

CENTRAL ALBERTA SOX HIGH PERFORMANCE ACADEMY



**FOR
COMMITTED
HIGH SCHOOL PLAYERS**

COMING IN 2024

A 9 month high performance
academy dedicated to
next level athletes.

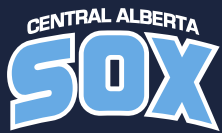
IN THIS ISSUE

- Welcome - Overview
- Meet the Team
- Review the Plan
- See the Facilities
- Getting Started

Only at Alberta's Premier Multi-Sport & Athletic Development Facility



WELCOME



HIGH PERFORMANCE ACADEMY



Doing what it takes to compete at the next level.

Introducing The Central Alberta Sox High Performance Academy:

Daily training at Alberta's Premier **107,000 sq ft indoor training facility**, including a **MLB sized turfed infield, 4 additional turfed fields, 4 batting cages**, and a **high performance workout area**.

The **most comprehensive Strength & Conditioning program in Alberta**, including **In-house athletic therapy**.

A detailed, 4 phase plan that **combines 100+ years of baseball coaching experience** with today's technology and tools.

Enrollment is limited, **1 team** (approx. 20 players) of dedicated High School aged student athletes (18u).

Schooling

Out of Town students will be placed at Lindsay Thurber Comprehensive High School, bused to The Dome at 1pm daily. Students from any school in the Red Deer area are encouraged to join Lindsay Thurber but can inquire about the online options your school offers, note: daily transportation will not be provided.

How will your high school credits be obtained?

Credits will be obtained through a combination of core classes, online options and baseball sports training credits.

Lindsay Thurber HS

Financial Commitment

\$13,750 /year

Financing and sponsorship options are available.

Flights and meals for spring trip are not included.

Fee Allocation (approx)

| | |
|----------------|-----|
| Facilities | 20% |
| Coaching | 26% |
| S&C | 34% |
| Transportation | 5% |
| Equip/ Apparel | 7% |
| Admin | 8% |

Billeting Info

Billets are pre-approved and vetted, providing housing & transportation. Basic food included, will vary on per household basis.

\$7,000 /year
(\$700 /mo for 10 months)

Players will have opportunities to be paid junior instructors at recreation camps held at The Dome, as well as casual work opportunities from supporters of our program.

OUR STAFF

IS YOUR SUPPORT STAFF

A 100+ years of baseball experience committed to your development and success in the game of baseball



Harold Northcott

Director of Baseball Operations
Pitching Coordinator/ Coach

**Former Canadian National
Team Pitching Coach**

[View Profile](#)



Brian Muir

Hitting Instructor/ Coach

**Former Head Coach at
Northwest Nazarene
University**

[View Profile](#)



Saad Samuel

Executive Director
Hitting Coordinator/ Coach

**Former Indian Hills CC player,
20+ years coaching**

[View Profile](#)



Dan Tan

Program Director/ Coach

**Former New Zealand Baseball
Player Development Manager**

[View Profile](#)



Jamie Mitchell

Catching Instructor

**Former Tampa Bay Rays
player, 10+ years coaching**

[View Profile](#)



Noah Welch

Player Mentor

**Former NHL player, Olympian
and Harvard University grad**

[View Profile](#)



[Additional guest coaches, speakers, and mentors](#)



YOUR PLAN

9 MONTHS. 4 PHASES.

Your commitment is 5 - 6 days per week, 3 - 4 hours per day consisting of individual baseball instruction, team coaching, classroom sessions, and strength training.

We pride ourselves in the ability to combine both “old school” and “new school” teaching techniques. Combining the use of data & video with expert coaching in all aspects of the game. You will develop individually using industry standard measurable data provided by Rapsodo and Blast Motion. You will learn the game of baseball from experienced coaches.

Pitchers can expect 1 on 1 coaching and game play from Harold Northcott. A customized throwing program, Rapsodo for pitch design with Dan Tan, and a custom strength program.

Hitters can expect 1 on 1 coaching from Brian Muir, game play and approaches with Saad Samuel. Blast Motion video analysis and fielding program with Dan Tan. And a custom strength program.

Catchers will be scheduled 1 on 1 coaching with Jamie Mitchell. And a custom strength program.

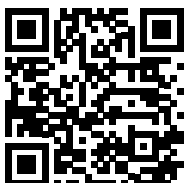
Game / Practice Coaches:

Harold Northcott, Brian Muir (Games only), Saad Samuel, Dan Tan.

*Guest coaches and specialized instructors as available

All of our players will receive athletic mentorship from Noah Welch.

For information on all our staff, please visit <https://thedomereddeer.com/baseball/>



YOUR PLAN

9 MONTHS. 4 PHASES.



FALL

Instructional Phase - September to October

Instruction and evaluation in a game setting. Our coaches will identify individual adjustments while teaching team concepts.

Practice 5x per week. 20+ Games. 1 Tournament.
Strength and Conditioning intro 3x per week.

WINTER 1

Build Phase - November to December

Individual development, personalized workouts, technical / mechanical adjustments, video analysis, classroom sessions begin. Throwing shutdown at end of November.

Indoor workouts 5x per week.
Classroom 4x per week.
Strength and Conditioning 3x per week.

WINTER 2

Preparation Phase - January to February

Throwing program begins, game simulation, game day approaches, mental preparation.

Indoor practices 5x week.
Classroom 4x per week.
Strength and Conditioning 3x per week.

SPRING

Compete Phase - March to May

Implementation in a controlled competitive environment indoors leading to outdoor team competition.

30+ Games. Spring Showcase Trip.
Practice 5x per week.
Strength and Conditioning 3x per week.

**CA Sox High Performance DOES NOT operate in the summer months, you must return to your home associations.* No planned baseball activities 1 week after May long weekend, players will have optional workouts during this time.

S&C



STRENGTH AND CONDITIONING

A major part of your athletic development and a major advantage of our program, which includes **IN-HOUSE Athletic Therapy**

(Extended healthcare coverage needed or pay per use)



Jim Frederickson comes to us from Brandon, Manitoba with Jill, his wife of 19 years, and their six children. He is a professional strength and conditioning coach that specializes

in the development of high performance professional and amateur athletes. His passion is to help people optimize their performance and health through a holistic approach. He has owned and operated an elite health and performance centre since 2001 where he employed over 20 staff.

Strength and conditioning coach for the Brandon Wheat kings from 2002-2017

Levels 1-4 in the Athletes Performance certification

5-years of personal mentorship with the late world-renowned Strength Coach Charles Poliquin

President of 204 Grassroots Motocross Association

Mount Royal University Diploma



Dennis Delos-Reyes

Coach

[View Profile](#)



Kristjan Frederickson

Coach

[View Profile](#)



Josh Calderon

Athletic Therapist

[View Profile](#)



[Athletic Therapy Info](#)



FACILITIES



Alberta's Premier Multi-Sport Facility

Our advantage

FULL MLB TURFED INFIELD

**LONG TOSS UP TO 350', INDOOR GAMES (MODIFIED),
4 BATTING CAGES. PLAYERS RECIEVE A DROP-IN
MEMBERSHIP!**



Outdoor games will be played in
Sylvan Lake at Gulls Stadium.
Additional games and practices held in
Innisfail.



NATHAN FLEWELLING

- Canadian Junior National Team
- Gonzaga University commit
- Canadian Futures Showcase
- Homerun Derby Champion

Nathan on working with The Dome coaching staff...

Strength & Conditioning Coach: Jim Fredrickson

"Jim probably changed my life, to say the least. Taught me to not only to be a better athlete but a better man, a character guy, family man. You gotta learn to love him...after you hate him."

Hitting Coach: Brian Muir

"Brian is my guy, I have been working with him since I was 13 years old. He's been there for good moments and helping me through the rough moments."

Catching Coach: Jamie Mitchell

"No one is more experienced. Helped me look into the future by showing me what it takes, it's an honour to work with him."



5 Pillars of Athletic Development

Technical

> the skill set

Tactical

> the ability to make the right decisions

Physical

> human performance

Mental

> strength to overcome adversity and make successful performances repeatable

Character/ Lifestyle

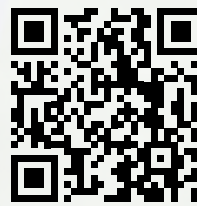
> integrity, resilience, & relational skills

LET'S GET STARTED

[Complete Player Interest Form](#)




[Book Facility Tour](#)




Wondering if this program is right for you?

Need more information?

Contact Saad Samuel

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403.986.0417

