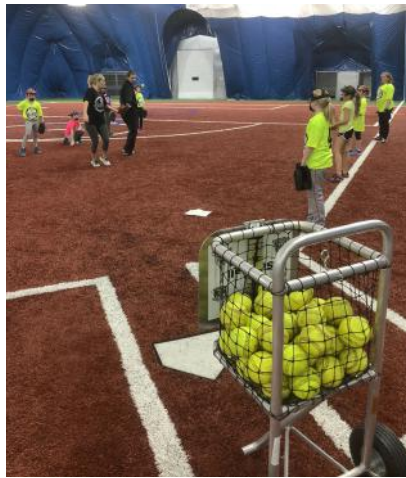
Don't let the cold delay your team from getting ready for the spring season. Come join us at the dome for late night double headers in February and March. Teams will have access to pre-game hitting 1 hour prior to their first game.

FORMAT

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

DATES: 2/8, 2/14, 2/15, 2/22, 3/7, 3/21

PRICE: \$275 PER TEAM





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
5 pack	\$52/lesson	\$260
10 pack	\$49/lesson	\$490
20 pack	\$46/lesson	\$920

10% off for members

HOUSE PLUS INSTRUCTORS

Individual Lesson – \$65

LESSONS	BREAKDOWN	TOTAL
5 pack	\$63/lesson	\$315
10 pack	\$61/lesson	\$610
20 pack	\$58/lesson	\$1160

10% off for members

PROFESSIONAL INSTRUCTORS

Individual Lesson – \$75

LESSONS	BREAKDOWN	TOTAL
5 pack	\$73/lesson	\$365
10 pack	\$71/lesson	\$710
20 pack	\$69/lesson	\$1380

10% off for members

QUESTIONS

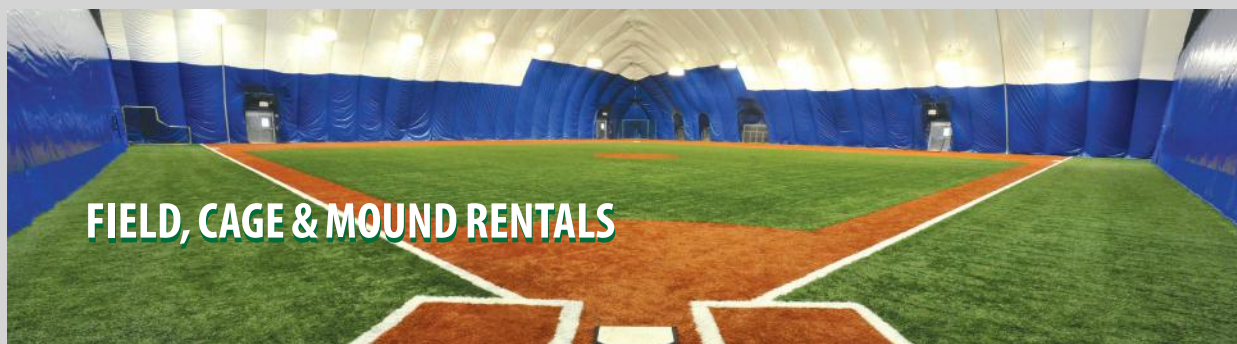
For more information or to schedule a lesson please contact our front desk staff at:

PHONE
(815)221-6000



ONLINE BOOKING NOW AVAILABLE

WWW.BJESLOCKPORT.COM



FIELD, CAGE & MOUND RENTALS

MAJOR LEAGUE INFIELDF

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'.

- \$235/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.

- \$235/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 PRACTICE TIME AT THE DOME

Looking for some practice field time? 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



SPRING BALL FOOTBALL CAMP

AGES 8-14

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

DATES: 2/29-4/11

DAY: SAT

TIME: 9:00A-11:00A

LENGTH: 7 WEEKS

PRICE: \$275

#WINTHEDAY -

SMALL GROUP TRAINING

AGES 12-18

#WinTheDay is our small group position training for Bo Jackson Football. Together with R.U.N. Football Club and TNC University, Win The Day brings together several of the top coaches in the Chicago area to provide world-class training for our athletes. Win The Day is a mindset. It's an attitude. It's a burning desire to be the best. This program is 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

- Two 60 minutes sessions of small group football training

DATES: SESSION 1: 1/7-2/1

SESSION 2: 2/4-2/29

SESSION 3: 3/3-3/28

SESSION 4: 3/31-4/25

SESSION 5: 4/28-5/23

DAYS: TUES & SAT

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

NFL FLAG FOOTBALL SESSION 3

AGES 5-6 & 7-9

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: 3/7-4/25

DAY: SAT

TIME: SEE WEBSITE

LENGTH: 8 WEEKS

PRICE: \$180 (7-9 YR OLDS)

\$150 (5-7 YR OLDS)

TRAINING CAMP

AGES 8-14

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: 4/25-6/6

DAY: SAT

TIME: 9:00A-11:00A

LENGTH: 7 WEEKS

PRICE: \$275

IL77 PASSING LEAGUE

HIGH SCHOOL AGES

Now in it's seventh 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 2019. 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)

Registration Ends: Mon, 3/30

Regular Season: Sun, 4/5-6/7

Playoffs: 1-day tournament, Sun, 6/28

Games Begin: Sun, 4/5

No Meeting: Sun, 4/12, 5/10, 5/24, 6/21

FEATURES

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

PRESEASON PREP

AGES 8-14

Bo Jackson Football's summer Preseason Prep program provides the most complete instruction and football training in the Chicago area. Preseason Prep brings on-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: 6/23-7/21

DAYS: TUES & THUR

TIME: 5:00P-7:00P

LENGTH: 9 SESSIONS

PRICE: \$275

QUESTIONS

Contact
RYAN MALONE
Email

RYAN@BOJACKSONSELITESPORTS.COM



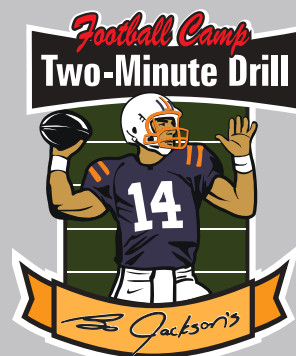
YOUTH FOOTBALL *Off-Season* TRAINING

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.

BO JACKSON FOOTBALL





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

PHILOSOPHY

If you're an athlete looking to perform at your highest potential, quality performance training needs to be a foundation in your preparation. B.S.F. Performance is focused on providing world-class training to athletes of all ability levels. Since the best ability is availability, our programming is designed to not only produce significant performance improvements, but also make you more physically resilient. We believe the body performs at its best when trained as a cohesive unit, which is why all our programs are comprehensive and focus on increasing all athletic qualities i.e., strength, power, speed, agility, mobility, movement and conditioning. If you're finally ready to optimize your athleticism, or you're tired of spinning your wheels with your current training regime, let us know. We will help you get the results you deserve.

Questions Or To Schedule An Assessment

Brett Velon, CSCS, Pn1
Director Of BSF Performance
Brett@BoJacksonsEliteSports.com

SEMI PRIVATE TRAINING MEMBERSHIP

B.S.F. semi-private training is personal training in a group environment. Athletes work off their own individualized programs under the supervision of our coaching staff. Each semi-private athlete starts with an initial one-on-one evaluation. During the evaluation, athletes will be taken through posture assessments, movement screens, and performance testing. In order to provide the best program for an athlete, we assess their goals, injury history, training experience, etc. Athletes are welcome and encouraged to train as frequently as their schedule allows, with some athletes training up to 6x/week. Athletes can train anytime during gym hours, allowing for the flexibility to fit into any schedule.

- Designed for athletes 8th grade and older
- Unlimited training
- Flexible training schedule
- Individualized programs
- Supervised training in a group setting

Month To Month Membership \$325/Month

*Automatically renews unless written notice is provided prior to renewal date

12 Month Membership \$225/Month

*Automatically renews at a month to month rate of \$225/month

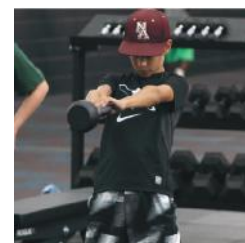
College Membership \$225/Month

*No term length

Professional Membership \$325/Month

*No term length and access to full facility

- Each additional family member receives 20% off the monthly membership fee.
- Memberships are automatically billed on a monthly basis. Requires credit card on file.





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

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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 \$90	2 Siblings \$135	Family \$175
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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 PERFORMANCE SEMI PRIVATE MEMBERSHIP

B.S.F. semi-private training is personal
training in a supervised group environ-
ment. Each semi-private athlete starts
with an initial one-on-one evaluation.
After the evaluation, athletes receive
their own individualized program that
they work from. Athletes are welcome
and encouraged to train as frequently
as their schedule allows, with the flex-
ibility of being able to train anytime
during gym hours.

- Designed for athletes 8th grade and older
- Unlimited training
- Flexible training schedule
- Individualized programs
- Supervised training in a group setting

PRICING

Month To Month	\$325/Mo.
12 Month	\$225/Mo.
College Membership	\$225/Mo.
Professional Membership	\$325/Mo.

*Please see page 6 for full BSF mem-
bership information.

BSF PERFORMANCE MEMBERSHIP INQUIRIES

Brett Velon, CSCS, Pn I
Director of BSF Performance
BRETT@BOJACKSONSELITESPORTS.COM

BASEBALL & SOFTBALL MEMBERSHIP INQUIRIES

A.J. Skrabis
Membership Director
AJ@CANGELOSIBASEBALL.COM



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