



Training ♦ Mentorship ♦ Cage Rentals

"A BASEpath to Success!"

#BASEdriven



PEED 85.3 mph



SPIN AXIS

H/V BREAK 1.6



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

MINDSET

MINDSET: More often than not, we fail as a result of what is going on in our heads, not in our hands. At BASE by Pros, developing a mentally tough student athlete is a fundamental goal of our training programs. Our approach focuses on personal self-inspection, diligent preparation and goal-setting, and tools to promote "right now recovery" from failure.

SKILLS

SKILLS: At BASE by Pros 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.

STRENGTH

STRENGTH: At BASE by Pros, 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.

CHARACTER

CHARACTER: Does your child have what it takes to make it? We can't look at them and say for sure because so much of their athletic success will come from what is inside their head and their heart. At BASE by Pros, 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 them 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.

It is our commitment to developing athletes with a profound level of character that sets BASE by Pros apart from the rest.



BASE by Pros
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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 LILLIBRIDGE

- 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 (8:1)

- One hour regularly-scheduled weekly clinics
- Starting at \$35 per session
- Session packages: 4 at \$180, 8 at \$280
- Clinics cover all the bases, including hitting, fielding, pitching and catching



## EVENTS

- **Summer Camps** - A ton of recreational "fun in the sun" for younger kids
- **Skill-Based Camps** - Highly focused, year-round instructional opportunities for all ages
- **Holiday FanFest** - Our annual celebration brings plenty of joy to the offseason.
- **Hitting Leagues** - Experience an exciting level of competition while gaining valuable instruction.
- **Speaking Engagements** - Experts in often-overlooked topics provide both players and parents a unique opportunity for growth
- **Bat Demos** - Hit the cage with bats from your favorite brands, pick your favorite and save!

## ANNUAL MEMBERSHIPS

INCLUDES **FREE**

- Athletic Assessment
- Fitness Assessment
- Showcasing Consultation
- Speaking Engagements

**PLUS, a 10% DISCOUNT** across the board!  
Save on camps, classes, showcasing videos, leagues, merchandise, and more. Memberships are valid for the whole family. For athletes committed to taking their game to the next level, this one is a no brainer!

