

# Illinois Travel Baseball Club

## 2021 Fall Program



September 1, 2021 - October 17, 2021

The 2021 fall program is structured to address both the playing & training needs of all ITB members. The fall season will consist of weekly practices and competitive weekend events over a 6-week period. In addition to the traditional fall practice & event slate, small-group skill & strength training options will be available to all members on an a la carte basis.. As always, the fall program is optional!

### Fall Season: **\$1,250**

- ❖ Fall Events: 6 Weekend Events
  - Local tournaments, round robins & showcase events through Chicago Scouts Association, Perfect Game, Midwest Premier and local tournament providers.
  - Players will be rostered on Frosh (15U), Soph (16U), Varsity (17U) & College Prep (18U) teams.
  - Games to be played primarily on Saturdays & Sundays with an occasional Friday night mixed in.
- ❖ Fall Practice: 6 Weekly Practices
  - One outdoor practice per week, 90 minutes in length
  - Wednesday Evenings at Harper College or Heritage Park
- ❖ Uniform Items:
  - Fall Jersey - Included in Fall player fee
  - Game Hat - Included in club membership
  - White pants & navy accessories from the Marucci Store (Code: Illinois2020)
- ❖ Payment Plan: \$350 deposit + 3 months of \$300 (September 15-November 15)
- ❖ **Fall Registration Period: August 15 - August 25, 2021**

EVENT WEEKENDS	Frosh	Soph	Varsity	College Prep
<b>Week 1: September 4-5</b>	X	X	X	
<b>Week 2: September 11-12</b>				
<b>Week 3: September 18-19</b>				
<b>Week 4: September 25-26</b>				
<b>Week 5: October 2-3</b>				
<b>Week 6: October 9-10</b>				
<b>Week 7: October 16-17</b>				X

## Fall Training Options

### Skill Development Sessions:

- ❖ Small group, skill development sessions. 4:1 player to instructor ratio.
- ❖ Players have the opportunity to select the number of 45 minute sessions they would like to participate in per week, in the skill(s) of their choice.
- ❖ Players will be assigned to a specific time slot AND coach for each skill, for the full 6-week program. Players may not change skills on a week-to-week basis.
- ❖ **Location:** Play Ball USA Business Center

Skill Development Sessions	Cost	Per Session	Weeks	Sessions	Length	Days & Times
1 Skill Session/Week	\$180.00	\$30.00	6	6	45 min	<b>TUE, THURS</b>  8:00 PM 8:45 PM • Hitting • Pitching • Infield • Outfield • Catching • Throwing
2 Skill Sessions/Week	\$336.00	\$28.00	6	12	45 min	
3 Skill Sessions/Week	\$468.00	\$26.00	6	18	45 min	
4 Skill Sessions/Week	\$576.00	\$24.00	6	24	45 min	

### Strength Training Sessions:

- ❖ Small group, strength and conditioning sessions. Max of 10 players per group.
- ❖ Players will be assigned to specific days and time slots for the full 6-week program, based on availability and age.
- ❖ **Location:** Play Ball USA Central
- ❖ **Digital Program:** Digital strength and conditioning plan with videos of the movements, sent weekly to you through email & GroupMe. Players may execute the plan on their own, at any gym (home gym, high school, local, PB Central).

Strength Training Sessions	Cost	Per Session	Weeks	Sessions	Length	Days & Times
Digital Program	\$60.00	-	6	-	-	Digital strength plan with video examples
1 Strength Session/Week	\$132.00	\$22.00	6	6	60 min	<b>MON, TUE, THURS, FRI</b>  5:30-6:30 PM 6:30-7:30 PM
2 Strength Sessions/Week	\$240.00	\$20.00	6	12	60 min	
3 Strength Sessions/Week	\$324.00	\$18.00	6	18	60 min	
4 Strength Sessions/Week	\$384.00	\$16.00	6	24	60 min	

### Private Lessons:

- ❖ One-on-one, skill development sessions with an ITB Coach.
- ❖ Available Monday through Friday but must book for the entire 6-week program for the same day and time.

Private Lessons	Cost	Per Lesson	Weeks	Sessions	Length	Days & Times
1 Lesson/Week	\$300	\$50.00	6	6	30 min	Available Monday through Friday. Must book for entire 6 weeks for the same day and time.
2 Lessons/Week	\$570	\$47.50	6	12	30 min	