



### **Athletes HQ®'s Travel Baseball Facts Sheet**

Every athlete that is a part of the Athletes HQ® Travel Baseball Program will receive training by Athletes HQ®'s professional staff. The AHQ staff is comprised of current and former professional baseball players and coaches. Athletes HQ®'s staff prides itself on staying up to date with the latest technologies, training certifications, and player development protocols used at the highest collegiate and professional levels.

Athletes HQ®'s college and professional baseball and softball network extends across the entire country and the athletes that are a part of the baseball and softball teams at AHQ will have opportunities and experiences they cannot get anywhere else.

*Our mission is to help committed athletes develop the physical and mental tools necessary to get recruited, signed, and compete at the collegiate level*

### **What's Included for All Athletes HQ® Teams:**

- Off-Season Development Program with Athletes HQ®'s Professional Staff
- In-Season Training instructed by Athletes HQ® Professional Staff
- Jerseys, Pants, Hats, Helmets, Workout Gear
- Tournaments, Baseballs, Additional Practice Equipment
- Unlimited Individual Membership to use Athletes HQ®'s batting cages
- Discounts on all Athletes HQ® lessons, Hitters Clubs, and other offerings
- Team practices at Athletes HQ®
- Multi-Player discount for families with more than one athlete in the program

### **Payment Plans**

- \$500 deposit as commitment to AHQ Travel Baseball
- The remaining balance will be automatically taken out on:  
9/1, 10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, and 6/1

### **Player Fees**

- If a team's tournament budget is reduced, this will be reflected into the player fee

## 9u & 10u

The 9u and 10u groups will be working in team settings on all aspects of the game. They will get proper fundamental training from our professional staff in hitting, throwing/pitching, and team defense.

### **Player Fee: TBD (Previous year 9u fee \$1,650)**

*\*Will be around previous year but depends on what coaching staff wants for tournament and league budget\**

### **Off-Season Training Program**

- 10 Weeks of Hitting Development
- 10 Weeks of Pitching/Throwing Development
- 6 Weeks of Team Defense/Baserunning/Basic Gameplay

## 11u & 12u

This age group will be exposed to a more demanding schedule than in-house or little league. Athletes HQ®'s 9u, 10u, and 11u players will receive proper development in the fundamentals of baseball. They will go through an off-season and in-season development program designed to make them more dynamic and explosive athletes and ball players.

### **Player Fee: \$2,300**

### **Off-Season Training Program**

- 10 Weeks of Hitting Development
- 10 Weeks of Pitching/Throwing Development
- 10 Weeks of Catching or Infield Skill Work

### **In-Season Practices & Training**

- During the playing season Athletes HQ® instructors will shift the training to gameplay. They will provide assistance to coaches and players throughout the entire season and will assist in scheduling bullpens to help protect player's arms.
- Athletes HQ® Travel Baseball & Softball teams will have access to Athletes HQ® anytime it is available in-season for practices, batting practice, bullpens, or any other reason

## **13u & 14u**

This age group will be the most crucial years for developing the athletes as they prepare themselves to compete at the varsity level in high school and be in a position to be recruited to play at the college level. They will go through the same development programs as the high school players and will play the most extensive tournament schedule.

**Player Fee: \$3,200**

### **Off-Season Training Program**

- OnBaseU physical screen used by MLB and top college programs to determine an athlete's physical abilities & limitations, and what corrective exercises are needed to make them more efficient and explosive athletes
- 3D Motion Capture and video analysis of each player's swing with written breakdowns and individualized hitting programs
- Individually built hitting and pitching program tailored to each athlete
- 12 Weeks of Hitting Development
- 12 Weeks of Pitching/Throwing Development
- 10 Weeks of Catching or Infield Skill Work
- There will be 12 Open Gym Sessions with AHQ's professional staff where athletes can come in and work on their individualized training programs

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## **15u 16u 17u 18u \*High School\***

Athletes HQ®'s high school age travel teams will have the same high-level, high-intensity training program they had at the 13u & 14u ages, but they will also be instructed on how to perform at college recruiting events, showcases, and showcase tournaments. The goal of Athletes HQ® Travel Baseball & Softball is to give players who want to play at the college level every opportunity to do so.

### **Player Fee: \$3,200**

*\*Tournaments will be dependent on player's high school team playoff season\**

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## **Recruiting Services for High School Players**

- Athletes HQ® will sit down with the high school age teams and go over the recruiting process
- Players will be able to give academic, geographic, desired playing level, desired school size, major interests, and other criteria to help build their list of ideal schools to play baseball or softball at after high school
- Athletes HQ® will help players navigate the recruiting process, contact coaches properly, prepare them for on-campus visits and phone calls, and anything else that might come up during their recruitment

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If you have any additional questions about Athletes HQ®'s Travel Program  
please email [Jordan@AthletesHeadquarters.com](mailto:Jordan@AthletesHeadquarters.com)