

**2023/2024
SMALL GROUP
TRAINING
PROGRAM**



HELPING CANADIAN BASEBALL

PLAYERS ACHIEVE THEIR DREAMS

ABOUT BFC

Canada's fastest growing baseball social account and training platform



Baseball Futures Canada is Canada's fastest growing baseball social account and training platform - providing high level development programming and quality coaching to younger aged players in the Toronto area.

Often overlooked by both coaches and training facilities, younger aged players are the most adept to learning positive movement and throwing patterns; and are ideal candidates for high-level development programming.

Run by Dan Connerty - who has been an integral piece in the Canadian baseball development scene and former professional pitcher - BFC is a passion project to give back to the community who made him the baseball player and man he is today.



**>2300 INSTAGRAM
FOLLOWER INCREASE
SINCE JANUARY 2023**

ABOUT DAN CONNERTY



**OWNER - BASEBALL
FUTURES CANADA**

**PRINCIPAL DIRECTOR -
BASEBALL DEVELOPMENT
GROUP (2018-2019)**

PLAYING CAREER

**HAMILTON CARDINALS
(INTERCOUNTY BASEBALL
LEAGUE)**

**NORTHWOOD UNIVERSITY
(NCAA DIVISION 2)**

**CONCORDIA UNIVERSITY
(CANADIAN COLLEGIATE
BASEBALL ASSOCIATION)**

**BROOKS BOMBERS
(WESTERN CANADIAN
BASEBALL LEAGUE)**

**SOUTH FLORIDA TITANS
(FLORIDA GULF COAST
LEAGUE)**

DAN THROUGH HIS COACHING HAS WORKED WITH OVER:



15 PROFESSIONAL BASEBALL PLAYERS



12 TEAM CANADA JUNIOR NATIONAL PLAYERS



65 NCAA/COLLEGIATE BASEBALL PLAYERS

BFC PROGRAM SUCCESS

+4.61AVG PULLDOWN
VELOCITY**+4.18**AVG MOUND
VELOCITY**10.24**AVG TRAINING
SESSIONS

Last offseason, BFC worked with over 41 athletes in small group training, and overall team sessions - providing the basic BFC training outline focused on proper mechanics and baseline strength levels.

On average over 10.24 sessions (once per week), BFC athletes averaged between +4.61 MPH and +4.18 MPH increases on their pulldown and mound velocities respectively. From this, one player gained over +10 MPH, four players gained over +8 MPH, and 6 players gained over +6 MPH.

1

OF PLAYERS WHO GAINED >10 MPH

4

OF PLAYERS WHO GAINED >8 MPH

6

OF PLAYERS WHO GAINED >6 MPH

13

OF PLAYERS WHO GAINED >4 MPH

2023/2024's offseason program expects to build off of the success from last year, with over double the training timeframe and also a more comprehensive throwing/S&C/Mobility program.

2023/2024 OFFSEASON PROGRAM



BFC OFF-SEASON PROGRAM

BFC'S off-season program is based upon three key components regarding pitching player development:

1) BUILDING A BASELINE FRAMEWORK

This involves proper throwing mechanics instilled with constraint driven training, to provide an opportunity to develop skill specific work in a safe, controlled, and specific manner

2) CONSISTENT TEST-RETEST

Our ability to show improvement is based on fact through specific throwing, strength, and power metrics measured at specific periods during the offseason

3) LEARNING TO COMPETE

While velocity gain and better mechanics are all outcomes of proper off-season development, translating that to on-field performance is paramount and stressed heavily in the latter half of the program



PROGRAM SPECIFICS

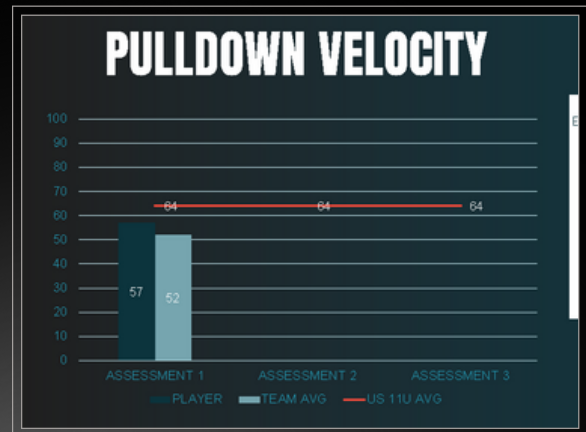
MECHANIC REVIEWS

Each player will receive full mechanic breakdowns over video, outlining the positive and negative aspects of their delivery. The goal is to take this review and work to improve key aspects needed over the offseason training sessions.



PROGRESS/ COMPARATIVE REPORTS

BFC has created progress/ comparative reports which will be updated 2-3x/off-season, which measure: Throwing velocity, general strength metrics, and general power metrics of athletes.



BFC VIDEO DRILL DATABASE ACCESS



All BFC Athletes will have access to the BFC Video Drill Database, which provides full detailed breakdowns of all the drills part of their program - and further concepts to assist their development.

SMALL GROUP TRAINING

BFC Small Group Training is designed for high-level athletes looking to take their pitching skills to the next level.

This program is the most intensive BFC training offering, and follows a full collegiate/professional offseason schedule in order to maximize velocity gain and skill development.

Session Breakdown:

Integrated Warmup - 10 Minutes

Skill-Specific Work - 50 Minutes

Strength Work - 15 Minutes

FRC Mobility Work - 15 Minutes

22 WEEK PROGRAM

**October 2023 - April 2024
Thursday Nights**

11 - 14 YEAR OLDS

7:00 - 8:30 PM

OR

8:30 - 10:00 PM

\$149/MONTH

**6 PLAYER CAP PER
GROUP**

***HST NOT INCLUDED**



ABOUT SUNRISE FIELDS



HOME OF BFC SMALL GROUP TRAINING SESSIONS

~2000 SQ FT FACILITY

2 FULL SIZE 65 FT CAGES

**MLB SIZED INDOOR PITCHING
MOUND**

***158-100 SUNRISE AVENUE
TORONTO, ON
M4A 1B3***

BASEBALL FUTURES CANADA



@baseballfuturescanada



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