

EVOLUTION BASEBALL

18U Travel Team Fall '23-Spring '24

Fall Baseball Schedule

Tuesday September 5th, 2023

Fred Johns Park

4:30pm-Tuesdays-Reg Prac/Pitcher Daily's/Strength Training

4:30pm-Wednesdays-Athletics/Pitcher Daily's/Mound Work/Hit/Strength Training

4:30pm-Thursdays-Reg Prac/Pitchers Daily's

Saturdays-Games

Sundays-Games

Tuesday and Wednesday, "Fall Baseball Strength Training" program provided by Evolution Baseball Strength Coach and Tread Athletics Trainer-Graeme Lehman. We are thrilled to have Graeme Lehman leading our strength training programming and excited to bring that programming to our players. Players are encouraged to add another strength training session on their own.

Our Location for the strength training component during Phase 1 will be the Leduc Rec Center and/or TTC4.

Weekends

September 9/10- InterSquad/ vs.TBD

*September 13-17- *Vancouver Series(@ Abbotsford)

September 23/24-@ Webber/ vs. Bisons

September 30/1st- vs. Webber/ @ Bisons

**October 6-9- **BLE Turkey Fall Classic(@ Kamloops)
October 14/15-Fall Series

*Vancouver Series-Players are responsible for their own flight and meals. Team will cover hotels and transportation.

**Turkey Classic and BLE Camp will be a 5 game guarantee tournament weekend plus a development camp with BLE Coaches including Eric Owens-Hitting and Eric Reuben-Pitching

Last Day Fall Baseball Sunday October 15th, 2023

Optional workouts October 16-24.

Indoor Schedule

Saturday November 4th, 2023

Location: Turf Training 4

Baseball Development and Strength Training

Mondays-

Tuesdays-Prac 4:00pm-6:00pm

Strength Training @ 6:00pm

Wednesdays-Prac 4:00pm-6:00pm

Thursdays-Prac 4:00pm-6:00pm

Strength Training @ 6:00pm

Fridays-

Saturdays-Prac Noon-2:00pm

Strength Training @ 2:00pm

Sundays-Prac 1:00pm-3:00pm

Weekends

November 4/ 5

November 11/12

November 18/19

November 25/26

December 2/ 3

December 9/10

Last Day Indoor Schedule- Wednesday December 13th, 2023

Spring Schedule

Saturday January 6th, 2024

Location: Turf Training 4

Baseball Development and Strength Training

Mondays-

Tuesdays-Prac 4:00pm-6:00pm

Strength Training 6:00pm

Wednesdays-Prac 4:00pm-6:00pm

Strength Training 6:00pm

Thursdays-Prac 4:00-6:00pm

Fridays-

Saturdays- Prac Noon-2:00pm

Strength Training @ 2:00pm

Sundays- Prac 1:00pm

Scheduling Note-Time change in February.

Saturdays-Prac 10:00pm-Noon

Strength Training @ Noon

Weekends

January 6/7

January 13/14

January 20/21

January 27/28

February 3/ 4

February 10/11

February 15-18- Las Vegas Tourney(Invitational Event)

February 24/25

March 2/ 3

March 9/10***

March 16/17***

March 23/24-Kamloops Weekend

March 26-/31-Arizona Spring Classic

April 4-7- Vancouver Island Classic

April 14/15-Kelowna Series

*** We will have optional midweek workouts for supplemental training during the Try-Out and Evaluation period for summer clubs.

Spring Events + Games

February(President's Day)-Las Vegas(development + tournament)

Invitation Event

Event Cost-\$850

End of March/first week of April-Arizona(development + tournament) in Partnership with Big League Experience(BLE)
Evolution Travel Event
Event Cost-\$850

Vancouver Island Spring Series
Evolution Travel Event
Event Cost-\$500
Player provides flight

Kamloops Spring Series
Evolution Travel Event
Event Cost-\$500

Kelowna Spring Series
Evolution Travel Event
Event Cost-\$500

Last Day Spring Schedule - April 16th

Player Apparel Package **Powered by Rawlings**

- 1 Rawlings performance fleece pull over
- 1 Rawlings color sync technical short
- 1 Rawlings crew neck short sleeve dry fit blue shirt
- 1 Rawlings crew neck short sleeve dry fit navy shirt
- 1 Rawlings Hurler lightweight hoodie
- 1 Rawlings colorsync long sleeve jacket
- 1 Rawlings colorsync short sleeve jacket
- 1 Richardson hat

-Optional 1 Rawlings Heart of the Hide custom glove (VIP EVO pricing \$350 plus gst savings of almost \$200)

Coaching Staff

Head Coach-
Jordan Blundell, BA
HC-Edmonton Prospects

Head Strength and Conditioning Coach-
Graeme Lehman, M.Sc. CSCS
Tread Athletics Trainer

Pitching Director-
Nick Salahub, BA
HC-VIU Baseball

Pitching Consultant-
Eric Reuben, National Pitching Association,
Atlanta Braves

Hitting/Infield Instructor-
Web/IT/Digital Media-
Brad Molcak
Colorado Rockies Draft Pick '93

Hitting/Infield Coach-
Liam Rihela
WCBL All Star '19

Hitting/Outfield Coach-
Brandon Hunter
CCBC Champion 2005, 2006
WCBL Champion 2007, 2008

Cost- \$5000 + GST