



Annual Prospect
Baseball Development
Program

PROSPECTUS

Introduction

The Outaouais Baseball Academy (OBA) has been a leader in baseball training in the Outaouais region since 1999. We have been recognized for 20 years as a premier training organization, where we offer baseball training and training programs to players of all ages and levels of competition, from beginners to elite players. Our training and training programs are developed to meet the unique needs of our customers and follow the long-term athlete development (LTAD) model. To enable our athletes to acquire the skills and reach their full potential, we plan each training and development element in a thoughtful way.

For the Prospect Program, this requires that, in addition to having group practices, we will develop a personalized and adapted teaching and training plan for each athlete between the ages of 12 and 16 years old. We will teach baseball techniques and strategies by optimizing training time and encouraging repetition of movements and techniques to master them. We will provide corrective measures and ongoing support. Sessions are offered in both official languages.

Objective:

The goal of the Prospect Program is to:

- Identify talented athletes with potential for high level competition;
- Develop a training plan for a full year, from early September to the end of the season (end of August);
- Determine the work to be done to achieve the athletes' specific goals;
- Provide the right training at the right time that will contribute to the success of our athletes.

The Program

The OBA will take the primary role in the development of its athletes and will prepare and manage the annual plan, taking into account the ten key factors affecting LTAD:

1. The ten-year rule
2. The foundations of movement and sports
3. Specialization
4. The development stage
5. Training capacity - recovery
6. Physical, mental, cognitive and emotional development
7. Periodization
8. Planning of the competition calendar
9. The reorganization and integration of the sports system
10. Continuous improvement

This annual plan will integrate the ten key elements of LTAD, which are:

1. Resistance,
2. Speed,
3. Skills,
4. Force,
5. Flexibility,
6. Structure / stature,
7. Psychology,
8. Defended,
9. School and
10. Socio-cultural.

The OBA will coordinate with all other stakeholders, as appropriate, all phases of the training and provide annual coaching focused on the athlete's overall development.

On the first day of each month, a detailed plan including physical, mental, technical and tactical training will be sent to the athletes. The results of the follow-ups of the previous month will be discussed.

Note on Long Term Development

While the athlete is in the "train to train" phase of LTD, the plan will reflect the 60:40 training - competition ratio LTD model of 60% training and 40% in competition.

For more information on LTD, please visit: <http://sportforlife.ca/>

Physical fitness of athletes and phases of the annual plan

The physical needs of the athlete requiring development are:

- Basic conditioning of the body
- General and specific strength
- Skills
- General and specific technique
- Mobility and general and specific flexibility
- General and specific endurance
- Speed

Each of these needs must be considered as a constructive element, where specific blocks must be put in place before moving on to the next. Failure to do so may result in injury and poor performance. We will assign the blocks to each phase of the annual plan based on the strengths and weakness of the athlete and the discussions with stakeholders.

The training year is divided into 6 phases as follows:

- Phase 1 - September, October
- Phase 2 - 8 weeks - November, December
- Phase 3 - 8 weeks - January, February
- Phase 4 - 8 weeks - March, April
- Phase 5 - 8 weeks - May, June
- Phase 6 - 8 weeks - July August

The objectives of each phase are:

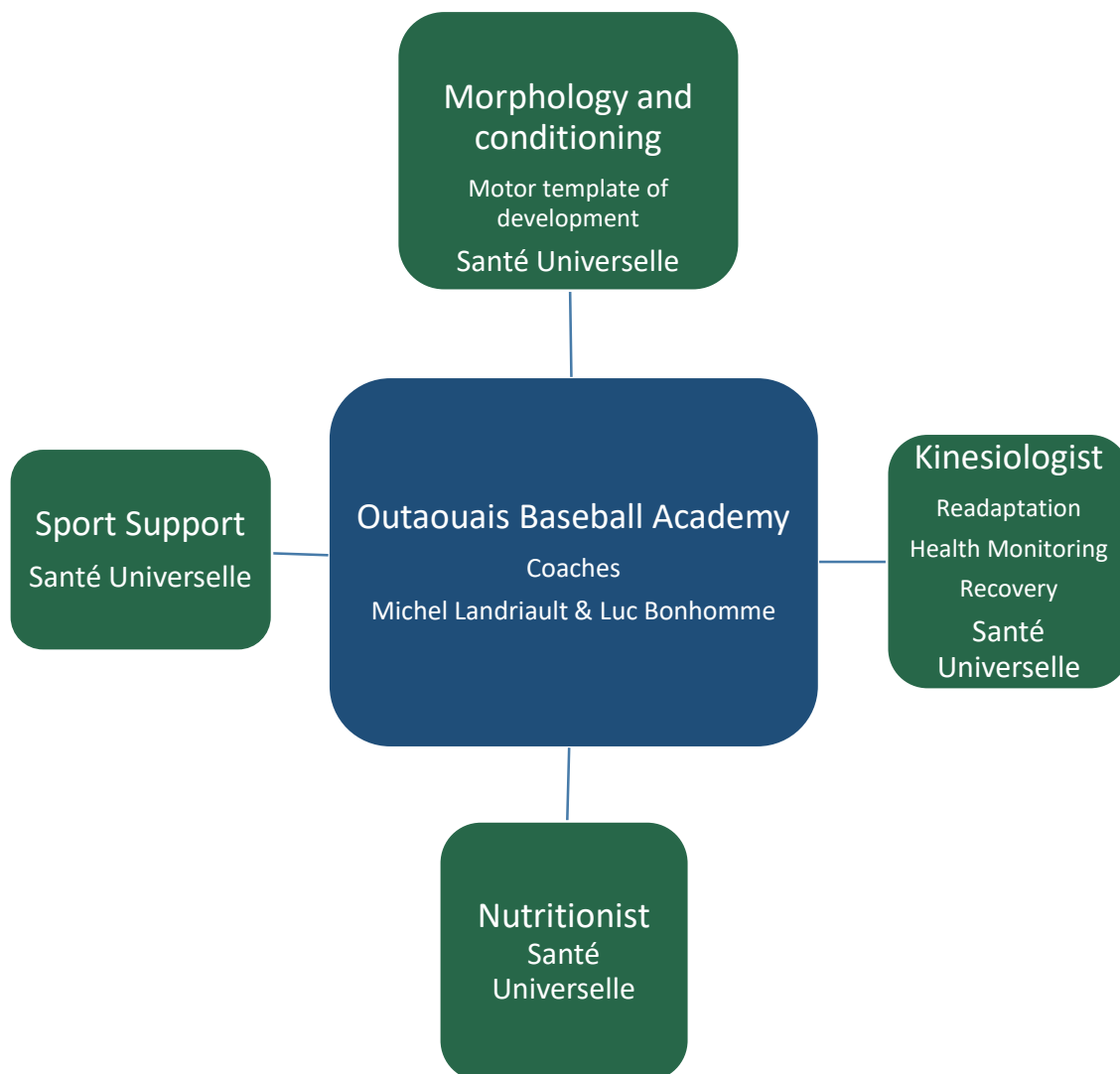
- Phase 1 - Active Recovery - Annual Planning, Goal Setting for next season
- Phase 2 - General Development of Strength, Mobility, Endurance, General Skills, and Basic Technique
- Phase 3 - Development of a Specific Physical Fitness and Advanced Technical Skills
- Phase 4 - Selection Camp - Realisation of internal objectives
- Phase 5 - Regular season - Technical model adjustment, preparation for the main competition
- Phase 6 - Regular Season, Tournaments and Series - Competitive Experience and Achievement of Outside Objectives

Our trainers

Our trainers are passionate about the sport. They are certified coaches in the National Coaching Certification Program (NCCP), and stay up-to-date in the latest baseball and coaching techniques and athlete development.

The Support Team

In order for athletes to achieve their goals, the OBA will work with other stakeholders in the Outaouais sport community. We will coordinate with them in the best interests of athlete development. The outside resources are among others:



In the event of a physical problem, OBA coaches will evaluate the situation and recommend which health professional to consult: doctor, physiotherapist, massage therapist, etc.

Conclusion

With 20 years of success in training baseball players of all ages, the OBA is highly experienced and highly qualified to provide athletes with a first-class training program to achieve a very high level of baseball competition.