



Training ♦ Mentorship ♦ Cage Rentals

We Dream Big



# The Diamond Principles

“A **BASE** path to Success”

**WE STAND ALONE** in our focus to develop the whole individual beyond the athlete.

Our customized pathways lead every one of our student athletes to achieve their biggest dreams!



## WHY WE STAND ALONE

**MENTAL:** More often than not, we fail as a result of what is going on in our heads, not our hands. At BBP we have designed a program to develop a mentally tough student athlete. Our approach puts a focus on proper preparation, candid and personal self-inspection, and tools to promote “right now recovery” from failure.

**SKILLS:** At BBP we utilize a combination of unique training drills, state of the art real-time feedback and repetition to ensure a progression of skills improvement in your student athlete. All of our training programs are taught by successful professional athletes with experience and an eye for detail.

**PHYSICAL:** At BBP we believe in physical conditioning well beyond the squat rack. While successful performance in sports is related to strength, a more balanced approach which includes development in agility, flexibility, diet, and even proper sleep will yield far more positive and dramatic results for most student athletes.

**GOALS:** Successful outcomes come in many different shapes and sizes. Whether on or off the field, setting high standards and achieving our biggest dreams is a part of our routine at BBP. With the programs we have developed, every student athlete will customize their pathway and develop positive habits to achieve their biggest dreams.

**CHARACTER:** Do you have what it takes to make it? We can't look at you and say for sure because so much of your athletic success will come from what is inside your head and your heart. At BBP our trainers are successful professionals, but they are also mentors with strong moral character and a relentless desire to help your student athlete be the best version of themselves possible. Our programs will help your student athlete develop and maintain integrity, sacrifice, and focus. Student athletes who embrace the program will develop as conscientious citizens of solid character.

**Character is the foundation on which our entire program is built and what makes BASE by Pros different from everyone else.**



**BASE by Pros Academy**  
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# OUR BASE BY PROS FAMILY

Our family of professional athletes share an appreciation for continued personal development, both on and off the field. Our instructors are passionate about sharing this mindset with students to help them achieve their maximum potential, both as athletes and as positive contributors in our community. From our classrooms to the cages, we instill strong character in our students that will remain with them long after their playing days. It is at the core of who we are.

"Mitch is one of the finest men of character I have been associated with in my time as both a baseball player and coach."

~ Pat Casey - Head Baseball Coach, Oregon State University



## MITCH CANHAM (Founder)

- Lake Stevens High School (Lake Stevens, WA)
- Oregon State University
- Leader of the Student Athletic Advisory Committee
- Academic All-American
- National PAC-10 Representative
- Two-Time National Baseball Champion (2006, '07)
- 2007 First Round Draft Pick (San Diego Padres)
- Nine Years of Professional Baseball
- Seattle Mariners MiLB Manager

"Brent is an unbelievably gifted player and coach. His knowledge of the game, hitting and fielding is spot on and second to none."

~ Steve Van Rensum - Select Baseball Coach and Former Pro



## BRENT LILLBRIDGE

- Jackson High School (Mill Creek, WA)
- University of Washington
- Named to All-PAC-10 Conference 3 Straight Seasons
- 2005 4th Round Draft Pick (Pittsburgh Pirates)
- 9 Year Pro Career (Experience with MLB's Braves, White Sox, Red Sox, Indians, Cubs and Yankees)

# BASEBALL & SOFTBALL TRAINING

## LESSONS (1:1 & 2:1)

**2:1** Players benefit from personal instruction and a hint of competition while observing another student's form and sharing the learning process.



**1:1** For players seeking more individual attention to up their game.

**8**  
LESSONS

3 monthly payments  
of \$225



3 monthly payments  
of \$300

## MOST POPULAR!

**16**  
LESSONS

6 monthly payments  
of \$215



6 monthly payments  
of \$295

**32**  
LESSONS

12 monthly payments  
of \$185



12 monthly payments  
of \$280

## CLINICS (4:1)

- Hour and a half, regularly-scheduled weekly clinics
- Only \$225 per month (cancel anytime)
- Clinics cover all the bases, including hitting, fielding, pitching and catching



## EVENTS (5+)

**MONTHLY HITTING LEAGUE:** Regular hitting leagues offer athletes the chance to hit the cage for a little friendly competition with an opportunity to win prizes! It is designed to keep things fun and competitive. Join a league for \$100 or register a team of four for only \$350.

**CAMPS:** From recreational summer camps for young kids to highly focused skill-based camps for older players, BASE by Pros hosts a number of special baseball and softball opportunities throughout the year that you're sure to enjoy!

## ANNUAL MEMBERSHIPS

LAUNCHING APRIL 1, 2018!

Save on baseball and softball lessons, BASE by Pros merchandise, showcase videos, batting cage rentals, fitness training, and more!

Stay tuned for more info!

In 2002, 82% of women in executive-level jobs had played organized sports in middle, high or post-secondary school.

Study by mutual fund company Oppenheimer

