



STRIKE

ACADEMY

2024-2025

PROGRAM INFORMATION GUIDE



ABOUT STRIKE ACADEMY



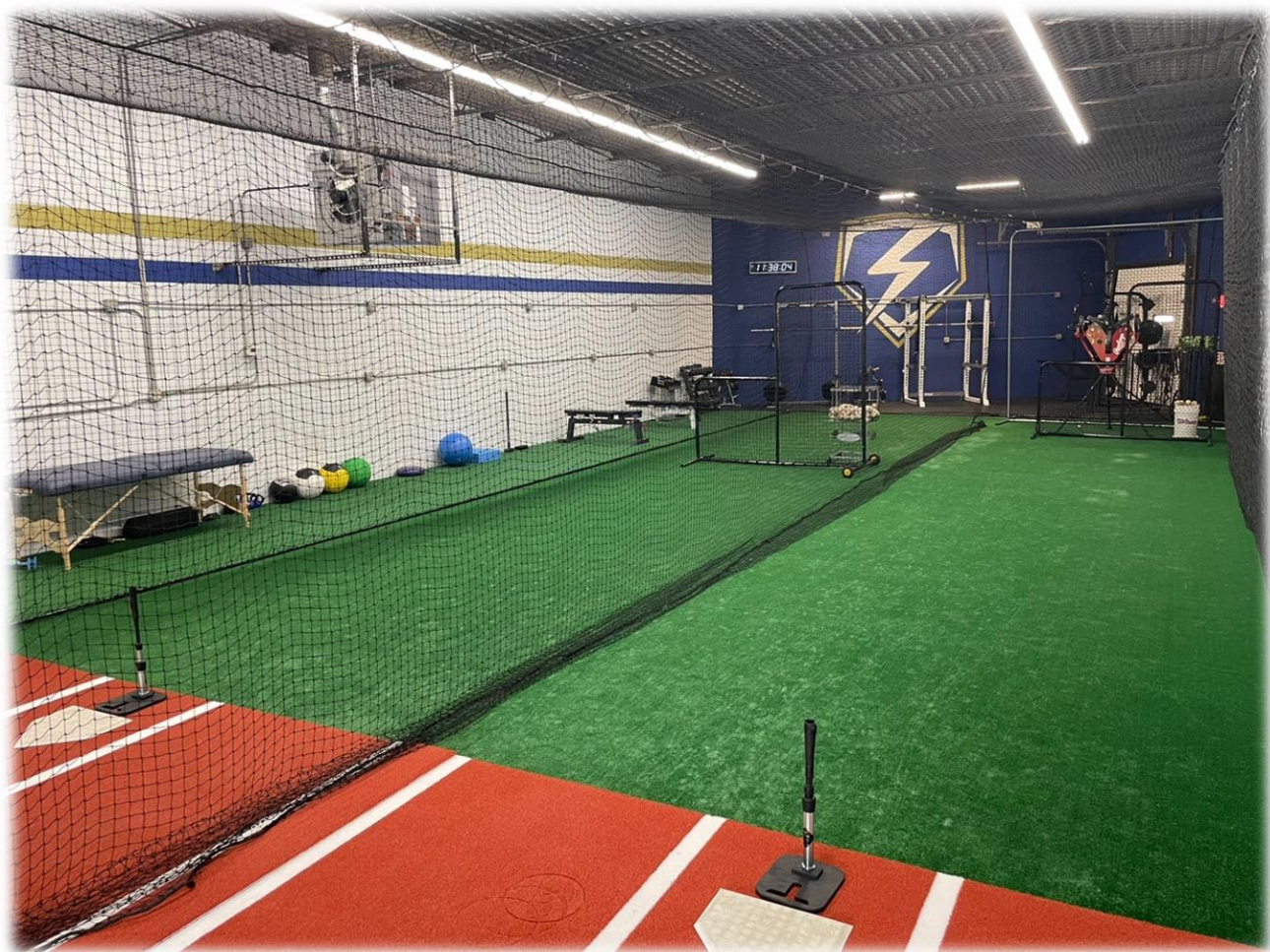
Strike Academy was founded in 2023 by Daytona Bryden and Mike Aiello, who were college teammates and standout players at the University of Wisconsin – Whitewater. Strike Academy’s mission is to provide the best player development experience in the Rockford area. We accomplish this by providing high-level training environments in all areas of a player’s development. Our program features individualized hitting instruction, throwing plans, strength and performance training, defensive instruction, and more. We are growing rapidly and are excited to announce an expansion of our training facility, growing from 2,500 square feet to over 11,000 square feet by October of 2024.





FACILITY EXPANSION PROJECT

Our expanded facility will become one of the most holistic dedicated baseball training facilities in the Rockford region, allowing program members 24/7 access. Included in the plans are dedicated hitting development cages with automatic ball feeding pitching machines, a dedicated throwing floor with permanent pitching mounds and a radar gun velocity display, and a 3,000 square foot dedicated weight room outfitted with all the equipment a baseball-specific athlete could need. Unique to the region, our facility will feature multiple-angle slow motion cameras used to regularly evaluate and monitor our players' hitting and throwing mechanics. Construction of the expanded facility will begin in August and be ready for use in October.



ABOUT THE OWNERS



DAYTONA BRYDEN



Born and raised in the Rockford area, the Hononegah High School outfielder attended UW-Whitewater where he became an NCAA D3 All-Decade Player for his accomplishments on the field. In 2014 he became a National Champion with the Warhawks. Bryden set single season school records in batting average, triples, and stolen bases in 2018, earning the title of the National Player of the Year. His historic season included scoring a blistering 75 runs in just 41 games. He played professionally for the Sioux City Explorers in 2019 before beginning his coaching career as a private instructor.

MIKE AIELLO



Originally from Racine, WI, Aiello attended Madison College and played in the 2015 NJCAA World Series before becoming a standout catcher at UW-Whitewater. In 2019 he became the NCAA Academic All-American Player of the Year and graduated with a bachelor's and master's from UW-Whitewater with a 4.00 GPA. He played professionally with the St. Paul Saints in 2019, winning the league championship. Signed to return in 2020, Aiello chose to begin a coaching career when the pandemic struck. He brings 4 years of college coaching experience, including two as a head college strength coach. Aiello is an NSCA Certified Strength and Conditioning Specialist.

2024-2025 PLAYER PACKAGE



PERFORMANCE TRAINING (BEGINNING IN OCTOBER)

- **Full Player Assessment (13U and older)**

- **\$100 Value, Included**

- Slow motion video capture of hitting and throwing mechanics.
- Movement, postural, and strength assessment.

- **1x/Week of Hitting, Throwing, and Strength Programming (All Ages)**

- **\$2,750 Value, Included**

- Personalized hitting drills and mechanical adjustments.
- Periodized individual throwing plan for pitchers and position players.
- Individualized strength programming to improve overall strength and athletic performance written by a certified strength and conditioning specialist.
- Re-assessments with coaching staff every 8-12 weeks.
- Can extend to 2, 3, 4, or unlimited days per week for discounted additional cost.

	1x per Week	2x per Week	3x per Week	4x per Week	Unlimited
Member Cost	Included	\$100 / month	\$150 / month	\$200 / month	\$225 / month
Public Cost	\$275 / month	\$375 / month	\$425 / month	\$475 / month	\$500 / month

- **24/7 Facility Access (All Ages)**

- **\$3,100 Value, Included**

- Based on \$30/hour cage rental 2x/week for a year.
- Program members may book cage rentals for no additional charge whenever space is available 24/7.

DEFENSIVE SKILL TRAINING

- **Defensive Skill Training (All Ages, October – December).**

- 1x/per week on weekends for catching, infielding, and outfielding sessions.
- Players may attend multiple sessions.

TEAM PRACTICES

- **Team Practices (January – July)**

- Once per week for all age groups (excluding during the IHSA high school season for 15-18U)
- Typically held on the weekends during the winter, and weekdays during the summer.

2024-2025 PLAYER PACKAGE



TOURNAMENTS & GAMES

- **10-14U**

- **Minimum of 7 Tournaments**

- Mostly local tournaments (within 90 minutes), with at least one destination or Stay-To-Play tournament.
 - Hotels are a cost families must pay for on their own and should be a strong consideration of the costs of playing.
- Competition level will be determined based on coaches' assessment of team's ability level after tryouts.

- **Scrimmages & Exhibition Games**

- Controlled scrimmages and exhibition games will be scheduled intermittently throughout the season to continue to improve gameplay skills.

- **15-17U**

- **Minimum of 6 Tournaments**

- Mostly local tournaments (within 90 minutes), with a few destination tournaments or Stay to Play tournaments.
 - Hotels are a cost families must pay for on their own and should be a strong consideration of the costs of playing.
- Competition level will be determined based on coaches' assessment of team's ability level after tryouts.

- **18U**

- **Minimum of 3 Tournaments**

- All local tournaments (within 90 minutes)
- Exhibition games if possible.

COLLEGE RECRUITING ASSISTANCE (15-18U)

- **Fall Showcase Day**

- Video Profiles of throwing velocities, exit velocities, swing mechanics, running, and defensive fielding used to send to potential college coaches.

- **Recruiting Mentorship**

- Strike Academy Handbook on college types and a guide for getting recruited.
- Open line of communication for feedback and answering questions regarding their recruiting journeys.

2024-2025 PLAYER PACKAGE



UNIFORMS AND GEAR

- **Required Gear**

- o New players must purchase an Under Armour uniform package to keep for \$375 which includes:
 - (1) Game Hat \$30
 - (3) Game Jerseys (last name printed on back) \$180
 - (2) Game Pants \$115
 - (1) Practice Shirt and Shorts \$35
 - (1) Belt \$10
 - (2) Pair of Socks \$5
- o Returning players can re-use gear from the previous year(s) or buy individual replacement items as needed.


- **Optional Gear**

- Team embroidered bat bag (\$75) or catcher's bag (\$140).
- Personal batting helmet with logo and number (\$60).

DISCOUNTED ONE-ON-ONE INSTRUCTION

- **Discounted Rates on Private Lessons**

- o All players will receive discounted rates on private lessons and lesson packages.

	30 Minute Lesson	One Hour Lesson	5-Pack of One Hour Lessons	10-Pack of One Hour Lessons	10-Pack of 30 Minute Lessons	20-Pack of 30 Minute Lessons
Member Cost	\$40	\$75	\$350	\$650	\$375	\$700
Public Cost	\$45	\$85	\$400	\$750	\$425	\$800



2024-2025 PLAYER PACKAGE



COACHES

- 10U-14U; 18U
 - Strike Academy Trained Parent Coaches
 - Trained Parent Coaches will be carefully selected, trained, and supervised by Strike Academy.
 - Performance training and defensive skill training sessions are always coached by our professional paid coaching staff.
 - Team practices and games will be coached by parent coaches with guidance and training from Strike Academy.
- 15U-17U
 - Paid coaches with at least college playing or baseball coaching experience.

PROGRAM COST

Roster spots are secured with a \$500 non-refundable down payment upon offering. The remaining balance can either be paid monthly or upfront. Program costs do not include travel expenses. Uniform and gear are additional and separate costs and are not included in the base player fee.

Age	Base Player Fee	Down Payment	10 Monthly Payments (Sep – Jun)
10-11U	\$1,950	\$500	\$145
12-14U	\$2,650	\$500	\$215
15-17U	\$3,250	\$500	\$275
18U	\$2,350	\$500	\$140

