

Season	Lesson/Training	When	Overview	Frequency	Ages	Organization	Status
Pre-Season (November through March)	Winter Training (Quad Sports Complex)	Winter	Players will be re-grouped weekly for these practices that include individual/team defense drills, as well as evaluation periods for determining the rosters.	One (1) training per week (weekends)	All Ages	Welles & CBC	Required
	Small-Group Training (The Academy @ Mozart)	Winter	Players will train mechanics and fundamentals in hitting/pitching with their respective age group. Sessions will also include evaluations for the determining rosters.	One (1) training per week (weekdays)	All Ages	Welles & CBC	Required
	Speed & Strength Training	Winter	Improving on-field performance by increasing balance, coordination, mobility, quickness, speed, and power.	One (1) training per week (weekdays)	10U to 14U	Welles & GameShape	Optional (10U-12U) Required (13U-14U)
	Foundations Classes (Hitting / Pitching)	Ongoing	Focus is on building a foundation of fundamentals/mechanics for skills that scale; principally focused on hitting and pitching.	Schedule dependent	8U to 9U	Welles & CBC	Optional
	Bat Speed Class	Ongoing	Focusing on increasing bat speed through specific programming of overload and underload training. Data will be collected to measure progress.	Schedule dependent	10U to 14U	Welles & CBC	Optional
	Other Classes (Pitching / Catching)	Ongoing	Classes focusing on a specific skill set. Players will train in a group setting and be allowed to master mechanics and fundamentals through guided repetitions.	Schedule dependent	10U to 14U	Welles & CBC	Optional
	Private Lessons (Catching, Hitting, Fielding, Pitching)	Ongoing	Coaches will work with individuals to assess areas for improvement, and then address those needs.	Schedule dependent	All Ages	Welles & CBC	Optional
In-Season (April through July)	Team Practices	Spring/Summer	In season practices focus on in-season maintenance of mechanics/fundamentals as well as team defense. Practices will also include batting practice sessions at the Academy.	One (1) to two (2) days per week; Schedule dependent	All Ages	Welles & CBC	Required
	Team Games & Tournaments	Spring/Summer	LSFBL/MSBL will be the two main leagues. MSBL typically runs from Apr-Jul and LSFBL runs from May-Jul. Tournaments on Memorial Day and July 4th, at a minimum, plus pre-season and/or post-season tournaments.	Schedule dependent	All Ages	Welles & CBC	Required
	Foundations Classes (Hitting / Pitching)	Ongoing	Focus is on building a foundation of fundamentals/mechanics for skills that scale; principally focused on hitting and pitching.	Schedule dependent	8U to 9U	Welles & CBC	Optional
	Bat Speed Class	Ongoing	Focusing on increasing bat speed through specific programming of overload and underload training. Data will be collected to measure progress.	Schedule dependent	10U to 14U	Welles & CBC	Optional
	Other Classes (Pitching / Catching)	Ongoing	Classes focusing on a specific skill set. Players will train in a group setting and be allowed to master mechanics and fundamentals through guided repetitions.	Schedule dependent	10U to 14U	Welles & CBC	Optional
	Private Lessons (Catching, Hitting, Fielding, Pitching)	Ongoing	Coaches will work with individuals to assess areas for improvement, and then address those needs.	Schedule dependent	All Ages	Welles & CBC	Optional
Offseason (August through October)	Fall Stars	Fall (Sept/Oct)	A fall baseball development program that provides players with training sessions and controlled intersquad scrimmages. Typically ends with a local tournament.	Two (2) trainings per week (weekday/end)	9U to 14U	Welles & CBC	Optional
	CornerStone Training (Session #1)	Fall (Sept/Oct)	Baseball skill/drill work with an introduction to maximizing and utilizing ground force and rotational power for hitting and pitching.	One (1) training per week (weekends)	10U to 14U	Welles & CBC	Optional
	CornerStone Training (Session #2)	Fall (Oct/Nov)	Baseball skill/drill work with an introduction to maximizing and utilizing ground force and rotational power for hitting and pitching.	One (1) to two (2) trainings per week (weekday/ends)	10U to 14U	Welles & CBC	Optional
	Foundations Classes (Hitting / Pitching)	Ongoing	Focus is on building a foundation of fundamentals/mechanics for skills that scale; principally focused on hitting and pitching.	Schedule dependent	8U to 9U	Welles & CBC	Optional
	Private Lessons (Catching, Hitting, Fielding, Pitching)	Ongoing	Coaches will work with individuals to assess areas for improvement, and then address those needs.	Schedule dependent	All Ages	Welles & CBC	Optional