



NLPS Baseball Academy

Located at Dover Bay Secondary.

The Purpose is to prepare aspiring baseball student athletes for collegiate level athletics and improve fundamental baseball skills and knowledge of the game. Typically, a day of the week is allocated for weight training, a day of Prime Performance training and twice a month is allocated to a yoga/core session.

Intent of The Program

The focus is on fostering a healthy balance between academics and athletics. Preparing eager Academy players for next level competition and college level baseball. Classes are catered to the specifics of the players' needs.

Our academy provides instruction in nutrition, strength training, time management, goal setting and leadership skills.

Timeline

This is a half-year program. 1 class per semester

Fundraising

No Fundraising Requirements

Travel

No Travel

Please Note: Transportation to and from the Academy is the responsibility of the Parent/Guardian.

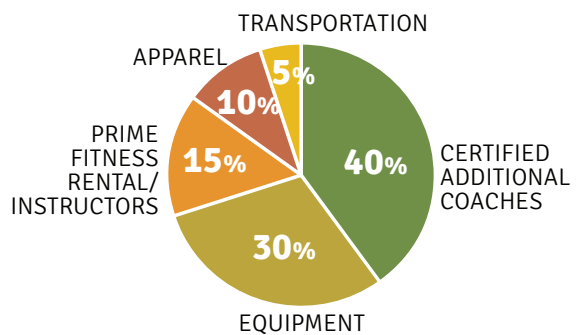
Applications must be completed and received by Central Registration by March 1/2019. Applications that are not fully completed will not be considered for entrance to the program.

Fees and Breakdown:

- ▶ All Players – \$750/semester

The fee covers all costs associated with facility rental, instructor honoraria, equipment, training aids, and other costs incurred to operate the program.

The fee does not cover the salary of the teacher associated with the program.



Academy Player Statement Form



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PUBLIC SCHOOLS

FOR MORE INFORMATION
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