



Michigan Red Sox, Inc

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Training Center

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Corporate Offices

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Michigan Red Sox Program

2018 - 2019 Training Season

Welcome to the Michigan Red Sox program. Some programs talk about development but we feel we follow through with development to get your son ready for high school baseball. You will get what you put into our program.

All members of the Michigan Red Sox organization will be surrounded by trained coaches and an experienced summer baseball program that has been around since 1999. Over the years, we've grown and developed into a lot of different areas – one that will fit your son and his baseball and athletic goals.

For the 2018 - 2019 program, all up to date members of the Michigan Red Sox will have the opportunity to participate in the following programs at no additional charge.

Training Center Classes

October 22, 2018 - December 14, 2018

These classes come with your membership to our training center and are skilled position classes that include throwing, infield work, hitting, and outfield play. Classes are broken down by age level so like sized players are working with each other.

Reinforcement Classes

January - February

These are similar classes to the ones provided October - December and are put in place to continue the development process up until March.

Training Center & Strength Room

Available from upon your financial commitment through July 2019. You will have access to the Michigan Red Sox training center for development. Players must be supervised by a parent if under the age of 18 but access is available at your convenience.

Additional Training Programs and Plans for 2018 - 2019

Along with your membership, you will receive discounts for private lessons with our specialty trainers. We will also offer specialty camps for catchers and pitchers that will also grant you a Red Sox discount. Following are just some of our programs.

Strength and Speed Training Program

August 20, 2018 – December 21, 2018

Fall Baseball

Ages 10u, 12u, 14u, 16u, 18u, 18u College Showcase team.
Please see our Motor City Power page - for more details.

Weighted Ball Training Program

Run by Dominic Downs of Rochester College
August 2018 – March 2019

Program includes strength building along with Driveline Baseball's throwing program progression. Program for 13u – 18u.

Youth Catcher's Camp

January 22, 2019 – February 16, 2019
12 one hour sessions for ages up to 12u
Tuesdays, 6pm – 7pm
Thursdays, 6pm – 7pm
Saturdays, 9am – 10am

Catchers Camp

January 19, 2019 – March 9, 2019
Saturdays, 10:30am – Noon
8 ninety-minute sessions for ages 13u – 18u

High School Pre Season Camp

Tuesdays, Thursdays, Saturdays
January 8, 2019 – March 9, 2019

These are just some of the programs planned for the development and improvement of players affiliated with our training center and program.