



**DASH**

SPORTS

BASEBALL ACADEMY

# D.A.S.H. Baseball Academy

## YEAR 2!



2011-2012 Membership  
Information Guide

# Background/History

- D.A.S.H. = Developing Athlete's Sports Hub
- Dash = Jason Carter + Josh Oien
- Boys of Summer Baseball: Hosted over 20 local camps and clinics since 2006
- B.O.S. founded and owned by Josh Oien
- No more B.O.S. camps in Fargo-Moorhead, the D.A.S.H. Baseball Academy will replace the need
- No need for camps or clinics, the Academy is flexible enough for everyone
- Goal is to provide the best and most positive environment for athlete's that also elicits the peak results
- Connections with nearly all local baseball coaches and programs
- Experience: Over 6,000 hours of baseball specific instruction given by Jason and Josh alone over the past 4 years.
- This is the Second Full Year of the D.A.S.H. Baseball Academy

# Why?

- Our facility is the best in the area
- Give Fargo area baseball players the opportunity to develop and advance
- We didn't have this opportunity growing up
- Increase your athleticism and your baseball skills
- Learn about yourself, gain confidence from improvements and dedication to training
- To be the BEST and take pride in yourself and your TEAM!
- The most FLEXIBLE training program available
  - Train when you want on your own schedule
- The best baseball TRAINERS in the area
- Give yourself the best chance to succeed this spring/summer

# STAFF

## Director/GM: Josh Oien

### Training Staff

- Jason Carter, CSCS (D.A.S.H.)
- Joel Swanson (Shanley)
- Josh Rudie (South)
- Nick Lewis (Fergus Falls Legion)
- Dan Knox (Mayville St.)
- Matt Sommerfeld (B.O.S.)
- Matt Gasteki (Redhawks)
- Brady DeGagne (B.O.S.)
- Ben Sand (B.O.S.)
- Jake Rosenkranz (B.O.S.)
- More special guests and coaches will be training this year

### Advisory Board

- Donny Bryant (South Varsity)
- Bill Ibach (West Fargo Legion)
- Hans Anderson (Davies Varsity)
- Brett Peterson (West Fargo Varsity)
- Jesse Radloff (West Fargo Varsity)
- Scott Winjum (North JV)
- Jeff Miller (Moorhead)
- Alan Rick (Redhawks)
- Wayne Bradley (South Varsity)
- Others will be added

# Format

- Academy membership is valid November 21<sup>st</sup>, 2011 to April 8<sup>th</sup>, 2012
- Academy is set up very similar to a school schedule with daily classes that rotate and vary weekly
- Each Academy member receives a certain # of credits to register for SKILLS classes (depending on which level of membership you choose)
- 2 categories of classes: S&C and Skills
- S&C = Strength and Conditioning workouts
- Skills= Baseball specific skills training (pitching, hitting, etc.)
- Main classes will focus on developing the 5-tools: Hitting for Average, Hitting for Power, Throwing/Pitching, Fielding, and Running
- S&C Classes will consist of baseball specific workouts, which will be geared to enhance BASEBALL SPECIFIC ATHLETIC PERFORMANCE.
- You do not need to register for the S & C Classes, every Academy member receives unlimited workouts. You MUST register for SKILLS classes, and you will receive a certain number of Skills credits for classes depending on what package you choose
- We will have GAMES and SKILLS CHALLENGE classes as well to provide fun opportunities to display learned and improved skills

# Schedule

- 5-Tool Camps (Sundays Only) begin November 6<sup>th</sup>
- Jamestown College Camp: January 29<sup>th</sup>
  - AA or AAA Full Time Academy members receive access to 5-tool camp, Jamestown Camp included in their packages
- Classes Begin Monday, November 21<sup>st</sup>, and run to April 9<sup>th</sup> (20 weeks of Academy Training)
- Both Skills & S&C Classes start on the hour and run for 55 minutes
  - Mon-Thurs: 3pm to 9pm
  - Friday: 3pm to 7pm
  - Saturday: 10am to 4pm
  - Sunday: 1pm to 5pm
- There is a different skills class each hour, and it is on a rotating basis
- S&C classes run at the same time and are changed daily
- The full schedule can be viewed online at [www.dashsportsfm.com](http://www.dashsportsfm.com)
- Sessions can be registered for on the website up to 3 weeks in advance
- We will also add special camps and events to the baseball academy as we progress

# Training Tools/Aids

- We have tried them all and we have the best ones!
- Mauer Quickswing
- Insider Bat
- Perfect Pitcher
- Total Control Balls
- Jugs Small Balls + Thunderstick
- Hitting Jack-It
- Many others



# Training Philosophy

- The amount of time and dedication that you put into training will be directly related to your overall level of skill and also directly related to how much you improve over the course of the off-season
- Flexibility: Everyone has different schedules and different wants/needs
- LEARN the right way and don't waste your time pumping iron all the time
- VARIETY: Mix up your training, both skills session and workouts, try new things
- PERIODIZATION: Train in phases. Our program has micro cycles for training and complex intricacies to elicit maximum results

# Sample Schedule

- Below is a sample of what our schedule will be like. SKILLS Sessions are on top, S & C Workouts on bottom

## Skills Training Schedule

	Monday		Tuesday		Wednesday		Thursday			Friday	
Time	12U	13+	12U	13+	12U	13+	12U	13+	Time	12U	13+
4 to 5	Pitching	Hitting	Fielding	Pitching	Hitting	Fielding	Pitching	Hitting	4 to 5	Pitching League	Hitting
5 to 6	Hitting	Fielding	Pitching	Hitting	Fielding	Pitching	Hitting	Fielding	5 to 6	Hitting League	Wiffle
6 to 7	Fielding	Pitching	Hitting	Fielding	Pitching	Hitting	Fielding	Pitching	6 to 7	Wiffle	Pitching
7 to 8	Pitching	Hitting	Fielding	Pitching	Hitting	Fielding	Pitching	Hitting			
8 to 9	Hitting	Fielding	Pitching	Hitting	Fielding	Pitching	Hitting	Fielding			

	Saturday	
Time	12U	13+
10 to 11	Fielding	Pitching
11 to 12	Pitching	Hitting
12 to 1	Hitting	Fielding
1 to 2	Wiffle	Hitting
2 to 3	Hitting League	Pitching
3 to 4	Pitching League	Wiffle

	Sunday	
Time	12U	13+
2 to 3	Pitching League	Wiffle
3 to 4	Hitting League	Pitching
4 to 5	Wiffle	Hitting

**We offer 32 Skills Sessions per Week, and 34 S & C Sessions per Week!!!!**

## S & C Workout Schedule

Mon-Thurs	Saturday	Sunday
S&C Classes	S&C Classes	S&C Classes
3 to 4	10 to 11	1 to 2
4 to 5	11 to 12	2 to 3
5 to 6	12 to 1	3 to 4
6 to 7	1 to 2	4 to 5
7 to 8	2 to 3	
8 to 9	3 to 4	

# Class List

- Below are some of the classes offered for each age group

Classes	
12 U	13 +
Pitching Mechanics	Pitching Mechanics
Off-Speed Pitching	Off-Speed Pitching
Power Throwing	Power Throwing
Hitting Mechanics	Hitting Mechanics
Power Hitting	Power Hitting
Hand-Eye Hitting	Hand-Eye Hitting
Off-Speed Hitting	Off-Speed Hitting
Multi-Directional Hitting	Multi-Directional Hitting
Situational Hitting	Situational Hitting
Fielding Mechanics	Fielding Mechanics
Outfield Skills	Outfield Skills
Infield Skills	Infield Skills
Catcher's Mechanics	Catcher's Mechanics
Baserunning/Speed	Baserunning/Speed
Wiffle Ball	Wiffle Ball
Hitting League/Competition	Hitting League/Competition
Pitching League/Competition	Pitching League/Competition

# Pricing & Package Options

- We are offering 3 options based on need and commitment

Baseball Academy Features	"A"	"AA"	"AAA"
Unlimited Strength & Conditioning Membership	X	X	X
Access to Baseball Skills Training Classes	X	X	X
<b># of Skills Training Class Credits Included</b>	<b>20</b>	<b>40</b>	<b>Unlimited</b>
Pre- & Post- Athleticism Testing		X	X
Pre- & Post- Baseball Skills Testing		X	X
Player Goal Setting (after Testing)		X	X
Player Improvement/Final Evaluation Report		X	X
Free Admission to 5-tool Player Camp		X	X
Free Admission to Jamestown College Camp		X	X
Player/Parent Meeting with Academy Director			X
Hitting Video Analysis & Report			X
Pitching (or your choice) Video Analysis & Report			X
<b># of Skills Training Class Credits Incuded</b>	<b>20</b>	<b>40</b>	<b>Unlimited</b>
<b>Regular Price</b>	<b>\$695</b>	<b>\$995</b>	<b>\$1,245</b>
<b>Early Registration Price (save 15% by October 1st)</b>	<b>\$591</b>	<b>\$846</b>	<b>\$1,058</b>
<b>Pay in Full Price (save 20%)</b>	<b>\$556</b>	<b>\$796</b>	<b>\$996</b>
Deposit required to register	\$295	\$295	\$295
Estimated Monthly Price (4 equal monthly payments)	\$100.00	\$175.00	\$225.00

Individual Member Credit Cost	\$25 each
Individual Non-Member Credit Cost	\$30 each
One-on-One Private Lesson (1 hour)	\$50 each

# Frequently Asked Questions

- When do I have to join the Academy? What happens if I join late, say in January?
  - The Academy is set up so you can join at any time. You will not miss out on anything if you do not join by the first day it begins. Each Academy member received Class Credits to utilize. You may use as many or as little as you please (depending on which package you choose)
- How many players are allowed to register for a SKILLS Session?
  - The maximum number of players allowed to register is 6. We never will have more than a 6 to 1 player to trainer ratio for the Academy.
- Do I have to pay for the entire program up front?
  - No, you can make monthly payments. However, you must select which program you are choosing and you are committed to that package once you select it and begin training.
- When Can I sign up for SKILLS Classes?
  - You can sign up for Skills Classes up to 6 weeks in advance. At the very latest, you **MUST** sign up for a Skills Class by 10am if it is the day of class.
- I really liked the Boys of Summer camps, are they going to be available?
  - This year we are offering the 5-tool player camp on Sundays, which is what Boys of Summer is known for. All AA or AAA Academy members receive access to the 5-tool camps on Sundays. Please note the Baseball Academy is much more flexible and comprehensive than the 5-tool player camps. You can pick and choose your training sessions on your own time over a time period of 20 weeks. This Academy includes SKILLS Training AND Strength and Conditioning Workouts. Its everything you **NEED!**

# Thank You!

Thank you for your interest and support of this new program. I do realize that this is something new and may seem somewhat confusing. Ultimately, this program is designed as an off-season training program that includes training in ALL areas of the game, including workouts/fitness. It is a 20 week long program with over 500 SKILLS classes offered and over 500 Strength and Conditioning workouts offered. It is set up and structured to run like a school with a staff of teachers, a list of classes, and a devised curriculum. I believe we have the best to offer baseball players in the area.

This program is for anyone from the beginner to the All-State Varsity player. You can choose to partake in the entire 'AAA' package, or you can simply purchase 5 SKILLS Sessions as a non-academy member if wish (for example). The program is flexible and allows for player who play multiple sports to still find time to attend Academy classes.

Again, this Academy will replace the need for specialty camps and clinics, as it will include all of those same training aspects. If you are a pitcher and you only want to work on pitching, join the academy and use all of your class credits on the pitching classes. You have the flexibility and the opportunity to do that.

The facility we now have in D.A.S.H. is great. It provides us with the opportunity to work on our skills and athleticism during the winter. We have a large amount of space and can do nearly any baseball related activity or drill.

I have formed great relationships over the past 10 years with local area coaches and great baseball minds. These coaches support the Academy and nearly all of them are on the Advisory board and most will teach several of the classes as staff members.

I hope you choose to partake in the Academy this year for your baseball needs. If you have any questions or concerns, please contact me at [josh@dashsportsfm.com](mailto:josh@dashsportsfm.com) or 612-787-6868. I recognize this is a new program and there will be many questions. Please don't hesitate to call or e-mail with those questions. –Josh Oien