



**HS Player Packet**  
**2025 - 2026 Season**

*(PSL and PSLF Teams will have alternate details. Those packets will be released with selection to a PSL roster.)*

**YEARLY TEAM AND PLAYER DEVELOPMENT PACKET**  
**INCLUDING:**

**FALL SENATORS SEASON**  
**WINTER PROGRAMMING**  
**SUMMER SENATORS SEASON**  
**ADDITIONAL TRAINING / BENEFITS / MEMBERSHIPS and more!!!**

**[www.metrobaseballacademy.com](http://www.metrobaseballacademy.com)**

**[www.metrosenators.com](http://www.metrosenators.com)**

**[www.metrosenators.com/tryouts](http://www.metrosenators.com/tryouts)**

# **FALL/WINTER PROGRAMS**

## **FALL 25 (AUG 1 - NOV 15) - In season**

- Aug 1 - Facility Access Begins
- Mid Aug - Team Practices Begin
- Sept 2 (Tuesday, Following Labor Day) - Games Begin
- Nov 2 - Game Play Ends
- Nov 2 - 15 (Added Scheduling / Rain Dates)

### **FALL PROGRAMS (Aug 1 - Nov 15)**

- Games and Team Practices Weekly
- Weekly Positional Specific Workouts (Hitting, Pitching, Infield, etc.)
- Major League Mindset (8 week online Mental Training)
- Prep Baseball Report (PBR) Scout Day @ Cap 1
- Senators Scrimmages and Program Games
- 4 Tournaments Per Team

## **WINTER 25-26 (NOV 15 - FEB 15) - Off season**

### **WINTER PROGRAMS (Included)**

- (Nov 15 - Feb 15) - Facility Access cont. (Senators Specific Times)
- Dec 1 - Weekly Positional Specific Workouts (Hitting, Pitching, Infield, etc.)
- Jan 1 - Speed / Agility and Conditioning Classes (7 weeks)
- Jan 1 - Senators Hitting/Pitching Programs (7 weeks)
- Major League Mindset Programs cont.
- Movement Screenings (PT - INOVA)

# **SPRING / SUMMER PROGRAMS**

## **SPRING 26 (MAR 1 - MAY 15) - Spring Training (In season)**

- March 1 - Unlimited Facility Access Resumes
- March 1 - May 15 - GOOD LUCK DURING YOUR HS SEASONS!!!!

### **SPRING PROGRAMS (Mar 1 - May 15)**

- SUNDAY NIGHT HITTING WORKOUTS (8 weeks)
- Major League Mindset Programs cont.

## **SUMMER 26 (MAY 15 - AUG 1) - (In season)**

- May 15 - HS Team Practices Begin (Come once your HS season is over)
- June 1 - Game Play Begins
- Aug 1 - Game Play Ends (Aug 1 - 10) Rain Dates

### **SUMMER PROGRAMS (May 15 - Aug 1)**

- Games and Team Practices Weekly
- Major League Mindset (8 week online Mental Training)
- Senators Scrimmages and Program Games
- 4-5 Tournaments Per Team

# **METRO SENATORS**

## **More than just Baseball!!**

- **FIRST CLASS COACHING**
- **PROFESSIONAL CULTURE**
- **COMPETITIVE LOCAL GAME PLAY**
- **WEEKLY PRACTICES**
- **INDIVIDUAL TRAINING**
- **YEAR ROUND TEAM AND PLAYER DEVELOPMENT**
- **YEAR ROUND ACCESS TO INDOOR FACILITY**
- **NAME BRAND UNIFORMS AND SWAG**
- **8-10 TOURNAMENTS (PG/PBR/Firecracker/VBT/World Series Events, etc.)**
- **PBR SCOUT DAYS**
- **PERSONAL HITTRAX ACCOUNTS**
- **MENTAL TRAINING PROGRAMS (Major League Mindset**
- **ADVANCED MOVEMENT SCREENINGS (INOVA)**
- **PROGRAM OUTINGS AND EVENTS (College Games and more!!)**
- **SUMMER / WINTER WORK OPTIONS (Paid Positions)**
- **COMMUNITY OUTREACH PROGRAMS (Volunteer Hours)**
- **QUARTERLY VIRTUAL PROGRAM MEETINGS**
- **FAMILY FACILITY MEMBERSHIP DISCOUNTS / BENEFITS / PROMOTIONS**

# **SENATORS FEE'S**

**Initiation Fee - \$200.00 (Due at the time of registration - 1 time only)**

**NON-Returning Players Only**

**12 Month Team and Developmental Fee - \$4,800.00**

**\$400 per month (Automated Subscription) Aug 1, 2025 - July 30, 2026**

**Our long term commitment to your development**

**PO (Pitcher Only) Player Rates will be discussed at the time of roster selection!!!!**

- Check/Cash Payment Schedules can be made by request  
Payable to Metropolitan Baseball Academy LLC

**Subscription Cancellations - The yearly subscription can be cancelled for a variety of reasons, some of which are outlined below. Players simply wishing to leave the team without any additional cause as mentioned below will continue to make their monthly payments for 90 days or at the time of your roster replacement... whichever comes first.**

**Player Injuries - Significant player injuries resulting in a players inability to participate in games, practice and activities for a minimum of 2 weeks or more. Subscription payments will be paused the month following the players inability to participate and will resume upon return to participation.**

**Alternate Fall Sport athletes - As the yearly subscription program begins/renews in the fall players opting out of the fall Senators season will have the opportunity to join the program following the conclusion of the Fall season. Their monthly subscription payments will begin December 1 with winter participation. Roster spots can not be guaranteed if opting out of the fall season.**

**Family Moving Out of Town - Your subscription plan will be cancelled the month following your last date of participation.**

**Conduct or addiitonal Removal from team - Your subscription plan will be terminated the date of your official removal from the team.**

## **ADDITIONAL 13U/14U TEAM INFORMATION**

### **2025-26 CURRENT SENATORS HEAD COACHES**

2029 South - Dan Raley	2029 North - Tim Alley
2028 South - Colin Kirk	2028 North - Daniel Hupart
2027 (PSLF) - Josh Bender	2027 South - Brian Blanton
2026 (PSL) - Conner Hall	2026 North - Mike Simko

#### **ROSTER SIZE**

- 15 - 18 Players

#### **COACHING / TRAINING / ADMINISTRATION**

Professional experienced coaches.

Full time Head and Asst Coaches. Current HS Coaches, Former College and Professional players

Full Time Admins at Metro Baseball to handle all team activities with professional customer service

#### **COMMUNICATION**

Metro Senators Programs uses TeamSnap to communicate details and scheduling for all teams.

Gamechanger volunteers will be requested for additional scheduling and game scoring.

#### **UNIFORMS**

Uniforms will be ordered each season through our online store at an additional expense.

#### **TOURNAMENTS / TRAVEL**

Travel arrangements / team blocks will be set up through a team hotel volunteer representative.

#### **PRACTICE LOCATIONS (Most Common Fields)**

South County HS

South County Middle School

Hayfield HS

South Run Park

Patriot Park North

Among others.... Including MBA Facility

#### **VIRTUAL MEETING SCHEDULE**

Parent / Player Meetings to discuss all upcoming seasonal activities and additional details. .

**Fall Pre-Season Meeting - Aug 1**

**Winter Meeting - Dec 1**

**Spring Meeting - Feb 1**

**Summer Meeting - May 15**

## **FALL HS TRYOUTS:**

***June 30th - 5 pm @ Patriot Park North #5***

***July 3rd - 7 pm @ Patriot Park North #5***

## **CONTACT US:**

**Metro Senators Baseball Program**

**[www.metroseiators.com](http://www.metroseiators.com)**

**[www.metrobaseballacademy.com](http://www.metrobaseballacademy.com)**

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