



ACADEMY OVERVIEW

The Bandits All-Star Academy is a new and exciting program that provides talented baseball athletes a pathway to the Australian Baseball League whilst fostering and developing the skills required to compete at the elite level. The Bandits Academy is a high-performance program delivered by some of the best coaches and instructors who have a proven track record of elite success.

This pathway is new to the sport of Baseball in Australia, but is something that has provided proven results and generated genuine prospects for other

sporting codes such as the NRL, AFL, and Cricket Australia.

Leading the Program will be Team Australia Pitcher, Sam Holland, who is passionate about developing the young athletes of the future.

Sam is a 4 time ABL champion with the Brisbane Bandits and has played internationally for Australia. Sam has played in the MiLB for five years with the San Diego Padres and Los Angeles Angels.



SAM HOLLAND
ACADEMY DIRECTOR

MEET THE BANDITS INSTRUCTORS



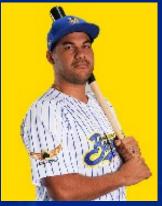
ACADEMY DIRECTOR



SAM HOLLAND SHAYNE WATSON BANDITS HEAD COACH



RYAN SEARLE SPECIALISED GUEST COACH



DONALD LUTZ SPECIALISED GUEST COACH



MITCH NILSSON SPECIALISED GUEST COACH



DERMOT FRITSCH ACADEMY INSTRUCTOR



DAN NILSSON SPECIALISED GUEST COACH



CONNOR MACDONALD SPECIALISED GUEST COACH



ALEX SKEPTON SPECIALISED GUEST COACH



JACOB NILSSON ACADEMY INSTRUCTOR



JAY MYERS **ACADEMY INSTRUCTOR**



CONOR LAVERTY ACADEMY INSTRUCTOR



PHIL OVERLACK ACADEMY INSTRUCTOR



JORDAN THOMSON ACADEMY INSTRUCTOR



AARON APPLEFIELD ACADEMY INSTRUCTOR



ALL-STAR ACADEMY OBJECTIVES

- PROVIDE ELITE COACHING, FACILITIES, INFRASTRUCTURE
 AND SUPPORT SERVICES.
- PROVIDE BEST PRACTICE COACHING AND ANALYSIS.
- PROVIDE MENTAL SKILLS EDUCATION & TRAINING TO ASSIST WITH PERSONAL DEVELOPMENT.
- GENERATE FURTHER OPPORTUNITIES FOR DEVELOPMENT.
- GENERATE PROSPECTS FOR THE BRISBANE BANDITS.





ALL-STAR ACADEMY PATHWAY

The Brisbane Bandits All Star Academy provides a clear pathway to playing professional baseball in the Australian Baseball League and beyond. Our future gateway will include Collegiate opportunities, travel touring teams to showcase events, and exposure to MLB Scouts.



6 CORE DEVELOPMENT CATERGORIES

RUNNING

AGILITY
FIRST STEP
QUICKNESS
BASERUNNIG
OUTFIELD ROUTES
CORRECT MOVEMENT
TECHNIQUE

2 HITTING

BALANCE

APPROACH
SITUATIONAL
MECHANICS
BAT PATHWAY

3 Hitting Power

CORE STRENGTH
LOWER HALF
GENERATING POWER
POWER DEVELOPMENT
EXIT VELOCITY

DEFENCE

ADVANCED INFIELD

ADVANCED OUTFIELD

POSITION SPECIFIC TECHNIQUES

PRO CATCHING

SITUATIONAL AWARENESS

5 ARM Strength

ARM CARE
STENGTHING
PROGRAM
CORRECT MECHANICS
ACCURACY
CORRECT EQUIPTMENT
USE

FITCHING

MECHANICS

MOUND PRESENCE

MENTAL APPROACH

PITCHERS FIELDING

SITUATIONAL

PITCHING



PROGRAM TIMELINE

COMMENCEMENT DATE TUESDAY 23RD APRIL 2024 2 SESSIONS PER WEEK
APRIL MAY

ACADEMY FINAL GAME 18TH MAY 2024

PROGRAM INCLUSIONS

- Instruction from the Brisbane Bandits Current Players and Coaches
- 4 Week Program | 4 Game Series
- 2 Sessions Per Week
- 8 workout Sessions
- Academy inter-squad games
- Bandits Academy Player Uniform Kit
- Team Lineup Announcements
- Player Performance Data
- Brisbane Bandits Season Membership Pass
- Staminade Stations on site
- Specialised training with ABL & MLB players
 & coaches
- Be a part of Brisbane Bandits culture and identified as a future Brisbane Bandits player
- Exposure to MLB scouts
- Access to latest technology & data via Rapsodo 2.0 Spin rate/axis and velocity tracking



BANDITS ALL-STAR UNIFROM KIT

JERSEY, HAT, BELT, SOCKS, DRAWSTRING BAG

ACCESSORIES KIT

KEY CHAIN, WATER BOTTLE, BASEBALL CARDS

	size	10	12	14	XS*	S	М	L	XL	2XL
Α	Front length	68	71	73	75	78	80	82	86	88
В	Back length	70	73	75	78	81	83	85	89	91
С	½ chest	46	48	50	52	54	56	58	60	62
D	½ hem	46	48	50	52	54	56	58	60	62

PLEASE BE AWARE, THIS IS ADULT SIZING, ALL NUMBERS IN INCHES.

THE MOST ACCURATE SIZE JERSEY IS REQUIRED ON THE EVENT

REGISTRATION.



ALL-STAR ACADEMY PROGRAM

This program will provide players with the following:

- Classroom session
- Mental skills
- Nutrition information
- Team building activity
- Training sessions
- Position specific drills
- Team fundamental drills
- Elite movement drills
- Head to head games
- Best of 4 series between teams.
- 2 hr games
- Walk up songs/announcements.



Program Location

Viticon Stadium (Holloway Fleld), Newmarket. Home of the Brisbane Bandits.

Payment Information

Payment Information & Breakdown Cost for Academy - \$550.00, including uniform pack priced at \$225.00

Price increase from last year due to CPI increase and increased expenses. Additional onfield sessions added this year to add balance. Sessions work out to be under \$15/hr. Full payment must be made by Friday 19th April 2024.

Policy Documents

Brisbane Bandits Policy Documents can be downloaded from the Rev Sport event link. This is provided in your information pack email. Any questions regarding our policies, please reach out to sholland@brisbanebandits.com.au.

YOUR JOURNEY STARTS NOW

