



# BANDITS

## ALL★STARS

### INFORMATION DOCUMENT

# 2024







## 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



**SAM HOLLAND**  
ACADEMY DIRECTOR



**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 CATEGORIES

1

### RUNNING

AGILITY  
FIRST STEP  
QUICKNESS  
BASERUNNING  
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

4

### DEFENCE

ADVANCED INFIELD  
ADVANCED OUTFIELD  
POSITION SPECIFIC  
TECHNIQUES  
PRO CATCHING  
SITUATIONAL  
AWARENESS

5

### ARM STRENGTH

ARM CARE  
STRENGTHENING  
PROGRAM  
CORRECT MECHANICS  
ACCURACY  
CORRECT EQUIPMENT  
USE

6

### PITCHING

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 UNIFORM KIT

JERSEY,HAT,BELT,SOCKS,DRAWSTRING BAG

## ACCESSORIES KIT

KEY CHAIN,WATER BOTTLE, BASEBALL CARDS

	size	10	12	14	XS*	S	M	L	XL	2XL
A	Front length	68	71	73	75	78	80	82	86	88
B	Back length	70	73	75	78	81	83	85	89	91
C	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 Field), 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](mailto:sholland@brisbanebandits.com.au).





***YOUR  
JOURNEY  
STARTS NOW***