



14U PREP PROGRAM

OVERVIEW & TUITION COSTS

ANNUAL PROGRAM OVERVIEW

Fall Programming

6 Week Program - September & October

- Weekly Strength & Conditioning Sessions
- Weekly Position Specific Practices
- Weekly Games (Intersquad & CPBL Competition)
- Blue & White World Series

Off-Season Programming

24 Week Program - November to April

- Unlimited Access to OBJ Coaching Staff & Facility
- Full Strength & Conditioning Program
- Weekly Position Specific Practices
- Mental Skills/Rehabilitation/Preventative Training

CPBL Season

May to August

- All teams participate in Canadian Premier Baseball League
- Weekend Doubleheaders (as scheduled)
- Weekly Team Practices
- Weekly Strength & Conditioning Sessions

US Tournament Travel Schedule

Spring/Summer Months

- All teams travel to the United States for Tournament Play
- Tournaments are within 6 (Driving) Hours of GTA
- Teams will attend 4-5 US Tournaments per Season

Key Notes (Apparel, Coaching, etc.)

- Rawlings Uniform & Apparel Package is INCLUDED
- Unlimited Access to The Athlete Matrix (Home of OBJ)
- Access to Full-Time OBJ Coaching Staff

TUITION & FEES

ACADEMY TUITION: \$7,100

* Monthly Payment Plan Available - Price does NOT include HST

2022 OBJ SPRING TRAINING AT IMG ACADEMY*

March 11th - 20th, 2022 (Optional)

- All INCLUSIVE trip to IMG Academy in Bradenton, FL
- Daily Practices, Gameplay, Strength & Conditioning & More!

* **OBJ Spring Training at IMG Academy is NOT included in OBJ Tuition.**

SAMPLE OBJ ANNUAL CALENDAR

FALL WEEKLY SCHEDULE

Tuesday: Indoor Practice & Lift

Wednesday: Position Specific Practice

Thursday: Indoor Practice & Lift

Saturday: Intersquad/CPBL Opponent

Sunday: Intersquad/CPBL Opponent

OFF-SEASON WEEKLY SCHEDULE

▶ PITCHERS & CATCHERS

Monday: Practice & Lift

Tuesday: Optional Work Assigned

Wednesday: Practice & Lift (Bullpen)

Thursday: Optional Work Assigned

Saturday: Practice & Lift (Bullpen)

▶ POSITION PLAYERS

Monday: Open Cages

Tuesday: Practice & Lift

Wednesday: Open Cages

Thursday: Practice & Lift

Saturday: Practice & Lift

CPBL WEEKLY SCHEDULE

Tuesday: Practice & Lift

Thursday: Practice & Lift

Saturday: CPBL Doubleheader (Away)

Sunday: CPBL Doubleheader (Home)