



FALL BALL 2018 at the Youngsville Sports Complex has undergone an overhaul!

Why?

Providing exceptional recreation programs while enhancing the development of Youngsville's youth remains our philosophy. This year, we took a step back and reevaluated what it takes to continue to reach these goals. At the recreation level, improving player confidence and fundamental skills are keys to success. We know that playing games is fun, but also that success in games is built at practice. Over the years, we've found that skills and confidence are built with repetition; "train more, play less" is the mantra of one of our partners – Ragin Cages!

Arm health is a great concern of baseball and softball players and coaches of all ages. Over use and over pitching is a big factor in many arm injuries. Many successful athletes today are multisport athletes who train in strength/conditioning and speed/agility year round, emphasizing total body training rather than overworking one area. We feel that our youth athletes should participate in multiple sports, continue to train the entire body and remember to always have fun!

What?

We've partnered with some of the top training facilities in our area to offer a 6 week training program designed to train the whole athlete, in areas including strength/conditioning, speed/agility, and baseball/softball mechanics and fundamentals. For a total cost of \$100, Players will receive a 2018 YSC Fall Ball shirt to wear to the following training sessions:

- Revive Training and Performance: Players will attend 1-2 sessions per week at Revive, Youngsville's newest and most innovative training gym, to learn how to improve their strength, conditioning, speed and agility. These sessions will be offered for boys and girls and be useful for all sports!
- Ragin Cages: Players will attend 2 sessions at Ragin Cages, a state of the art baseball/softball training facility. Former UL Lafayette baseball/softball players will help players get repetitions, focusing on hitting skills and techniques as well as full body strengthening drills.
- LA Slam: Girls will attend 1 training session per week at different local venues hosted by LA Slam, one of our area's top youth softball organizations. Former UL Lafayette softball players (current LA Slam coaches) will reinforce proper fielding, hitting and pitching skills with our players.
- Unlock Training and Performance: Players will attend 1 session at Unlock, Lafayette's premier facility for mechanical throwing instruction. Players will be trained on proper throwing mechanics, creating good throwing habits and learning how to stop habits that can ultimately harm them in the future.
- UL Lafayette Baseball: Boys will attend 3 sessions with current UL Lafayette baseball players. Players will get repetitions with small group instruction on hitting, fielding and throwing techniques.

When?

Sessions will begin on October 1st and end by November 9th. Players will attend up to 2 sessions per week either at YSC or one of the above partner facilities.



YOUNGSVILLE SPORTS COMPLEX

"Your training is what needs to be the difference maker. It has little to do with your team, your exposure, and who you know. When everything is equal, your training is what should separate you for the rest. It will be the difference maker." Mike Ryan – Fastball USA