



# ACADEMY

2025-26

PROGRAM INFORMATION



# THE ACADEMY



## MISSION STATEMENT

The Saskatoon Berries Academy will provide individuals the training to reach their full potential as players and people by instilling our core beliefs of accountability, integrity, work ethic, and resiliency through the game of baseball.

The Saskatoon Berries Academy is committed to being supportive, communicative, and cooperative with all Baseball Saskatchewan players, teams, and coaches at all levels.

## 15U/18U PROGRAM

Grade 8-12 (15U & 18U) athletes will have the opportunity to train as part of their school day. Athletes will be able to enrol in Estey School's FLEX ED program. Estey School will provide an academic advisor to assist in course selection and develop an academic path.

If an athlete chooses to enrol in a different school, they will be responsible for setting up their academic schedule to allow for baseball activities that will start at 1:00 pm. This will also provide the opportunity for athletes to be able to continue to play their existing high school or club sport while training for baseball.



**BATTER UP AT  
FALL SHOWCASE!**



**#WINNING WITH 15U TEAM**

# ACADEMY STAFF



## **Saskatoon Berries Baseball Club**

### **President:**

Steve Hildebrand

## **Saskatoon Berries Baseball Club**

### **Director of Operations:**

Mark Campbell

### **Academy Director & Berries Head Coach:**

Joe Carnahan

### **Academy Pitching Coach:**

Logan Hofmann

### **Sports Mental Performance Coach:**

Josh Hoetmer

### **Strength & Conditioning Coaches:**

Ignite Athletics



**JOE CARNAHAN**

**BERRIES HEAD COACH**

**BERRIES ACADEMY DIRECTOR**

## **BIOGRAPHY - JOE CARNAHAN**

Joe brings a wealth of experience after over 20 years in the Western Canadian Baseball League (WCBL).

Joe played with the Swift Current 57's on the team's 2001, 2005, and 2006 championship squads in the Western Major Baseball League (WMBL), the predecessor of the WCBL. In 2002 and 2004 he was named the league's regular-season MVP. He claimed playoff MVP honours in 2001 and 2005, adding five WCBL All-Star awards to his resume.

Joe then took over as Swift Current's head coach in 2007 and built championship teams in 2010, 2016, and 2017. He was voted Coach of the Year four times. In his first year as head coach with the Saskatoon Berries, he produced six WCBL All-Stars and led the team to the WCBL East Division Final.

# ACADEMY PRIORITIES



## NO. 01 PLAYER DEVELOPMENT

- Daily training
- High quality instructors
- Use of video, technology, and progression tracking
- Mental performance training
- Strength and speed training



## NO. 02 COLLEGE PLACEMENT

- Profiles for players using technology and video
- Timeline for connecting with coaches
- Network of collegiate coaches
- Practice times/schedules align with college schedules



## NO. 03 LIFE BALANCE

- Schedule promotes ability to train and have the opportunity to play multiple sport, additional activities, free evenings and academic support
- Developing skills that are transferable to every day life through baseball



## NO. 04 COMMUNITY

- Players will have the opportunity to be involved in the community through events and volunteering



## NO. 05 CONNECTION

- Provide a wide network of college and professional resources to enhance player development through training and mentorship

# SCHEDULE



The Berries Academy will follow the school calendar from the first day of classes in September through the last day of classes in April.

## FALL

Fall will focus on fundamentals and aggressive game play through competitive practices, inter squads, and outside competition. In the fall, athletes are encouraged to play free without fear of failure while enhancing athletic development and game play.

The Saskatoon Berries Collegiate Showcase Invitational will feature 6-8 teams from across Western Canada. The showcase will consist of a pro style combine and games. Colleges and universities will be in attendance along with Trackman on site. The 2024 Showcase resulted in 24 college commitments from athletes who attended!

Travel games, tournaments, and “destination” trips will run separate from the daytime Academy. It will not be mandatory for athletes to go on any of these trips. For any travel dates, there will be a fee to cover costs which will be transparent and provided well in advance.

## WINTER

The winter months will consist of individualised plans for baseball skill development, strength and speed through Ignite Athletics, along with mental performance components with Josh Hoetmer.

Athletes will have the opportunity to develop in different stages of their off season with the end goal in mind to be ready for their Baseball Saskatchewan club teams' season.

## SPRING

Players will be released to their club teams on May 1.

# SCHEDULE



## TRANSPORTATION

For athletes in need, transportation will be provided from Estey School to the training facility. Athletes will need to provide their own transportation at the start of the day, and at the completion of practice/training.

## TRAINING

In the fall, practices will run from 1:00 PM to 3:00 PM every school day. These practices will be outside as much as the weather allows.

Once Academy heads indoors for the winter, training will consist of two hours of baseball training each school day. In addition, strength and speed training with Ignite Athletics will consist of three one-hour sessions per week. Additional field time is available twice a week for athletes who want to get some extra work in.

## WHAT A DAY LOOKS LIKE

What does a day look like for Berries Baseball Academy athletes? Here's a typical day in the life.

**8:40 AM - 12:00 PM:** Learning and education at Estey School

**12:00 PM - 12:30 PM:** Lunch and nutrition break

**12:30 PM - 1:00 PM:** Transportation time

**1:00 PM - 4:00 PM:** Baseball training, along with speed and strength training

**4:00 PM:** Free time for other activities, friends and family time

## PROGRAM INCLUDES:

- Estey School registration
- Approximately **286 hours of training**
- **75 hours** of speed and strength training
- Access to a Mental Performance Coach
- Apparel Package



**GETTIN' COACHED UP**



# REGISTRATION



Registration for the 2025-26 Berries Baseball Academy is **NOW OPEN!**

Visit [www.saskatoonberriesbaseballclub.ca/academy](http://www.saskatoonberriesbaseballclub.ca/academy) to register. Payment will be accepted via the SWIFT app.

## COSTS

The Berries Academy is **\$5,700** for the entire year. Full payment is preferred but a payment plan has been created and is as follows:

**DEPOSIT** (Due Upon Registration) - **\$1,000**

**FIRST PAYMENT** (Due June 30) - **\$2,350**

**FINAL PAYMENT** (Due November 30) - **\$2,350**

## CONTACT US

Have questions? Want to learn a little more about the Berries Baseball Academy? Give us a shout!

**Joe Carnahan**

**Berries Baseball Academy Director**

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**CHILLIN' WITH BARRY!**



**LOVE THESE BOYS :D**