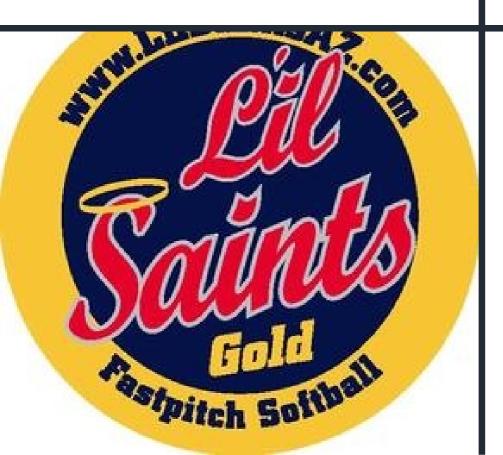
Gold Player Development and Process A Commitment to Excellence





"The time when there is no one there to feel sorry for you or to cheer for you is when a player is made."

- Tim Duncan

Be self-motivated

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

-John Wooden

Hard worker over lazy talent

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down."

-Mia Hamm

Be perseverant

"Success consists of going from failure to failure without loss of enthusiasm."

-Winston Churchill

Enjoy the process

Gold Program Process and Expectations

18U Focus

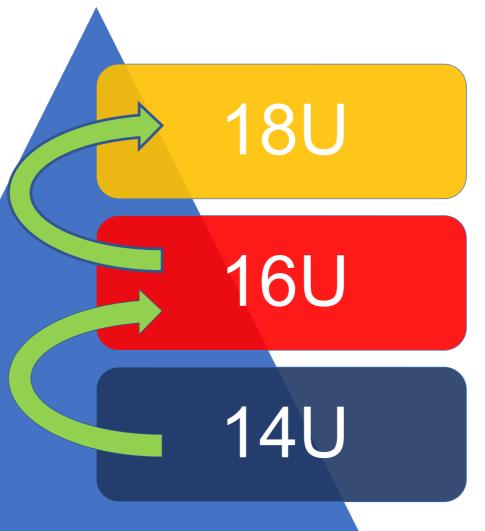
- Official visits
- Reps at primary position; Competition
- Master your primary position
- Grades; final ACT/SAT; GPA
- Proper time management skills
- Final HS season, Nationals

16U Focus

- Final round of college camps
- Fix grades; ACT/SAT testing; GPA Status
- Decide which is your recruitable skill
- Reps at Prim/Sec. positions; Competition
- Proper time management skills
- Become an effective leader at HS

14U Focus

- Initial round of college camps
- Variety of reps and competition
- Focus on mastering at least 1 position
- Highest grades possible/maintain
- Proper time management skills
- Learn your HS and get involved



How do we choose these players?

- Believe in hard work off and on the field.
- Must have a desire to get better each day.
- Must be coachable.
- Must have self-motivation to put in the work and self-confidence to execute during games.
- Always train and play with grit for your team, then all of the above will come naturally.

What are other expectations?

- Becoming the best teammate wherever you are
- Hustle errors vs. unfocused errors.
- Understanding "Like", "Love", "Passion"
- Interactive chalk talks and mental training
- Learning how to hit our way, not just swing
- Investigating careers vs. just getting a degree

18U Gold is the flagship of the organization, playing against the heads of other organizations. Player requirements are the same: reps, grades, daily recommitment, and narrow down your top 3 schools. 16U's, they have more time to round out a top list of schools. 14U are learning more about the journey along side of the requirements - learning to win the moment in all aspect of the journey.

*Constant mentoring along the way.

14U Gold (8th grade and Freshman)

| Primary Goals | Requirements |
|---------------|-----------------------------|
| Reps | 5-6 day commitment |
| Athleticism | 2 day speed and strength |
| Team Camps | 2-4 college team camps |
| Lessons | Hitting, pitching, catching |
| Leadership | Learning how to teach |
| HS Softball | Try and make varsity |
| Grades | Get help right away |

16U Gold (Freshman – Juniors)

| Primary Goals | Requirements |
|---------------|-----------------------------|
| Reps | 5-6 day commitment |
| Athleticism | 2 day speed and strength |
| College Camp | Visit 2-3 schools |
| Lessons | Hitting, pitching, catching |
| Leadership | Teach & Show youngers |
| HS Softball | Be a leader or effective |
| Grades | Take class over if needed |

TRAINING DAYS AND COMMITMENTS

14U Gold

- 2 x 3 Hr Mid-Week Practices
- Warm-Up's, Dynamic's, Skills
- Team Hitting
- Bullpens
- Team Defensive Reps
- Scrimmage
- Travel 2x in the fall/winter
- Travel 2x in the summer

16U and 18U Gold Teams

- 2 x 3 Hr Weekday Practices
- 1 -2 x 6 Hr Saturday Pratices Month
- Warm-Up's, Dynamic's, Skills
- Team Hitting
- Bullpens
- Team Defensive Reps
- Scrimmage
- Travel 3x in the fall/winter
- Travel 3x in the summer