



HELPING CANADIAN BASEBALL
PLAYERS ACHIEVE THEIR DREAMS

2025-2026

*WINTER TRAINING @ SUNRISE FIELDS
OCTOBER - APRIL*

***BFC TRAINING HAS PROVEN TO BE ONE OF THE
BEST YOUTH PITCHING DEVELOPMENT
PROGRAMS IN CANADA***

2024/2025 PROGRAM HIGHLIGHTS

***AVERAGE VELOCITY
GAIN PER ATHLETE
= ~6.5 MPH***

***45% OF ALL
ATHLETES GAINED
8 MPH+***

20 ATHLETES GAINED 10 MPH+



MEET DAN CONNERTY

***FORMER PROFESSIONAL
BASEBALL PLAYER***

***PLAYED NCAA BASEBALL
@ NORTHWOOD
UNIVERSITY***

***FOUNDER @ BASEBALL
DEVELOPMENT GROUP***

***ACTIVELY WORKING IN
BASEBALL PLAYER
DEVELOPMENT FOR THE
PAST 7 YEARS***



TUESDAY SCHEDULE

4:00 - 5:15 PM

AFTER SCHOOL TRAINING (9-12)

5:30 - 7:00 PM

TEAM TRAINING

7:00 - 8:30 PM

TEAM TRAINING

8:30 - 10:00 PM

TEAM TRAINING

THURSDAY SCHEDULE

4:00 - 5:15 PM

AFTER SCHOOL TRAINING (13+)

5:30 - 7:00 PM

TEAM TRAINING

7:00 - 8:30 PM

TENTATIVE BOOKED

8:30 - 10:00 PM

TENTATIVE BOOKED

***TEAM TRAINING
SESSIONS***

***>10 PLAYERS
PER TEAM***

***PITCHING / S&C /
MOBILITY***

***\$690/PLAYER
+HST***

***TUESDAY NIGHTS
23 TOTAL SESSIONS***

***6-9 PLAYERS
PER TEAM***

***OCT 2025 -
APRIL 2026***

***\$805/PLAYER
+HST***

***TEAM TRAINING
SESSIONS***

***>10 PLAYERS
PER TEAM***

***PITCHING / S&C /
MOBILITY***

***\$660/PLAYER
+HST***

***THURSDAY NIGHTS
22 TOTAL SESSIONS***

***6-9 PLAYERS
PER TEAM***

***OCT 2025 -
APRIL 2026***

***\$770/PLAYER
+HST***

***AFTER SCHOOL
PROGRAM***

PITCHING ONLY

***MAX 8 PLAYERS
PER GROUP***

***OCT 2025 -
APRIL 2026***

***TUESDAYS
(AGE 9-12)***

***\$690/PLAYER
+HST***

***THURSDAYS
(AGE 13+)***

***\$660/PLAYER
+HST***