



Winter Team Training at The Express: Staff and Programmed by Demon Jacket Baseball

Schedule your consultation today to create your customized winter training! Spots filling up fast to rent our turf, cages, and trainers to train your organization, little league, travel team!

WHO WE WORK WITH?

Youth/Little Leagues: You are a youth baseball/softball league president, coach, commissioner, how do you advance your league? It is a delicate balance between developing interest for all players of all abilities levels and keeping them interested in the game, and also developing your travel level players into more competitive teams. Our winter training can be set up by team, age group, skill level, positions, whatever method best develops your league. Traditionally, these programs are 8, 10, 12 week sessions with a team/age group/session broken up in an hour, 90 minute, or two-hour sessions. We have had leagues run tee-ball through their oldest age group in 10 consecutive hours, or a single team in an hour slot.

Club Organizations: Club organizations are a year-round endeavor to develop players and prepare for events in the spring, summer, and fall. Our professional instructors and staff is happy to house these club organizations and hopefully build homes for central New Jersey club organizations that don't operate their own facilities. Add our strength and condition component for holistic training.

High Schools: Don't let the first Friday in March sneak up on your HS team. Through senior captains, diamond clubs, volunteers, etc. high school winter training for 8-10 weeks is a great way to build team culture and get ready for March. We work with schools on fitting time slots that allows winter athletes to participate. Typical sessions are 8-10 weeks one or two times per week. Add strength and conditioning component for one stop shop.

Space Amenities:

- Open Turf for defensive drills and team concepts
- 3 cages (4th available if needed)
- Additional training space for metric-based training, tee work, and Driveline wall
- Two Hack Attacks
- Two state-of-the-art automated machines for baseball and softball
- Portable pitching mounds
- Driveline college/pro package: Axe Bat weighted bat and balls, bands
- New HVAC, Concession Stand, lobby with wifi for parents
- On-site speed and agility, strength and conditioning, and physical therapy!

Training Options:

OPTION A: Space Rental: Your organization rents space and provides their own coaches and instructors.

OPTION B: Space Rental and staffed by Demon Jacket baseball/softball instructors. We sit with program/organizational leaders and set up:

1. Objectives for your training
2. Goals
3. Number of Instructors
4. Skills to be delivered
5. Any specialized training that a league or organization requires

OPTION C: Space Rental and staffed by Demon Jacket baseball/softball instructors. We sit with program/organizational leaders and set up:

1. Objectives for your training
2. Goals
3. Number of Instructors
4. Skills to be delivered
5. Any specialized training that a league or organization requires
6. **Add Strength/Conditioning component as needed by program (mostly clubs and high schools)**

Set up your winter training consultation today with the Demon Jacket training staff and plan your customized winter training.

STAY CONNECTED

