



# BOMBA AAA HIGH PERFORMANCE PROGRAM

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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 will 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. **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 by the end of July.

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