Energy Baseball

Program Information Packet

2026 - 2027

*Note: Package is work in progress and can be adjusted until tryouts.

Welcome to Season 10!

Welcome to Season 10 of Energy Baseball! We're thrilled to begin another year with the players, coaches, and families who have helped make Energy one of Massachusetts' premier travel baseball programs. Over the years, we've built more than a tradition of success—we've created a culture that develops athletes ages 7 through 18 both on and off the field. More importantly, we've grown a true baseball family grounded in hard work, respect, and a genuine love for the game. As we enter this milestone season, our goal is to raise the standard in every aspect—competition, training, and teamwork. Whether you're new to Energy or returning for another year, we're grateful to have you with us.

Let's make Season 10 our best yet!

Sincerely,
The Energy Baseball Staff

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Tryouts and Team Placement

All tryout Info Can be Found on Our Website

www.energyathleticsmass.com

Private / Makeup Tryout

If you are not able to make our general tryout dates, please still complete registration and select semi-private makeup tryout. Once your registration is complete, please reach out to Ryan for scheduling. There is a $75 fee for semi-private makeup tryouts. ryanpetrone@energybaseball.com

Semi-Private Makeup tryouts will take place beginning in May and go through September and/or until rosters are filled.

Player Offer Announcement

Players will be offered roster spots within one week of general tryouts closing. From the time they receive their offer, players have 48 hours to decide if they want to join our program or not. Once they get back to us confirming they are joining. Making the $595 non refundable deposit is the only way to confirm.

To ensure your child receives the best possible experience and development with Energy Baseball, team assignments may be adjusted at any point throughout the winter or regular season. While this is a rare occurrence and happens on a case by case basis, these changes are made with careful consideration and are intended to align each player's current skill level with the appropriate team environment. This approach allows us to challenge athletes at the right pace, provide more targeted coaching, and foster steady long-term growth—both on and off the field. Our goal is to support each player's individual journey while maintaining balanced, competitive teams across the program.

Unfortunately their are many travel programs within the same areas as us, and for us to ultimately field the best teams possible, which is not only best for the program but also your player and his/her teammates, we must follow these strict guidelines.

Types of Teams/Options

4/5/6 & 7/8/9 Development Teams are designed for the youngest age group and serves as the perfect introduction to travel baseball and gateway to our older programs. 4/5/6 & 7/8/9 Development follows an off season fall/winter/spring program ultimately prepping our players to be the best in their town teams, and ending when little league begins. This is our feeder program for our 8u and 9u teams.

- Practice 2 times a week from Early November through Late March
- No travel required, all practices are local to your home facility
- Energy practice gear package included in tuition
- Affordable price point delivering ultimate value
- 75% of our 9u teams each year stem from our development program

8u-14u League Major/Elite teams are designed for athletes seeking a very highly competitive baseball experience with travel and tournament play

- Practice 2 times a week with strength and conditioning classes included
- Full year commitment (September-June/July)
- Traveling around New England with one pre season Spring Training Trip
- 2 tournaments included & Perfect Game NE League Experience + Spring Training Trip
- Slightly higher price than Lightning/Ice/Steam/Bolts Teams due to Spring Training Trip in March. (Please note - these teams will be $295 more and everyone is required to pay this to play on these teams as they WILL be going) Also note - there can be additional costs that may be added on a team by team basis for additional opportunities.

8u-14u League AAA teams are designed for athletes seeking a high level competitive baseball experience with some travel and tournament play

- Practice 2 times a week with strength and conditioning as well
- Full year commitment & Perfect Game NE League Experience
- Traveling around MA (If Lightning/Ice Teams are strong enough, A La Carte option for our of New England Spring Training Trip will be presented which would be $295 more per player just as fire/ are. The full team would need to go.)
- 2 tournaments included

8u-14u League AA teams are designed for athletes who are still at the development level of competitive baseball experience

- Practice 2 times a week with strength and conditioning included
- Full year commitment & Perfect Game NE League Experience
- More local travel with no tournaments guaranteed - all dependent upon teams performance and growth throughout the season

ALL PLAYERS RECEIVE 1 HALF HOUR CAGE RENTAL PER DAY AT YOUR HOME GYM EACH MONTH

Types of Teams/Options

15u Division 1 teams are designed for athletes seeking a very highly competitive baseball experience with travel and tournament play and have a desire to play college baseball

- Practice 2 times a week with strength and conditioning as well
- Full year commitment with no practice in HS season
- Traveling around New England with Perfect Game Tournaments Included
- 3 PG tournaments included & Perfect Game NE League Experience
- Or we do 6/7 tournaments and no league - determined in December of 2026.
- Additional costs may be added on a team by team basis for additional opportunities.

15u Division 2 teams are designed for athletes seeking a high level competitive baseball experience with some travel and tournament play while working to start on their varsity high school teams.

- Practice 2 times a week with strength and conditioning as well
- Full year commitment with no practice in HS season
- Traveling around MA with lower level Perfect Game and USA Baseball/Firecracker Tournaments Included
- 3 tournaments included of all variety

16-18u ENERGY GHOST College Showcase Teams teams are designed for athletes who want to play college baseball. The ultimate goal of this program is to get our players recruited to play at the NCAA or JUCO levels.

- Practice 2 times a week with strength and conditioning included from mid october through mid march resuming in june
- Full year commitment with no practice in HS season
- 6-7 Tournaments with PG and other tournament venues as well as college camps both direct to college and hosted by Energy Athletics
- Direct oversight with all Energy Athletics Coaches and directors with continued assistance and commitment to being recruited.

Practice Squad Players

Practice squad players have the ability to practice year round with their assigned teams. The goal of practice squad is to develop throughout the year in a team setting with high level coaching. These kids will be game eligible if they so choose to purchase a uniform package, and a roster does need players for a particular game. The then will be called upon go play.

ALL PLAYERS RECEIVE 1 HALF HOUR CAGE RENTAL PER DAY AT ANY LOCATION ALL YEAR LONG!

Overview of what is included:

What is included with my tuition payment?

- Perfect Game New England League Placement (Avg 20+ Games & Playoffs)
- Memorial Day Weekend Tournament (9u-14u)
- (1) of the following: Perfect Game, USA Baseball, Firecracker, NEAAU Tournament
- Additional tournament opportunities available
- Fall Ball (September–October)
  - Mandatory participation (takes priority over town ball; other sports discouraged during this phase)
  - Combination of practices and games
  - Mixed age groups to promote development and competition
  - Incorporate classroom sessions (situational awareness, baseball IQ)
  - Pre-work focus: getting players back into baseball rhythm after the offseason
  - Fall League Participation is additional cost
- Phase 2: Energy Academy (November–December)
  - Group clinic format (drop-in flexibility)
- Focus areas:
  - Catching, Pitching, Fielding, Hitting, Positional based focus
- Emphasis on full player development through:
  - High-volume individual reps
  - Performance tracking & metrics
  - Situational hitting
  - Weekly workload goal: 200+ swings
  - Advanced concepts (e.g., pitch tunneling)
  - Objective: teach players to understand and think the game at a higher level
- Phase 3: Preseason (January–March)
  - Transition to team-based development
  - Apply individual skills from Phase 2 into:
  - Team systems
  - Game situations
  - Preseason preparation
  - Goal: ensure players are fully prepared for the upcoming season
- 1 half hour cage rental per day to use the facility (booking allowed whenever space is available around practices, rentals, and prior bookings at any facility)
- 2 evaluation lessons with your head coach (one in the fall, one during the season)
- Member pricing for lessons, camps, clinics and more additional training opportunities.
- 15u and older please see above for your tournament inclusion and league schedules

Program Costs - 7/8/9 Development + Practice Squad Players

Monthly Tuition

Tuition is paid monthly from point of sign up - March 15th and is due the 15th of each month

- Monthly Team Tuition for 4/5/6 Development is $995 divided evenly by the amount of months from sign up through March 15th 2027. Can join at any time at a prorated price based on multiple factors not just practices missed. Pro rated pricing for those who join late is offered.

- Monthly Team Tuition 7/8/9 Development is $1250 divided evenly by the amount of months from sign up through March 15th 2027. Can join at any time at a prorated price based on multiple factors not just practices missed. Pro rated pricing for those who join late is offered.

- Practice Squad players are $1850 + uniform costs of $475 if you so choose.

MAX Roster Sizes

Total Player By Age Group

- 4/5/6/7/8/9 Development = 20 players per group with 4 coaches present
- 8u/9u/10u ROSTERS = 12 Player MAX. MIN = 10 players
- 11u/12u = 12 Player MAX. Major/Elite teams: 13 player max but we strive for 12. Min 10 players
- 13u = 13 Player MAX. MIN = 10 Players. We strive for 12.
- 14u = 13 Player MAX with 1 Pitcher Only Position. MIN = 10 Players
- 15u/16u/17u/18u = 13 Player MAX with 2 Pitcher Only Positions. Min = 11 Players

These roster sizes ensure we will have adequate playing time for ultimate development throughout. We may field teams with smaller rosters as well, totally a possibility.

If we hit the minimum player number, parents will be responsible to cover the the last player's tuition equally as an additional payment. As a result, team budgets remain the same, and more playing time for all players becomes a reality. There is a maximum of (1) player per team that would be split amongst rostered players families.

Program Costs - 8u, 9u

Monthly Tuition

Tuition is paid monthly July - April and is due the first of each month.

- Non Refundable Deposit of $595 Down
- 10 monthly payments of $200 beginning 8/15/2026 ending 5/15/2027

Additional Costs

Uniform costs are currently estimates and will be finalized once the full league schedule and uniform selections are confirmed. We are currently considering all uniform supplier options with the intent on making uniform delivery and purchasing much more efficient. As we finalize a new deal, we will let you know. This may not be until September but we are actively negotiating which is why this is all estimates.

Uniform designs stay the same for 2 years, so you do not need to buy a new uniform year after year if your child does not grow out of his items ultimately keeping costs low.

- New Uniform Package Shall Not Exceed $475. All Players including returners will be required to purchase this new uniform portion of the package since we are in a year where we switch uniform designs/logos/etc.
- The plan is to include the following:
  - 3 Jerseys, 2 Game Pants, 2 Hats, 2 belts, 2 socks
  - 1 bat bag, 1 practice shirt, 1 pair of shorts
  - Practice apparel including: 1 pair of sweat pants or joggers (TBD), 1 BP jacket or SS Hoodie (TBD)
  - 1 Helmet with EB + Last Name Decal + Jaw Guard
  - Catchers bags available for an additional fee

Fee Structure for Additional Costs

Additional costs are due no later than December 15th 2026. The cost will not exceed $475 in total before ship/handling. Practice Apparel will be due by 9/15/26 ($250) Uniform due by 12/15/26 ($225). **ALL PLAYERS ARE RESPONSIBLE FOR YOUR NEW PRACTICE APPAREL PURCHASE EVERY SINGLE YEAR. Returners this year do not need to purchase the entire uniform package**

PG Major + Elite Level Teams = Additional one time payment of $295 due by 2/1/2027 for the Spring Training Tournament Trip. 8u + 9u will not be going on a spring training trip. League Level Decisions will be made by coaches and directors for a January decision. Any additional team by team expenses will be discussed on a team by team basis.

Program Costs - 10u

Monthly Tuition

Tuition is paid monthly July - April and is due the first of each month.

- Non Refundable Deposit of $595 Down
- 10 monthly payments of $220 beginning 8/15/2026 ending 5/15/2027

Additional Costs

Uniform costs are currently estimates and will be finalized once the full league schedule and uniform selections are confirmed. We are currently considering all uniform supplier options with the intent on making uniform delivery and purchasing much more efficient. As we finalize a new deal, we will let you know. This may not be until September but we are actively negotiating which is why this is all estimates.

Uniform designs stay the same for 2 years, so you do not need to buy a new uniform year after year if your child does not grow out of his items ultimately keeping costs low.

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- The plan is to include the following:
  - 3 Jerseys, 2 Game Pants, 2 Hats, 2 belts, 2 socks
  - 1 bat bag, 1 practice shirt, 1 pair of shorts
  - Practice apparel including: 1 pair of sweat pants or joggers (TBD), 1 BP jacket or SS Hoodie (TBD)
  - 1 Helmet with EB + Last Name Decal + Jaw Guard
  - Catchers bags available for an additional fee

Fee Structure for Additional Costs

Additional costs are due no later than December 15th 2026. The cost will not exceed $475 in total before ship/handling. Practice Apparel will be due by 9/15/26 ($250) Uniform due by 12/15/26 ($225). **ALL PLAYERS ARE RESPONSIBLE FOR YOUR NEW PRACTICE APPAREL PURCHASE EVERY SINGLE YEAR. Returners this year do not need to purchase the entire uniform package**

PG Major + Elite Level Teams = Additional one time payment of $295 due by 2/1/2027 for the Spring Training Tournament Trip. 8u + 9u will not be going on a spring training trip. League Level Decisions will be made by coaches and directors for a January decision. Any additional team by team expenses will be discussed on a team by team basis.

Program Costs - 11u, 12u

Monthly Tuition

Tuition is paid monthly July - April and is due the first of each month.

- Non Refundable Deposit of $595 Down
- 10 monthly payments of $278 beginning 8/15/2026 ending 5/15/2027

Additional Costs

Uniform costs are currently estimates and will be finalized once the full league schedule and uniform selections are confirmed. We are currently switching suppliers with the intent on making uniform delivery and purchasing much more efficient. As we finalize a new deal, we will let you know. This may not be until September but we are actively negotiating which is why this is all estimates.

Uniform designs stay the same for 2 years, so you do not need to buy a new uniform year after year if your child does not grow out of his items ultimately keeping costs low.

- New Uniform Package Shall Not Exceed $475. All Players including returners will be required to purchase this new uniform portion of the package since we are in a year where we switch uniform designs/logos/etc.
- The plan is to include the following:
  - 3 Jerseys, 2 Game Pants, 2 Hats, 2 belts, 2 socks
  - 1 bat bag, 1 practice shirt, 1 pair of shorts
  - Practice apparel including: 1 pair of sweat pants or joggers (TBD), 1 BP jacket or SS Hoodie (TBD)
  - 1 Helmet with EB + Last Name Decal + Jaw Guard
  - Catchers bags available for an additional fee

Fee Structure for Additional Costs

Additional costs are due no later than December 15th 2026. The cost will not exceed $475 in total before ship/handling. Practice Apparel will be due by 9/15/26 ($250) Uniform due by 12/15/26 ($225). **ALL PLAYERS ARE RESPONSIBLE FOR YOUR NEW PRACTICE APPAREL PURCHASE EVERY SINGLE YEAR. Returners this year do not need to purchase the entire uniform package**

PG Major + Elite Level Teams = Additional one time payment of $295 due by 2/1/2027 for the Spring Training Tournament Trip. 8u + 9u will not be going on a spring training trip. League Level Decisions will be made by coaches and directors for a January decision. Any additional team by team expenses will be discussed on a team by team basis.

Program Costs - 13u, 14u

Monthly Tuition

Tuition is paid monthly July - April and is due the first of each month.

- Non Refundable Deposit of $595 Down
- 10 monthly payments of $298 beginning 8/15/2026 ending 5/15/2027

Additional Costs

Uniform costs are currently estimates and will be finalized once the full league schedule and uniform selections are confirmed. We are currently switching suppliers with the intent on making uniform delivery and purchasing much more efficient. As we finalize a new deal, we will let you know. This may not be until September but we are actively negotiating which is why this is all estimates.

Uniform designs stay the same for 2 years, so you do not need to buy a new uniform year after year if your child does not grow out of his items ultimately keeping costs low.

- New Uniform Package Shall Not Exceed $475. All Players including returners will be required to purchase this new uniform portion of the package since we are in a year where we switch uniform designs/logos/etc.
- The plan is to include the following:
  - 3 Jerseys, 2 Game Pants, 2 Hats, 2 belts, 2 socks
  - 1 bat bag, 1 practice shirt, 1 pair of shorts
  - Practice apparel including: 1 pair of sweat pants or joggers (TBD), 1 BP jacket or SS Hoodie (TBD)
  - 1 Helmet with EB + Last Name Decal + Jaw Guard
  - Catchers bags available for an additional fee

Fee Structure for Additional Costs

Additional costs are due no later than December 15th 2026. The cost will not exceed $475 in total before ship/handling. Practice Apparel will be due by 9/15/26 ($250) Uniform due by 12/15/26 ($225). **ALL PLAYERS ARE RESPONSIBLE FOR YOUR NEW PRACTICE APPAREL PURCHASE EVERY SINGLE YEAR. Returners this year do not need to purchase the entire uniform package**

PG Major + Elite Level Teams = Additional one time payment of $295 due by 2/1/2027 for the Spring Training Tournament Trip. 8u + 9u will not be going on a spring training trip. League Level Decisions will be made by coaches and directors for a January decision. Any additional team by team expenses will be discussed on a team by team basis.

Program Costs - 15u-18u

Monthly Tuition

Tuition is paid monthly July - June and is due the 15th of each month.

- Non Refundable Deposit of $595 Down
- 10 monthly payments of $320 beginning 9/15/2026 ending 10/15/2027

Additional Costs

Uniform costs are currently estimates and will be finalized once the full league schedule and uniform selections are confirmed. We are currently switching suppliers with the intent on making uniform delivery and purchasing much more efficient. As we finalize a new deal, we will let you know. This may not be until September but we are actively negotiating which is why this is all estimates.

Uniform designs stay the same for 2 years, so you do not need to buy a new uniform year after year if your child does not grow out of his items ultimately keeping costs low.

- New Uniform Package Shall Not Exceed $475. All Players including returners will be required to purchase this new uniform portion of the package since we are in a year where we switch uniform designs/logos/etc.
- The plan is to include the following:
  - 3 Jerseys, 2 Game Pants, 2 Hats, 2 belts, 2 socks
  - 1 bat bag, 1 practice shirt, 1 pair of shorts
  - Practice apparel including: 1 pair of sweat pants or joggers (TBD), 1 BP jacket or SS Hoodie (TBD)
  - 1 Helmet with EB + Last Name Decal + Jaw Guard
  - Catchers bags available for an additional fee

Fee Structure for Additional Costs

Additional costs are due no later than December 15th 2026. The cost will not exceed $475 in total before ship/handling. Practice Apparel will be due by 9/15/26 ($250) Uniform due by 12/15/26 ($225). **ALL PLAYERS ARE RESPONSIBLE FOR YOUR NEW PRACTICE APPAREL PURCHASE EVERY SINGLE YEAR. Returners this year do not need to purchase the entire uniform package**

PG Major + Elite Level Teams = Additional one time payment of $295 due by 2/1/2027 for the Spring Training Tournament Trip. 8u + 9u will not be going on a spring training trip. League Level Decisions will be made by coaches and directors for a January decision. Any additional team by team expenses will be discussed on a team by team basis.

Deposit Special Package

Player Development Package – Exclusive Early Commitment Offer

Train More. Improve Faster. Save Big.

- As a thank you for committing early to the 2027 Energy Baseball season, we're offering our lowest-priced lesson package ever.

Exclusive 2027 Commitment Offer

  - 10 Private Lessons for Just $395 ($100 off normal pricing)
- Choose either:
  - 10 Half-Hour Private Lessons, or
  - 5 One-Hour Private Lessons

Why This Is a Great Deal

- ✅ Lowest lesson pricing we've ever offered
- ✅ Can be used anytime during the 2026-2027 season
- ✅ Work with Energy instructors on hitting, pitching, fielding, catching, speed, or overall player development
- ✅ Flexible scheduling throughout the year
- ✅ Great way to supplement team practices and accelerate player growth
- Important Details

Available only when submitting your 2027 roster deposit

- Cannot be purchased after enrollment is completed
- Package must be paid in full at the time of registration
- Lessons may be used at any point during the season
- Package expires August 31, 2027
- Non-transferable and non-refundable
- Many families spend hundreds of dollars throughout the year on private instruction. This package allows you to lock in 10 privates of player development at a fraction of the normal cost.

We allow one per player at deposit check out.

Payment Policies

- All payments made to Energy Baseball are non-refundable and non-transferable. This includes, but is not limited to, tuition, uniforms, classes, equipment, lessons, packages, memberships, camps, and clinics.
- By agreeing to this waiver electronically through Playbook—and by accepting age group placement within Energy Baseball (whether accepted directly or manually applied to your account after receiving email confirmation of joining by the parent)—you acknowledge that once a deposit is made, the full invoice amount is due. The total balance must be paid in full by the final payment date, with no exceptions.
- If an athlete chooses to leave the program—or is removed for any reason, including but not limited to excessive absences or behavioral issues as noted in this document—no refunds will be issued for any payments or deposits already made and the full invoice is still expected.
- Upon receiving notice that a player will be leaving the program for any reason, Energy Athletics reserves the right to immediately charge the payment method on file for the remaining balance of the annual tuition. You are authorizing us to do so with a notice of player removal. We require a CC and ACH on file at all times. Once we receive notice, we will charge the invoice for the final balance.
- The total tuition balance agreed to in Playbook is a full-season commitment. It is not a monthly prorated agreement, but rather a total invoice that must be paid in full - this is how we run the teams.
- You acknowledge by accepting a roster spot, you must pay this in full as this could have been given to another player.
- A $50 monthly late fee will be applied to any outstanding tuition balance 10 days after the due date each month. This is in addition to your amount of money owed and must be paid to stay in compliance.
- Accounts that remain past due for more than three (3) months beyond May 15, 2027 will be subject to $150 in accumulated late fees. At that point, Energy Baseball reserves the right to pursue collection of the outstanding balance. The account holder will be responsible for any and all legal fees and costs associated with the collection of the unpaid balance.
- Athletes with outstanding balances may be restricted from participating in practices, classes, open gyms, private lessons, camps, or clinics until their account is brought current, although we will work with our families to figure out a payment plan in any extenuating circumstances.

- Payment Methods
- Tuition payments must be made online through Playbook/E-Soft via credit card or ACH. Full cash payments are also accepted. Monthly cash payments are not accepted.
- Additional team expenses must be paid through Playbook/E-Soft via cash or ACH.
- Other payments (outside of tuition and team expenses) may be made via cash, credit card, Venmo, or ACH. Physical checks are not accepted.
- Online Transaction Fees Credit card payments through Playbook are subject to a 3% + $0.30 processing fee per transaction. E-Soft are 1.5% ACH and 3.5% CC.
- ACH payments through Playbook do not incur any fees. We are unsure at this time which software we will be using.

Booster Club

We are excited to share that we have our Energy Baseball Booster Club. This parent-led organization will operate independently from Energy Baseball and is designed to support our athletes and enhance the overall experience throughout the season.

The booster club may assist with organizing fundraising opportunities for team tuition, team bonding events, and other supportive initiatives that benefit athletes and families. Participation in the booster club is completely optional—there is no requirement to join or be involved. Our year end banquet is brought to you by our Booster Club!

More information will be provided as the booster club is established. We encourage any interested parents or guardians to get involved once it launches!

Team Practices/Games

Practice/Game Expectations

All teams will practice and have events throughout the year, with each practice lasting approximately 60-120 minutes. Our development teams will follow a modified schedule with shorter, age-appropriate practice times.

Practices and strength classes are designed to develop well-rounded athletes, with time dedicated to all core areas of Baseball, as we move closer to game season, the focus of practices will shift toward efficient execution of situational and game ready baseball including skill development will continue to be incorporated, but the primary emphasis will be on perfecting the team and player's game ready play.

It is expected players attend all practices, skill clinics, strength classes, and games they can. We do allow players to attend other teams within a similar age groups practice if they are unable to attend their own.

Once April arrives we have a strict 3 strike rule. You have 3 free skips for whatever reason. No excuse needed. Once you hit 4, 5, skips its a half a game benched for the next game. 6, 7 = a full game. 8, 9 = a full weekend. 10 = dismissal from program.

Until April, fall and winter sports come first. MIAA comes first in all aspects for middle and high school. Little league games come before our practice unless its been mandated. Our practice comes before little league practice.

Practice Schedules

Final practice schedules will be released after team placements are announced. However, families can expect that each team will practice twice a week with some schedule modification during the spring months where we will practice once per week in season. Specific days and times will be confirmed once rosters are set and team needs are assessed.

Important Dates

The following list has the holiday gym closings for the year, please plan your vacations with these closings in mind to avoid using unexcused absences.

Energy Baseball will not hold practices on the following dates:

- October 10th - October 12th
- October 31st
- November 26th - November 30th
- December 22nd - January 2nd
- February 15th - February 21st

Energy Baseball will be open during April break as that is the regular season. This vacation week is peak season, attendance is required.

9u-12u season runs through Father's Day in June (unless additional opportunities present themselves)

13u-14u season runs through July 1st (unless additional opportunities present themselves)

15u-18u season rune the first weekend in June through mid August (unless additional opportunities present themselves)

Absentee Policy

At Energy Baseball, consistent attendance is essential to the success and progression of each athlete and their team. Every baseball player is expected to attend all scheduled practices, clinics, and games.

Failure to meet these expectations may result in removal from the team. Energy Baseball reserves the right to remove any athlete from the program due to excessive absences, even if they are excused.

Fall/Winter (September-March) All athletes will have **3** unexcused absences that can be used before the end of March. **EXCUSED absences do include winter and fall sports, weddings, prior planned vacations, family emergencies.** Unexcused would be missing practice for a bruins game or birthday party for example.

Spring absences (March - August). All athletes will have **3** unexcused absences that can be used before the end of August and all athletes start at zero on March first. Winter sports are excused until winter sports are over.

This policy ensures that all athletes are held to the same standard of dedication and commitment. This rule will be strictly enforced.

Excused absences include serious illness with a doctors note dated, family emergencies and any type of wedding or graduation event.

Examples of unexcused absences but are not limited to school dances games or practices, illness without a doctors note, birthday parties, family vacations, homework or studying, and ride issues to practice. Keep in mind you can use your 3 and 3 unexcused absences for any of these reasons depending on season.

Absentee Policy Continued

School Baseball Policy

At Energy Baseball, we fully support athletes participating in their school sports programs. We believe school sports can play an important role in social development and school spirit, and while it's not required, we encourage athletes to be involved if they're interested. Our goal is to help athletes thrive in both environments, and we're committed to working with families to make that possible.

Energy Baseball will work around the fall, winter, and spring season of school sports This includes all competitions, games, practices, and meets. Any athletes participating in school sports must inform their coaches before the end of August and provide a full schedule from their school team.

Little League + Town League (13u + 14u)
We completely support kids playing little league 9-12u and town leagues 13u - 14u and those games come before our practices in season.
Our games always come before town games. Our practices come before town practices. Missing for anything undisclosed above is an absence and counts to the 3 strike rule. You can't skip an energy practice for a town practice. You can't skip an energy game for a town game or practice. That is a firm rule we have to maintain proper team development and skill growth.

Communicating Absences
Once teams have been selected the coaches contact information will be provided. Any absences must be communicated directly to your coach through the team communication platform/app.

Program Policies

Injuries and Returning to Practice

A doctors note will be required for any athlete to return to practice or a game if they have been unable to practice due to a reason that required a doctors note in the first place. If a practice squad player had to have been used, the original athlete will return when they are released from their doctor and when its best for the team.

Contacts

Anything team related should be communicated directly with your teams coaches. For anything that needs to be escalated, please contact our program directors of parent involvement: CJ Hathaway for Easton, Rob Brown for Wrentham, and Corey Coleman for Worcester: cjhathaway8@gmail.com and robbrown@energybaseball.com and coreycoleman@energybaseball.com

For further escalation you may contact Ryan Petrone at: ryanpetrone@energybaseball.com

For any billing questions please go directly to updates@energybaseball.com

Program Policies

Sportsmanship and Conduct
Empowering Athletes. Supporting Families. Fueling Positive Culture.

At Energy Baseball, our mission goes beyond hits/nice plays/ and trophies. We are here to build confident, respectful, and resilient athletes—young individuals who shine just as bright off the mat as they do on it. Our Sportsmanship & Conduct Policy is a reflection of our core values: respect, integrity, teamwork, and accountability. This policy is designed to guide both athletes and parents in upholding the high standards of our Energy Baseball family.

For the Athletes:
Show Respect

- Treat all teammates, coaches, staff, and competitors with kindness and consideration.
- Listen actively and respond positively to coaching and corrections.
- Handle wins with humility and losses with grace.

Commit to the Team

- Arrive on time, prepared, and focused for all practices, competitions, and events.
- Prioritize team goals over personal gain and celebrate the success of others.
- Communicate openly and respectfully with my coaches and teammates.

Lead by Example

- Use positive language; avoid gossip, bullying, or any form of negativity.
- Maintain a social media presence that reflects the values of Energy Baseball.
- Take responsibility for my actions and decisions.

Program Policies

Sportsmanship and Conduct Continued
Empowering Athletes. Supporting Families. Fueling Positive Culture.

For the parents:
Support the Program's Mission

- Promote a positive attitude and team-first mindset at home and online.
- Encourage effort, progress, and persistence—not just placements or trophies.
- Trust and support the coaching staff's decisions, including placements, roles, and progression paths.

Communicate Constructively

- Direct all questions or concerns to the appropriate coach respectfully and privately.
- Avoid sideline coaching or interfering during practices and competitions.
- Help foster healthy relationships between athletes, coaches, and other families.

Be a Role Model

- Demonstrate good sportsmanship at all events—cheering respectfully and avoiding criticism of umpires, teams, or athletes.
- Monitor and guide social media activity to ensure it aligns with our program's values.
- Encourage accountability and responsibility in my athlete's attendance, preparation, and attitude.

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Zero Tolerance Policy
Energy Baseball maintains a zero tolerance stance for the following behaviors:

- Bullying, harassment, or exclusion of any kind.
- Use of drugs, alcohol, or inappropriate conduct at any program-related event except for events where alcohol is sold legally.
- Disrespect toward coaches, staff, or other athletes/families.
- Any behavior—online or in-person—that damages the reputation of Energy Baseball.

Violations may result in disciplinary action, including removal from team activities, suspension, or dismissal from the program.

At Energy Baseball, our culture is everything. We lift each other up, push each other to be better, and celebrate every milestone—big or small. This policy is not just a set of rules; it's a commitment we all make to uphold the integrity, heart, and excellence that define Energy Baseball.

Additional "Extra" tournament Policies
If you sign up and pay for our extra tournaments we offer such as Cooperstown, Delaware, New Jersey ETC - there are absolutely no refunds if you choose not to go. If your player is injured with a doctors note, you will be credited for a future tournament. Once you sign up, the total invoice is due as we use these funds to cover the expenses of these trips and are all based on team total roster numbers.

Program Policies

Energy Baseball Parent Policy
Non-Negotiable Standards for Participation
Our Energy Baseball program is designed to build confidence, teamwork, discipline, and positive energy in young athletes. To protect that environment, we maintain strict standards for parent behavior and involvement.
Participation in this program requires full agreement with the policies below.

1. Zero-Tolerance Behavior Policy
The following behaviors are not allowed under any circumstances:
Sideline Conduct

- No yelling at players (your child or others)
- No coaching from the sidelines during practices or games
- No arguing with coaches, umpires, or staff during or after events
- No negative commentary about players, coaches, or officials

Sportsmanship Violations

- No disrespectful language, gestures, or tone
- No confrontational behavior toward other families or teams
- No blaming or shaming children for performance

Social Media & Communication

- No posting negative comments about players, coaches, or the program online
- No sharing private team matters publicly
- No indirect complaints through group chats or other parents

2. Parent Role Expectations
Parents are expected to:

- Support all players—not just their own child
- Reinforce effort, attitude, and teamwork over results
- Trust the coaching staff's decisions
- Model emotional control and respect at all times

If you wouldn't want a coach saying it to your child, it should not be said from the sidelines.

3. Playing Time & Coaching Decisions

- Playing time is not guaranteed to be equal
- Positions, lineups, and roles are coach decisions only
- Parents may not question decisions during games or practices

If clarification is needed, follow the communication policy below.

4. 24-Hour Communication Rule
To prevent emotional reactions:

- No parent may approach a coach immediately after a game/practice about concerns
- A 24-hour waiting period is required before discussing issues
- All communication must be respectful and solution-focused

Program Policies

5. Practice & Game Environment

To maintain focus and structure:

- Parents must remain in designated viewing areas
- No entering the field or dugout unless invited by staff
- No interrupting practices or team meetings

6. Commitment & Attendance

- Players are expected to attend practices and games consistently
- Parents must communicate absences in advance
- Repeated unexcused absences may affect playing opportunities

7. Safety & Respect

We will not allow:

- Bullying (by players or parents)
- Harassment of any kind
- Unsafe or reckless behavior

This applies to both children and adults.

8. Enforcement & Consequences

Violations of this policy will result in:

- First Incident: Verbal warning
- Second Incident: Removal from event
- Third Incident: Suspension or removal from program

Severe behavior may result in immediate removal without warning.

9. Program Philosophy

Energy Baseball is built on:

- Positive energy over negativity
- Growth over perfection
- Team over individual
- Respect over ego

If a parent's behavior conflicts with these values, they may not be a fit for the program.

Acknowledgment

By participating, parents agree to uphold this policy and support a positive, disciplined, and respectful environment for all athletes.

Program Policies

Social Media Policy

At Energy Baseball, we believe that social media can be a powerful tool to celebrate our athletes, share team spirit, and promote positivity within our program and the broader baseball community. To maintain a safe and respectful environment for everyone involved, all athletes, parents, and coaches are expected to follow the guidelines below when engaging on social media platforms:

What's Encouraged

- Sharing team accomplishments, photos, and positive experiences.
- Supporting teammates, coaches, and other athletes in a respectful and uplifting manner.
- Using social media to promote Energy Baseball events, updates, and announcements.

What's Not Allowed

- Posting negative, inappropriate, or disrespectful comments about teammates, coaches, other teams, or umpires.
- Sharing confidential team information, routines, music, or choreography without permission.
- Bullying, gossip, or any form of harassment—online or in person—will not be tolerated.

Accountability

- Any content or behavior deemed inappropriate may result in disciplinary action, including removal from social media groups, team consequences, or dismissal from the program in severe cases.
- Athletes are reminded that their digital footprint reflects not only on themselves, but also on their team, the Energy Baseball brand, and can impact future opportunities such as college admissions, scholarships, and team placements.
- **Instagram: @Energy_Baseball**
- **Facebook: @EnergyBaseball, @Energy Athletics And Nutrition @BrandNewBallgame, Energy Athletics Easton**
- **Tik Tok: @EnergyBaseball**

Playing Time Policies

Playing Time

Playing time may not be equal for all players. It is based on individual performance and effort. Coaches will use their best judgment from off-season practices and early-season games to evaluate players' roles, positions, and contributions. The start of the season will provide opportunities for players to be moved around and assessed fairly. As a developmental program, we ensure that all players participate in games throughout the weekend in meaningful ways (e.g., pinch hitting, defensive substitutions, base running, etc.). Non Divisional Games: We will move players around and give more opportunity to everyone equally. Division Games + Tournaments/Playoffs: Those who perform in non divisional games and through reasons below will have more game play opportunities.

Playing time is earned through:

- Game performance
- Practice performance
- Consistent effort, positive attitude, and teamwork

If a player has questions or concerns about their playing time or role, they are encouraged to schedule a time to speak with the head coach. The focus of the discussion should be on how they can continue to grow and improve to earn more opportunities.

24-Hour Rule: We ask that players and parents wait at least 24 hours after the final game of the weekend before initiating a conversation about playing time. Coaches will also refrain from responding to such inquiries during this period. This helps ensure that conversations are thoughtful and constructive.

Factors that may impact playing time include: comparative game performance, attendance (including unexcused absences), punctuality, and conduct or attitude—both from players and, when applicable, from parents.

Program Policies

General Policies

- For safety and uniformity, athletes are not allowed to wear any jewelry during practices or games.
- Energy Baseball athletes are not permitted to compete with any other Perfect Game, NEAAU, or Travel Baseball program during the season.
- Parents, guardians, and athletes may not design, produce, or sell any clothing, accessories, or merchandise using the Energy Athletics/Energy Baseball name, logo, or branding without written consent from the **owner**. This includes team gifts, shirts, and bags. All apparel must be approved to ensure brand consistency and professionalism.
- Communication channels - teams will be using an app to be determined at a later date for team communication. If we find out teams are communicating through a non Energy Baseball sanctioned app, there will be a team meeting.
- Athletes and families must respect the training space at all times. No food, gum, seeds, or open drinks are allowed on the turf. Please help keep the facility clean by throwing away trash and using designated areas for belongings.

Injury Policies

CMEBC Injury Policy

- Season ending injuries (made official through a doctor's note) which occur on the field of play through an Energy Baseball event or during an Energy Baseball practice or strength and conditioning training team event, are eligible for no further payments to be made and no refunds up until that point will be given.
- Injuries that are not season ending that occur at any time, but will force the athlete to miss some time, do not receive any special payment discounts.
- Injuries that occur outside of an Energy Baseball practice, team event, training session, or game, are not eligible to receive any financial compensation whether it is season ending or not.
- Any "season ending injury" that occurs after February 1st, 2026 is not eligible for any payment breaks and all monies agreed upon in the contract must be paid in full regardless of the situation.
- Energy Baseball and their coaches, staff, volunteers, etc. are not responsible or liable for any injury that occurs on the field of play, in our facility, practicing baseball, playing a game, or any kind of training for baseball or any other sports and activities do not refund any money for tuition with injuries.
- We will be very understanding and work with our parents as best as we can when it comes to our injury policy. But please understand all injuries occurring outside of Energy Baseball, are done so at your own risk. You are still financially responsible for the payments and total pricing agreed upon in the parent contract.
- New This Year: We are working on offering team tuition injury insurance to cover you if your players does get hurt. More information to come as the year begins.

6 Month Private Lesson Memberships

We offer an opt in program to secure lessons with our best coaches at peak gym times through the winter. This is a 6 month commitment to lock in your time and weekly day with your coach from October the first week of October when we reopen through April when games begin/high school starts. No credits expire. Normal hour lessons are $130 if purchased individually. This must be set up my 9/15/2025. THESE FILL FAST!

- 4 half hour lessons per month = $200 per month ($100 hourly)
- 8 half hour lessons per month = $360 per month ($90 hourly)
- 12 half hour lessons per month = $510 per month ($85 hourly)
- 16 half hour lessons per month = $620 per month ($77.50 hourly)

Group Lesson Memberships

Same concept as above = this is for 3 kids min and 4 kids max to work on a skill together. Grab your friends and team up to work together all winter long. Pitching/Hitting/Catching/Fielding - Can rotate weekly. 1 hour in 1 cage. Limited to just 20-30 memberships total per location based on availability. This is a 6 month commitment via monthly card purchase. This must be set up by 10/1/2026. THESE WILL FILL FAST!

- 1 hour per week for 6 months (Can purchase 2 for 2x a week or 2 hours)
  - 3 kids = $180 per player per month ($45 per hour per player)
  - 4 kids = $160 per player per month ($40 per hour per player)

Private Lesson Packages

For those not wanting to commit to a lesson membership and simply have lessons available, here is our private lesson membership pricing:

- Single half hour = $65 per player
- Single hour = $130 per player
- 5 Packs = $295
- 10 Packs = $495
- 20 Packs = $950
- 30 Packs = $1,250
    - Credits expire 1 year from purchase and are non refundable if you leave our program.
    - If you remain in the program, credits will expire 1 year from purchase, but just ask us to reinstate.
    - After one year you must be a player in the program for reinstating lesson credits.

Player Development Platform

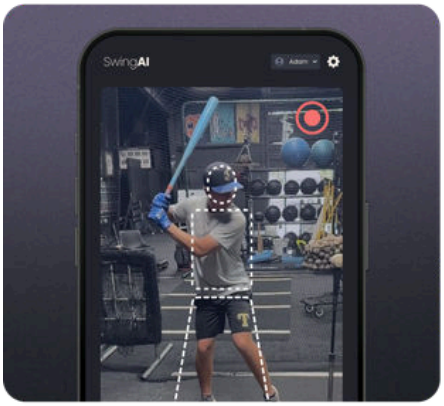
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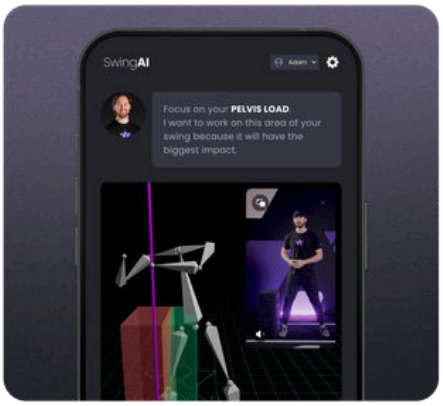
NEW THIS YEAR - Win Reality Opportunity

SWINGAI

X-RAY VISION FOR YOUR SWING

WITH AI-POWERED SWING ANALYSIS







RECORD

Capture every swing using just a mobile phone—no sensors or extra equipment needed.

ANALYZE

The AI-powered app identifies strengths, areas to improve, and breaks down swing mechanics.

TRAIN

Personalized, data-driven training plans that optimize hitting performance and mechanics.

TRAINVR

FROM VIRTUAL REPS TO REAL-GAME SUCCESS

Unlimited Reps

Athletes face as many pitches in a week as pros see in an entire season.

Library of 600+ Pitchers

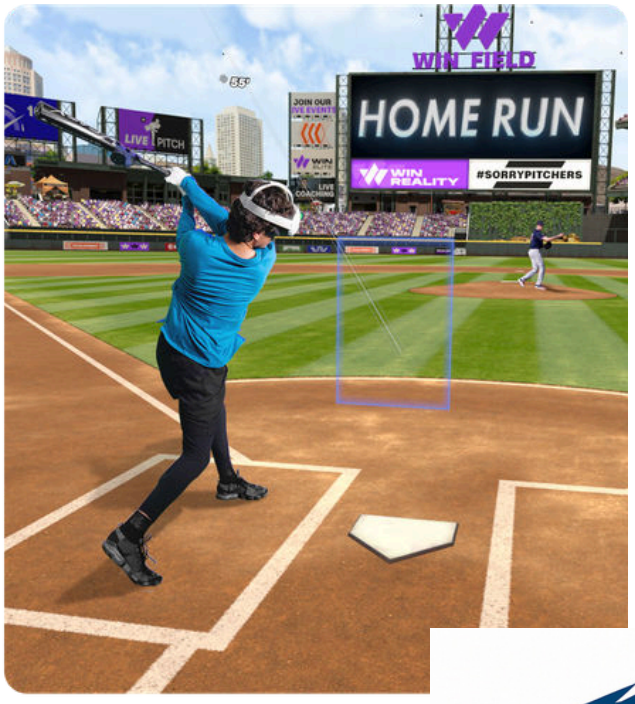
Train against any speed, pitch type, or arm slot.

Training Tracks

Personalized plans based on team goals and improvement areas.

Vision & Timing Drills

Learn to recognize and anticipate pitch type and locations to be on-time for every pitch.



Sign Up

www.winreality.com/overview/energy-athletics

ENERGY BASEBALL

Conclusion

We hope to add you to the Energy Baseball program this season. At Energy, we don't just build skilled ball players—we build confident, disciplined, and empowered individuals through a program that values commitment, growth, and team spirit. Our experienced coaches, supportive environment, and focus on both personal and athletic development set us apart.

If you decide to become part of our community, a finalized agreement will be sent electronically prior to the start of the season. All families will be required to review and sign this agreement before participation begins.

Thank you for considering Energy Baseball. We'd be honored to have the opportunity to support your athlete's journey—and we can't wait to see what we can achieve together.