



## Information Paper

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# Women's High Performance Program

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## INTRODUCTION

- With the continued growth of Women's Baseball in Australia and a potential introduction of Women's baseball into the 2016 Olympics BNSW will be offering a Women's High Performance program to continue the development our Women's baseball players.
- Australian Head coach John Gaynor and NSW Head Coach Darren King will be coaching in the program and the content will be consistent with BNSW and Australian Baseball Philosophies.
- The purpose of the program is to offer BNSW Women's players an opportunity to develop their games and prepare for the summer season. This development and preparation is designed to increase the chances of success at 2010 National Women's championships for BNSW players thus increasing chances of National selection.
- The program is open to all BNSW Women's players who have aspirations of representing NSW or NSWC at 2010 National Championships.

## PROGRAM DETAIL

- The program will be conducted over 6 weeks commencing on Thursday 30<sup>th</sup> of July, 2009 and will conclude on Thursday 3<sup>rd</sup> of September, 2009 and will consist of 1 workout per week that will start at 6:30pm and finish at approximately 9:00pm.
- The squad will be made up of 30 players and trials will be conducted to determine the squad makeup before the commencement of the program.
- The program will be held at Blacktown Olympic Park. 81 Eastern Road, Rooty Hill.
- The cost of the program will be \$55 (inc. gst). The program fee will cover cost of equipment for the program and each player will be issued with a BNSW training cap.
- Development coaching opportunities will be offered for Women's club coaches.

## UNIFORM

- Players will be issued with BNSW training cap.
- BNSW or CBNSW training uniform is preferred as training uniform for the program.
- BNSW polar fleece will be available for purchase for \$65.

## REGISTRATION

- Players wishing to trial for the squad are required to register prior to the trials.
- Registration will be conducted online at [www.nsw.baseball.com.au](http://www.nsw.baseball.com.au)

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