

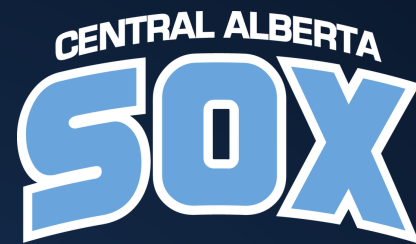


CENTRAL ALBERTA
SOX

HIGH-PERFORMANCE BASEBALL ACADEMY

Built for the Next Level

CENTRAL ALBERTA SOX BASEBALL ACADEMY



Red Deer, AB

A 9-month, two-semester elite baseball academy for committed high school athletes (15U–18U) preparing to compete beyond minor baseball.

Athletes train daily at **The Dome Red Deer**, Western Canada's 107,000-sq. ft. athletic performance facility.



Limited to one team (approximately 20 athletes) to maximize coach-to-player ratio and development.



THE SOX DIFFERENCE



The Sox Train for 9 months on Central Alberta's **ONLY** full MLB-sized indoor turfed infield.

ELITE DAILY DEVELOPMENT

4 days/week | 3-4 hours/day

Athletes train in a high-performance environment featuring:

- **Baseball Skills Development**
- **Strength & Conditioning Program**
- **Classroom & Baseball IQ**
- **Live Competition**

MLB-LEVEL FACILITIES

- Full MLB-sized turfed infield
- 4 batting cages
- 4 additional turfed fields
- Long toss up to 350 ft
- Modified indoor games
- High-performance weight room
- In-house athletic therapy room



ELITE COACHING



100+ years of coaching experience.



Brian Muir

Head Coach

A Red Deer native who played college baseball in California and spent nine years as Head Coach at Northwest Nazarene University in the NCAA.



Harold Northcott

Pitching Coordinator

A Central Alberta native who played for Team Canada and later coached with the Canadian National Team, helping develop future Major League pitchers.



Vladdy Diaz

Coach

A Dominican Republic native who signed with the Milwaukee Brewers at 16 and has spent 15+ years coaching and developing players in professional academies.



Avery Coumont

Coach

A Central Alberta player who played AAA baseball throughout his career and now coaches with the CA Sox Academy and Red Deer U18AAA Rangers.



Noah Welch

Athlete Mentor

A Boston native and Harvard graduate who played 13 years of professional hockey, including time in the NHL with Team USA at the 2018 Winter Olympics.



Fred Andersen

Assistant GM

A business executive with extensive operational experience and AAA team baseball liaison experience.

The Sox staff is supported by modern baseball technology. We use Rapsodo, Blast Motion, and video analysis for measurable feedback.



STRENGTH & CONDITIONING

Elite athlete development through a holistic performance approach, year-round structured programming, and one of **Alberta's most comprehensive** baseball strength and conditioning programs, supported by **in-house athletic therapy**.



Jim Frederickson

Head Coach

Jim Frederickson is a professional strength and conditioning coach who has worked with high-performance athletes for over two decades, including 15 seasons with the Brandon Wheat Kings.



Kristjan Frederickson

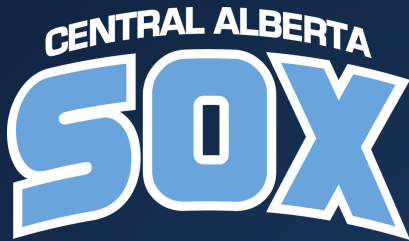
Coach

Kristjan Frederickson, originally from Brandon, Manitoba, grew up around fitness in his family's gym. Now at The Dome in Red Deer, he works with athletes to help them get stronger, more mobile, and more powerful.

Jim and Kristjan Frederickson have trained many high-level athletes, including **Nate Danielson** of the **Detroit Red Wings** and **Nathan Flewelling** of the **Tampa Bay Rays organization**, helping them build the strength, mobility, and performance needed to compete at a professional level.



9 MONTHS. 2 PHASES. 1 GOAL.



4 days/week | 3-4 hours/day consisting of:

Individual baseball instruction, team coaching, classroom sessions, and strength training.

Build

August 31 – December 31

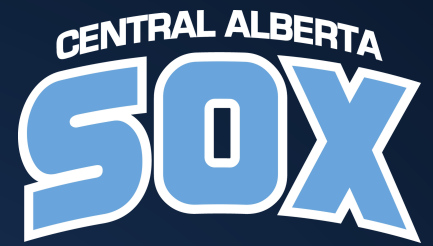
- Skill evaluation and progression
- Team systems
- Strength and conditioning foundation/program
- Fielding fundamentals
- Hitting mechanics
- Mechanical adjustments
- Video breakdown
- Personalized plans
- Classroom sessions
- Throwing program and arm care (November–December)

Prepare

January 1 – June 15

- Throwing programs
- Baseball IQ
- Game simulations
- Live reps
- Mental performance
- Strength and conditioning progression
- Outdoor games and travel trips

COMPLETE ATHLETE DEVELOPMENT



Our 5 Pillars:



Skill execution and fundamentals



Game IQ, situational awareness, and decision-making



Strength, speed, mobility, and athletic performance



Resilience, focus, and confidence under pressure



Discipline, leadership, accountability, and lifestyle habits

Position-Specific Training



Pitchers

- Custom throwing plans
- Pitch design analysis
- 1-on-1 coaching



Hitters

- Custom hitting programs
- Approach development
- Baserunning execution



Fielders

- Infield Mechanics
- Outfield Mechanics
- Baseball IQ (Mental)



Catchers

- Technical skills
- Leadership development
- Game awareness

**Every athlete receives individualized strength programming and athletic mentorship.*

YOUR COMMITMENT



The Sox Program is for players serious about **competing at the next level**, ready to **train five days a week**, and committed to **improving on and off the field**.

Our program runs Monday to Thursday starting at 2:30 pm, and the high school credit structure minimizes the impact on regular schooling commitments.

SCHOOLING

Out-of-town athletes attend

Lindsay Thurber

Comprehensive High School

Students from any school in the Red Deer area are encouraged to join Lindsay Thurber but may inquire about online options offered by their current school.

Note that daily transportation will not be provided.

How will high school credits be obtained?

Credits will be earned through a combination of core classes, online options, and baseball sports training.

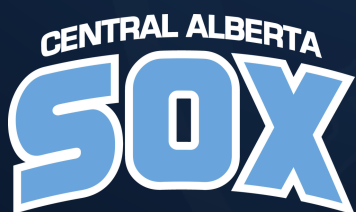
FINANCIAL COMMITMENT

- \$6,000 per year
- Financing, sponsorship and fundraising opportunities are available.
- Note: Baseball trips (e.g., Kamloops Best of the West) are priced separately.

BILLETING INFO

- Billets are pre-approved and vetted, providing housing and transportation. Basic food is included and may vary by household.

TAKE THE NEXT STEP



✉ fred@thedomereddeer.com

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🌐 <https://centralalbertasox.com/>