

# WHAT SETS US APART

## MINDSET

Success in sports often comes down to what's in the mind, not just the hands. At BASE by Pros, we focus on building mental toughness through self-reflection, preparation, goal setting, and quick recovery from failure.

MINDSET

## SKILLS

We combine unique drills, real-time feedback, and repetition to help athletes steadily improve. All training is led by experienced professional athletes with a sharp eye for detail.

SKILLS

## STRENGTH

True athletic strength is more than lifting weights. We emphasize balance, developing agility, flexibility, nutrition, and proper rest—to unlock peak performance.

STRENGTH

## CHARACTER

Athletic success depends on what's inside both the head and the heart. Our trainers mentor with integrity and passion, helping athletes grow into their best selves—on the field and in life.

CHARACTER



Character is the foundation in 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.

"A **BASE** path to Success!"

# BASE

BY PROS

## BASE PERFORMANCE

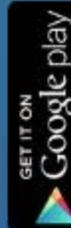
STRENGTH TRAINING

### Pricing:

2x/week - \$200/month  
 3x/week - \$250/month  
 4x/week - \$300/month

With our in-gym strength training program, Base Performance, you will get to train in a small group in our brand new state-of-the-art weight room. Collaborated with our in-house physical therapist and led by an expert in strength and conditioning, Base Performance will effectively, and safely improve your physical development. With an emphasis on strength, speed, power, and mobility, your on-field performance will be taken to the next level.

## DOWNLOAD OUR APP!



Dream Big,  
 Serve Bigger!



Info@BASEbyPros.com (425) 200-4448

### LYNNWOOD

14926 35th Ave. W.  
 Lynnwood, WA 98087  
 lynnwood@basebypros.com

OUR  
**SKIPPERS**



**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)



**STEVEN SOUZA JR.**

- Cascade High School (Everett, WA)
- 2007 3rd Round Draft Pick (Washington Nationals)
- 2014 International League MVP and ROY
- AL Player of the Week (April 23, 2017)
- 2017 Tampa Bay Rays MVP



**AARON WEST**

- Snohomish High School
- University of Washington
- 2012 17th Round Draft Pick (Houston Astros)
- Allstar in 2012 & 2015
- 6 year Minor League career with Houston & Seattle



OUR  
**HISTORY**

BASE by Pros was founded in 2017 by Mitch Canham and Brent Lillibridge, later joined by Steven Souza. Built on character, hard work, and community, BASE has grown from Lynnwood to Skagit as a true baseball and softball family.

**BASEBALL & SOFTBALL  
TRAINING ACADEMY**

<https://BASEbyPros.com>

**LESSONS**

	8 3 MONTHLY PAYMENTS	<b>MOST POPULAR!</b> 16 6 MONTHLY PAYMENTS OF	32 12 MONTHLY PAYMENTS OF
<b>2:1</b>	\$266	\$253	\$240
approx.	\$100 ea.	\$95 ea.	\$90 ea.
<b>1:1</b>	\$345	\$335	\$320
approx.	\$130 ea.	\$125 ea.	\$120 ea.

**SIGNATURE LESSONS**

	8 3 MONTHLY PAYMENTS	<b>MOST POPULAR!</b> 16 6 MONTHLY PAYMENTS OF	32 12 MONTHLY PAYMENTS OF
<b>2:1</b>	\$333	\$320	\$306
approx.	\$125 ea.	\$120 ea.	\$115 ea.
<b>1:1</b>	\$533	\$520	\$505
approx.	\$200 ea.	\$195 ea.	\$190 ea.

Signature Instructors:  
Kylee Studioso  
Brent Lillibridge  
Steven Souza Jr.  
Aaron West

**2-on-1**

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

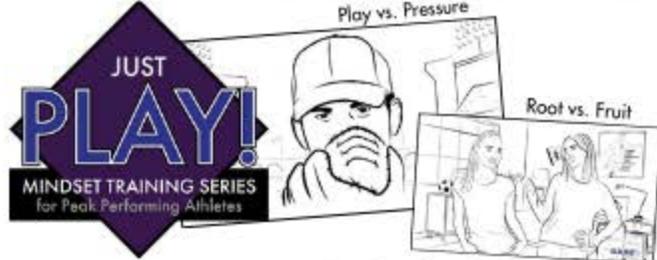
**1-on-1**

For players seeking more individual attention to up their game.

**MULTISPORT  
ONLINETRAINING**

<https://BASEbyPros.podia.com>

On the road to a tournament? Stay sharp with our Online Training Portal—built for athletes and coaches in every sport. Athletes can dive into video series like Unshakable Confidence and The 3 P's to get mentally game-ready. Coaches can access digital tools like the At Bat Tracker and video bundles like Coaching Clinics and Just Play!, packed with the latest drills and strategies to lead your team to victory.



\*ALL PRICES ARE PRE TAX



**For Coaches & Parents**  
Player success starts with a strong support system. That's why we offer digital courses like Positive Parenting and Developing Team Culture—aligning parents and coaches with the lessons taught at our Academies. These resources help sports organizations ensure consistent coaching, professionalism, and accountability across every team.

