

**SWAGGER**  
ATHLETICS

# UPDATES

## HOT NEWS



**CONTINUE THE LEARNING & GROWING YEAR-ROUND!**

## ***THE SHIFT TO YEAR-ROUND DETAILS***

Starting November 2022 Swagger shifts from a seasonal based program to a year-round one. Families can now choose from two different subscriptions that fit their athlete's desired commitment to the sport of baseball.

### **LOCKED IN - TRAINING ONLY PROGRAM**

**INDOOR WORKOUTS** will consist of the following:

- Speed and agility training
- Age appropriate strength training
- Defensive glove work
- Bullpen work for pitchers and catchers
- Live pitch hitting
- BP (live arm & machine)
- Practice and game approaches (offense and defense)

# \$450

**LOCKED IN MONTHLY FEE**

**2X WEEKLY**

**EACH SESSION IS 1.5 HRS INDOOR  
WORKOUT (RIEKES)**

# 'THE SHIFT' TO YEAR-ROUND...

## Year-round tournaments for SWAGGED OUT

### SWAGGED OUT - TOURNAMENT TEAM

SWAGGED OUT members get access to the **INDOOR WORKOUTS** plus the following:

**FIELD WORKOUTS** which consist of:

- Fielding drills (Infield and Outfield)
- Game situation offensive/defensive drills
- Position specific technique reps

**TOURNAMENTS** at the following locations:

- NCTB: Twin-Creeks, Sunnyvale, CA
- PerfectGame: Billy Hebert, Stockton, CA
- TPR: BLD, Manteca/Ripon, CA
- Out-of-Town: Vegas, NV or SoCal

Selection of tournaments are based on availability, level of competition from other teams, weather, and other factors.

# \$850

**SWAGGED OUT MONTHLY FEE**

**1X-2X TOURNEYS MONTHLY**

**1X WEEKLY**

**2.25 HRS FIELD PRACTICE (GUNN HS)**

**1X-2X WEEKLY**

**EACH SESSION IS 1.5 HRS INDOOR  
WORKOUT (LEMO)**

# 'THE SHIFT' TO YEAR-ROUND...

## HEALTH AND WELLNESS

The health and wellness of the players will never be compromised in the pursuit of winning. Swagger team is cognizant about the wear and tear on the athletes physically and mentally for year round sports. The workouts are designed to keep the athletes in good, healthy form and the tournaments will be scheduled to ensure proper recovery time in between them. In addition, there will be months when only 1 (or none) will be booked for proper R&R. Lastly, at the individual level the coaches will make adjustments if they notice an athlete is starting to show physical and mental degradation. Swagger wants all of our athletes to have a long and prosperous future in baseball.

## BENEFITS OF YEAR-ROUND PROGRAM

For years families asked how they can get access to Swagger's high quality training and coaching during the off-travel-ball season. As an alternative families looked for academies, workout programs, or other travel ball organizations that most often are to the detriment of the athlete due to poor/incorrect instructions, overexertions, and lack of mental preparedness. By going to a year-round program Swagger offers families an organization that can continually work with your athlete, physically and mentally, to make sure that their baseball progression is managed in a consistent and high quality manner. In addition, by offering two programs families are able to continue their desired lifestyle (winter skiing, summer travel etc) and their athlete is able to pursue other sports (eg soccer) while still maintaining their connection to the Swagger Program. Though not ideal some families could also opt-out of Swagger memberships during months they want to completely be baseball-free and rejoin once they are ready to train for baseball again. Swagger's program is geared towards preparing youth athletes for advanced baseball in high school, college and beyond. Swagger looks forward to working with all the families continuing with the program all year.

# THE RIGHT MEMBERSHIP

To help families determine which is the right membership for their athlete(s) below are the different types of ball players personas and the recommended subscription.

LOCKED IN SWAGGED OUT NONE

## LITTLE LEAGUE LUKE



Luke and his family loves Little League. It's a way for him to enjoy a sport and play against his friends in the community. He wants to focus on just having fun and not get overwhelmed with baseball. After little league he wants to enjoy summer, train a bit and then get ready for little league fall ball.

What's right for him?

To get Luke ready for Little League he enrolls in the LOCKED IN program to get him physically ready and to also brush up on his defensive glove work. In addition, getting some batting training will get his hand-eye coordination down. Once Little League starts he ends his workouts. Once summer arrives and LL season is over Luke again subscribes and comes in during the summer to work out.



## ALL-STAR AARON



Aaron loves playing in this Little League so that he can compete with his friends in the community and also to eventually be part of the all-star team and make it to the world series. He wants to be the best player at every position. He knows that he needs to be physically and mentally ready all the time and loves playing competitive baseball when Little League is out.

What's right for him?

Aaron subscribes to the LOCKED IN program all year round to keep his health, stamina and skills sharp. Even during Spring and Fall Little League he comes in and gets extra defensive work and Batting Practices so that he stays at the top of his game. During the summer Aaron decides to play competitive ball and changes his subscription to SWAGGED OUT so that he can play at the local tournaments.



## TRAVEL BALL TREY



Trey is out to compete and wants to go to the highest level of competitive games out there. He knows he needs physical and mental readiness the workouts develop as well as the field practices to get him ready. Aaron and his family are all in for the travel ball lifestyle and are often found at the tournament venues on weekends. The only time they take a break from travel ball is during the holiday months towards the end and beginning of the year.

What's right for him?

Trey should subscribe to the SWAGGED OUT program for most of the year and change to the LOCKED IN program during the holiday months so that he can spend the holiday times with family.



# SUMMARY

Below are the tables for summarizing the subscriptions for each type and the fee schedule for the next 12 months. Note that the amount is subject to change upon notice.

LOCKED IN	SWAGGED OUT
Speed & Agility, Strength Conditioning, Batting Practice, Defensive Work (bullpen, live pitching, batting, ...)	
1x-2x per week	
No Field Practice	Field Practice - Infield, Outfield, Game Scenarios, Base Running
	1x per week
No Tournaments	Local Tournaments
	1-2x per month

## FEE SCHEDULE FOR LOCKED IN(LI) & SWAGGED OUT (SO)

	NOV*	DEC*	JAN*	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
LI	\$338	\$338	\$338	\$450	\$450	\$450	\$450	\$450	\$450	\$450	\$450	\$450
SO	\$638	\$638	\$638	\$850	\$850	\$850	\$850	\$850	\$850	\$850	\$850	\$850

*\*Pro-rated 3/4TH*

My son has another sport can we subscribe to LOCKED IN then move to SWAGGED OUT once he's available to play tournaments?

Yes, absolutely. Swagger encourages players to follow their other athletic pursuits or interests. The only caveat is when the player then decides to be part of the SWAGGED OUT team his acceptance is subject to spot availability.

My son is thriving in this program and would love to stay but the fees are just over our budget. What can we do?

Swagger is there to ensure that youth athletes that are coachable and have a great overall attitude continue with this program. Please reach out to Coach Dave and have a discussion on what can financially makes sense.

How does the billing works?

Monthly Dues and fees are due at the beginning of each month. You can send your check to Dave (preferred) or use Venmo or Paypal.

Do we pay full price for holiday months (eg winter holiday)?

No. November, December and January months fees will be pro-rated to take into account staff time off and no practices.

# NEXT STEPS

The Swagger Coaches would love to keep the teams together and allow us to develop every member to their potential. We hope your athlete and family continue with us.

## (1) FILL OUT SIGN-UP FORM

- LET US KNOW YOU ARE IN BY FILLING OUT THE FORM AT [HTTPS://FORMS.GLE/VSTESG2XAUA2LY3H7](https://forms.gle/VSTESG2XAUA2LY3H7)