**2017 Seattle Dodgers Off-Season Training Program/Fall Ball**

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**The Seattle Dodgers Baseball Club will be organizing a highly intensive off-season strength/conditioning program, and Fall Ball team(s). Our goal is to introduce our young athletes to baseball specific strength and conditioning workouts, as well as continued baseball instruction.**

**Age/Team Goals:** Our goal is to have 5 teams (13u, 14u, 15u, 16u, 18u), and 12-15 players per team. We will add teams if needed, we will avoid combining teams if at all possible.

**Strength/Conditioning Focus:** Baseball specific strength program focusing on speed, agility, arm strength, arm maintenance, power throwing, core strength, and increasing bat speed.

**Baseball Focus:** Swing mechanics, infield mechanics, catching mechanics, and mental approach to offensive/defensive baseball.

**Schedule:** See Below

**Las Vegas Tournament:** Each player will have the opportunity to participate in the Las Vegas Desert Fall Classic (Oct 27th thru 29th)- The Seattle Dodgers will combine with other NPA teams for the Las Vegas Tournament, you must try out and make the TRAVEL team to attend this tournament.

**Cost:** $500 per player (Does not include Las Vegas Tournament)

-Includes jersey, hat, workout shirt

-Off-field training by ex-college and professional players

-8-12 games (weather permitting)

**Does Not Include:** Airfare to Las Vegas or Lodging in Las Vegas

**Las Vegas Rosters:**

13u-14u fall teams will carry 12-14 players

15u-18u fall teams will carry 12-15 players

**Does Not Include:** Airfare to Las Vegas or Lodging in Las Vegas

**Schedule:**

***Begins Wednesday September 13, 2017 and ends Sunday in Las Vegas October 29, 2017***

Wednesday: Team training at NPA, or outdoors (weather permitting)

Thursday: Strength and Conditioning

Saturday: Double Header – Lower Woodland and Whitman Middle School (weather permitting)

All other days: Open hitting available at NPA