

NRS INSTITUTE

Softball Program Overview

The NRS Softball Training Program offers local youth players the most organized, up to date baseball training program in the Greater Toronto Area. Utilizing our base of qualified instructors and tested four-phase development model, players and coaches can expect marked improvement in both skill and overall player health.

With the NRS Softball Training Program, players can expect to receive the following:

Full Diagnostic Assessments

NRS Player Development Program

Online Player Dashboard

Full Diagnostic Assessments

- *Functional Range Assessment® (FRA®) Mobility Screens:* The FRA® Mobility Screen is currently the standard bearer in player development across all major professional sports. These reports will give players, coaches, and parents a better understanding of how they move; and specific problematic areas that need improvement



- *Rapsodo®, HitTrax®, and K-Motion Reports:* Rapsodo®, HitTrax®, and the K-Motion K-Vest™ are three of the most prevalent player development technologies being used in professional baseball & softball today. By using this technology to create a baseline player report, we can actively measure a player's positive progression over time.

Rapsodo
BASEBALL

HitTrax®

K MOTION®

- *High Speed Video Analysis:* By using our high-speed cameras, our trainers will be able to better define certain areas in both the hitting and pitching movements that need to be addressed. As well, players can self-analyze themselves to see first hand some of the problematic areas that need improvement.

NRS Player Development Program

The NRS Player Development Program is a four phased training model; that focuses on kinematic integration, and positive body progression. This model allows for seamless integration between skill development strength and conditioning practices; making sure a player's performance will 'peak' before they head outdoors. This model has been proven to work at across all levels of baseball & softball, and is similar to off-season player development models being used currently in the MLB.



SKILL DEVELOPMENT	STRENGTH & CONDITIONING
REMAP	BASELINE STRENGTH
PUSH	STRENGTH
BLEND	POWER
PERFORM	MOBILITY-FOCUSED

Remap Phase: After every season, players will all have small underlying issues revolving their athletic performance. Struggling with movement patterns, loss of overall strength, and overuse fatigue are all common factors that need addressing. In this phase, our goal is to provide players an opportunity to get their body ready to make positive changes over the off-season. This would be accomplished through low-intensity skill development work, body awareness training, and Strength & Conditioning Program focused on creating a good baseline strength level.

Push Phase: This phase focuses on making tangible positive changes to a player's body. It's not easy to see how hard you can push your limits physically, and players are expected to do just that. As players should be sufficiently prepped (and healthy) from the prior phase, the Push phase focuses on maximizing metrics. This includes pull-down work for pitchers, and specific weighted ball work for hitters. From a Strength & Conditioning standpoint, players will start to push themselves to get stronger. Our lifts and programming will provide the framework to accomplish this safely, and effectively.

Blend Phase: After players become stronger – and understand how to control their bodies effectively – we enter the Blend Phase. This is where players will learn how to assimilate what they've built upon into a game-specific setting. For players, this includes getting their bodies ready by using a drill-to-pitch model. This is the best way players can start to seamlessly integrate the positive patterns they have learned, and use them effectively when pitching or hitting.

Perform Phase: During the perform phase, players shift their focus from training – to competing. Our goal with this phase is to make sure once players step out on the field, they are ready to perform at their best. Most of our work here will be live team at-bat's; where pitchers and hitters can learn what it will take for them to compete – and win over their summer. This phase also allows coaching staffs to make informed decisions on their line-ups for the upcoming season.

NRS Online Dashboard

All players metrics, reports, assessments, and videos will be uploaded to the NRS Online Dashboard.

This would include:

- All FRA® Mobility Screens
- All Rapsodo®, HitTrax®, and K-Vest™ Reports
- Recorded High Speed Video
- Basic Skill Metrics (Pitching Velocity, Hitting Velocity)
- Basic Strength & Conditioning Metrics

This dashboard will be an opportunity for players, parents, and coaches, to see their positive progressions over the off-season.



As well, all NRS players will have access to the NRS Online Database – which will have instructional videos of all prescribed drills for our athletes. This allows an opportunity for players to learn more about their programming, and consistently work to improve their game – outside of the NRS Institute.

Instructors

NRS Training Programs (overseen by Connor Panas – VP, Baseball Operations) are built on the principle of quality, and that will be reflected in our NRS Instructors. In order to work at NRS Institute, instructors will have to meet the following criteria:

Professional Baseball or Softball Experience

Current (or Former) Collegiate player – US or Canada

Prior training background at another high-level baseball training center

Our Strength & Conditioning instructors will undergo a similar vetting process. All NRS Institute Strength & Conditioning Instructors will meet the following criteria:

Registered Chiropractor/Physiotherapist

FRC® Certified Instructor

Certified Strength & Conditioning Specialist (CSCS®)

Current (or Former) Chiropractic/Physiotherapy or Kinesiology Student

This vetting process will make sure that the information being provided to players and coaches, is of the utmost quality. As well, it will provide the insight – both physically and mentally – of what it takes to play at the next level.

Attached to this package is a staff sheet, of all confirmed main instructors within the NRS Institute.

Session Overview

Each team training session will include the following:

Total Training Session = 2.5 hours

1.5 hours - Skill Development

Individualized Programming for each player

Use of NRS Institute Player Development Technology

1 hour - Strength & Conditioning

Two NRS Institute S&C Instructors per session

Individualized Programming for each player

These sessions will run for 24 weeks (except for specified holiday times) from November of the current year, to April of the following year. Each team program will have specified training dates and times that are fixed, over the span of the program. If dates are not used due to facility closure (or weather related circumstances), those missed times can be made up at a later date; after the program's completion in April.



Softball Training Program Package – 1x/week

Training Times:

Sunday – 2:00 PM – 4:30 PM (Baseball Skill + Strength & Conditioning)

Start Date: November 14, 2020

End Date: May 8, 2021

Instructors:

Softball Training Sessions – Up to 2 NRS Institute Instructors per session

Strength & Conditioning Sessions – Up to 2 NRS Institute Instructors per session

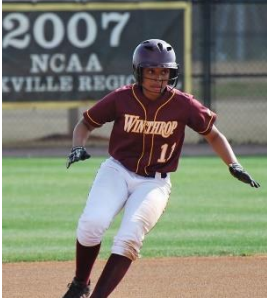
Excluded Session Dates:

Family Day (Feb 15), Christmas Break (Dec 21 – Jan 4), March Break (March 15 – 21), Easter Weekend (April 3 – 5)

Total Payment per player: \$1000 + HST (If paying in monthly installments, 20% deposit due at signing)

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NRS Institute Confirmed Main Instructors



Tessa Thomas, Lead Player Development Coach (Softball)

- Team Canada Softball Elite Alumni
- 2020 Winthrop University Hall of Fame Inductee
- Big South Conference Champion – 2007/2008
- Big South Conference Freshman of the Year - 2006



Leah McIntosh, Player Development Coach (Softball)

- Team Canada Softball Elite Alumni
- Former Assistant Coach – University of New Haven (NCAA D2)
- All-time leader in strikeouts, perfect games & no hitters – University of Albany (NCAA D1)
- NCAA D1 Northeast Pitcher of the Year – 2009



Megan Evans, Player Development Coach (Softball)

- Team Canada Softball Elite Alumni
- Current Assistant, Player Development – Toronto Blue Jays
- Winthrop University (NCAA D1) Alumni – 2010
- Selected to the Big South All-Conference Team in 2008-2010