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: 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 overseen by successful professional athletes with experience and an eye for detail.

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: 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 have experienced elite success and are now 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 strong moral 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.
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.

EVENTS

From summer camps and bat demos to speaking engagements and our popular Holiday FanFest, there’s always an exciting event right around the corner!

COLLEGE DEVELOPMENT PROGRAM

Let us educate and guide you through the recruiting process by maximizing your exposure and providing sound counseling in a personalized format. Together we will identify the schools that offer the best opportunity for continuing your athletic career while fostering the life skills necessary to reach your full potential.

Ask about player showcasing videos as well!