

Factory Development Institute Columbia, MD

The Factory Development Institute (FDI) is a cutting edge national training, research and athletic development center, as well as the leading college preparatory and college recruiting hub. Student-athletes learn how to maximize their full potential both on and off the field! **This is an intense immersion weekend designed for the serious player and his parent who want the very best in expert advice, information and training.**

FDI National Select Weekend Benefits:

FDI Training Philosophy

- We have learned through scientific research at the FDI that performing well in a real game takes much more than standard batting practice, soft toss and traditional training methods.
- Game Time Pressure Training® at the FDI was created by CEO/Founder of Baseball Factory, Steve Sclafani, along with prominent researcher and psychologist, Dr. James Driskell. Dr. Driskell is a leading expert on stress training and has worked with the Dept. of Defense and NASA.

Game Time Pressure Training® & Simulation

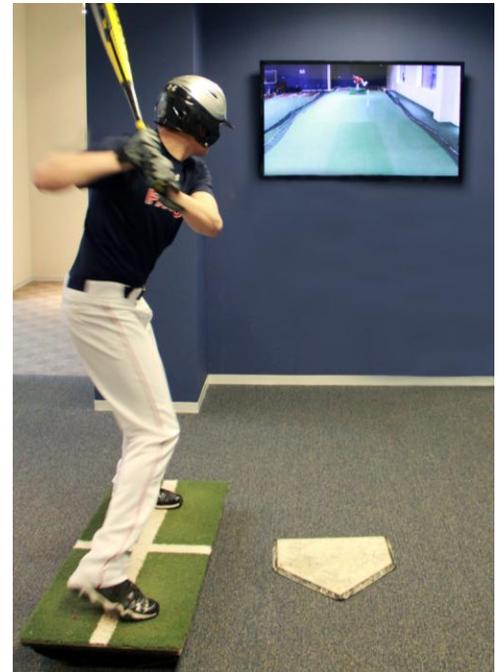
- Players will learn how to deal with stressful elements of crowd noise, parents/family cheering, wind and other distractions.
- Experience live at bats versus a real pitcher with umpires, announcers, signs from coaches, noise, etc.
- Our research shows that players who train under these extreme conditions will adapt to stress so they can perform better in real game situations.

World Renowned Instruction

- Steve Bernhardt, the Executive VP of Baseball Factory and the Chairman of the Under Armour All-America Game selection committee, leads FDI Training.
- All instruction is personalized to each player. Rest assured, we do not have a cookie cutter approach. Our coaches will work with each player to assess their strengths and areas for improvement.

College Baseball Recruiting & Academic Guidance

- How do you know which college program is the right match for you? Our recruiting experts will sit down for an in person meeting to assess your college goals and the steps necessary to reach them.
- Baseball is only half the battle. Our expert admissions specialist will help you determine the right classes to take in high school, proper study skills, college application and essay tips and ultimate how to select the right college for your academic needs.



"Game time pressure and stress is almost impossible to simulate during your pregame batting routine. You can only get so much out of tee work, soft toss, and batting practice. In 2009, I was fortunate to play for Team USA and with no live game action took my first at bat in front of thousands of screaming fans against Team Venezuela. All the training I have done throughout my career to handle game time stressors was put to the test immediately. What Baseball Factory is creating with its Game Time Pressure Training® simulation is fantastic. Being able to practice in the right conditions so you can perform when the game is on the line is invaluable. It will go a long way in preparing players to have success at higher levels when the pressure mounts being able to seize the moment and slow the game down."

- Mark DeRosa, Toronto Blue Jays, 16-Year MLB Veteran, World Series Champion (San Francisco Giants)



FACTORY DEVELOPMENT INSTITUTE (FDI): NATIONAL SELECT WEEKEND

EVENT INFORMATION:

Location:

The FDI National Select Weekend will take place at the Factory Athletics Training Facility in Columbia, MD.

Lodging Info:

Baseball Factory Training Headquarters

Factory Development Institute
9212 Berger Road, Suite 200
Columbia, MD 21046

Baseball Factory Parent Hotel

Hampton Inn & Suites – Columbia South
7045 Minstrel Way
Columbia, MD 21046
Reservations: 410-381-3030

Parents, ask for the "Baseball Factory Rate" at the Hampton Inn to reserve any additional rooms at a discounted price (\$99/night). (Program participation includes one hotel room for player and parent to share.)

FDI Experts:

Steve Sclafani: As Baseball Factory Founder/CEO, Steve created Game Time Pressure Training® at the FDI. The Factory has developed more college baseball players than any other organization in the U.S. Sclafani played collegiately at the U of Pennsylvania.

Steve Bernhardt: Exec. VP of Baseball Factory & Chairman of the Under Armour All-America Game selection committee, Steve played professionally in the Colorado Rockies organization.

Dan Mooney: Senior Director of College Recruiting at Baseball Factory and former professional player in the Boston Red Sox organization. Dan played collegiately at NC State.

Daniel Rollins- Director of College Recruiting Operations at Baseball Factory. Mid-Atlantic Associate Scout for the Atlanta Braves.

Bernadette Bechta: Academic Advisor and Admissions Specialist at Baseball Factory. Experience preparing student-athletes for college for over 20 years.

Important Training Info:

- ◆ Player must have a minimum 3.0 Overall GPA to qualify for the event
- ◆ Event is for position players only
- ◆ **Player must be accompanied by a parent during the event**
- ◆ One (1) hotel room included for two nights (Friday/Saturday) for player and parent to share
- ◆ All meals will be provided through the duration of the event for player and one (1) parent
- ◆ Players will receive an **Under Armour jersey and hat**
- ◆ Players should bring all necessary baseball equipment for training
- ◆ Players will receive online access to Baseball Factory's Recruiting, Education and Development (R.E.D.) Manual
- ◆ Players will receive online access to a Strength Training Program from Dana Cavalea, the former strength and conditioning coach of the New York Yankees
- ◆ Players receive a detailed player info pack upon registration

"Hitting at any level can be a high-pressure endeavor. In order to be prepared to handle this pressure, players must practice in a game speed environment that has the proper energy, attention to detail and concentration to be productive. The more success they achieve at game speed, the more they believe in themselves. This is what ultimately leads to self confidence and that ability to slow the game down. Baseball Factory's Game Time Pressure Training® is doing just that. It allows players to train "in game" under real live game conditions helping to accelerate development and improve results."

Rick Sofield

First Base Coach, Pittsburgh Pirates

Former first round pick and MLB player Minnesota Twins



FACTORY DEVELOPMENT INSTITUTE (FDI): NATIONAL SELECT WEEKEND

EVENT ITINERARY*:

Parents and players arrive the night before the start of the event and check into hotel.

Day 1

8:00am: Meet at the Factory Development Institute for a tour of the building.

8:15am-9:00am: Breakfast with all players and their parent. A nutritional meal will be served. We will review the contents of breakfast and reasons why we are serving this meal. Nutrition training starts with what we serve for breakfast. You will also be introduced to our FDI experts.

9:00am-10:30am: Players take part in a Performance Physical and an injury prevention functional movement screen. We will identify areas for improvement and develop a corrective strategy. We will review how the body works in regards to baseball, individual body movements/parts that need to be improved to maximize baseball ability and how to increase your movement efficiency.

10:30am-12:00pm: Game Time Pressure Training (GTPT®). Players will go through FDI balance and vision training along with the elements of GTPT®. In addition players will stand in against our virtual pitchers and learn how to “slow the game down.” They will learn how to deal with stressors such as crowd noise, wind, heat and much more.

12:00pm-1:00pm: Nutritional lunch for all players and their parent. We will review contents of lunch and reason we are serving this meal.

1:00pm-3:00pm: Skill specific baseball evaluation and instruction. We will continue working on movement efficiency and how this goes hand-in-hand with skill development.

3:00pm-4:30pm: Game Time Pressure Training® – live at bats. Players will begin implementing what they learned in the GTPT® while facing real live pitchers throwing fastballs, curveballs, and change-ups. Stressors will include umpires, announcers, crowd noise and signs from coaches.

4:30pm-5:00pm: Nutritional Counseling – what are the best foods to eat before a game? After a game? How is my daily diet? How can I improve my diet? Decision making off the field between games and practices can improve overall performance. Families are provided with sample meals and general nutrition tips.

5:00pm-6:00pm: Baseball IQ – players will review MLB games with interactive challenges to test their on-field knowledge.

6:00pm-6:45pm: Nutritional dinner served at the FDI for all players and their parent.

6:45pm-8:30pm: College workshop with Recruiting Experts, Dan Mooney and/or Daniel Rollins.

Day 2

8:00am: Families arrive at the FDI for a nutritional breakfast.

8:30am-9:00am: Recap of topics learned on Day 1.

9:00am-11:00am: Workshop with Academic Advisor and Admissions Specialist, Bernadette Bechta. Review of proper time Management, study skills, preparing for college, taking the right classes, the application process, SAT vs. ACT, college essays and more.

11:00am-12:00pm: Agility training in the FDI. Players will work on developing fast twitch muscles.

12:00pm-1:00pm: Nutritional lunch for all players and their parent.

1:00pm-2:00pm: Explosive Power Room – five essential strength exercises for baseball players.

2:00pm-3:00pm: Focus on hitting curveballs and off-speed pitches – how to train body/eyes to react. Vision training with mini balls and the pitching machine in the GTPT® room.

3:00pm-4:00pm: Yoga for Baseball Players – proper stretching/flexibility/breathing.

4:00pm-5:00pm: Wrap-up – all players provided with a prescription for future success.

5:00pm: Players depart with a plan for implementing FDI training once back at home.

*Itinerary times and activities subject to change.