



# BOMBA AAA HIGH PERFORMANCE PROGRAM (HPP)

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BOMBA's High Performance Program for the 12U, 13U, and 14U AAA teams is designed with the long-term development of players in mind. Here's a breakdown of what the program offers:

## Program Highlights:

1. **Fall Ball games and tournament:** Play in competitive fall ball games and participate in tournaments.
2. **Fall Strength and Conditioning:** Certified trainers lead sessions to enhance physical conditioning.
3. **Winter Training:** Regular training sessions, along with flexible drop-in times, will be provided, allowing players to balance other commitments. This is managed by Garrett, Head of Player Development and position-specific coaches from Strike Zone.
4. **Off-Season Training:** Players can train up to 6 hours a week during the off-season.
5. **Winter Strength and Conditioning:** Continued physical conditioning throughout the winter.
6. **US Tournaments:** Opportunities to compete in US tournaments, providing exposure and experience.
7. **Eliminations:** Participation in eliminations for certain age groups.
8. **Regular COBA Schedule:** Players will follow the regular COBA schedule for consistent gameplay.
9. **Extra Summer Practice:** Additional practice sessions during the summer in "The Yard".
10. **Bulls Swag and Jerseys:** Unique team gear and jerseys.
11. **Capped Rosters:** Roster sizes will be limited to ensure adequate playing time for all players, promoting better development.



## Program Benefits:

1. **Multi-Sport Flexibility:** Players can participate in other sports while developing baseball skills at a high level.
2. **Cost-Effective:** The program is designed to be affordable, focusing on player development.
3. **Access to Metrics** - utilizing Hit Trax and fitness testing throughout training.
4. **Pathway to Higher Levels:** BOMBA aims to be a platform where players can progress from House League to Select, Rep, HP, and eventually EBLO.

This program provides a comprehensive development plan, ensuring players receive high-quality training, competitive play, and opportunities for growth, all while maintaining a balance with other activities and commitments.

Tryout dates for the teams will be held in late August. Exact dates and registration details will be posted shortly.

The tryout fee is \$48 and if you don't make the High Performance Team, this fee will cover your tryout for AA and A levels, which will be held in September.

Note the new release rules apply for 12U and 13U. At 14U, only players outside of COBA will require a release to play.