

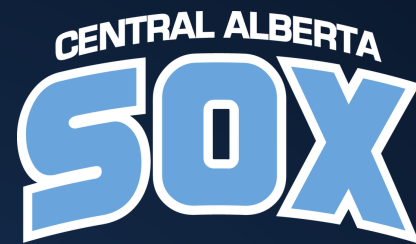


**CENTRAL ALBERTA**  
**SOX**

**HIGH-PERFORMANCE BASEBALL ACADEMY**

Built for the Next Level

# CENTRAL ALBERTA SOX BASEBALL ACADEMY



Red Deer, AB

A structured baseball development program for U13 athletes focused on building strong fundamentals, confidence, and game understanding.

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

2 nights per week

6:30 PM – 8:30 PM



*Small group training ensures quality instruction and maximum reps.*



# THE SOX DIFFERENCE



The Sox train on Central Alberta's **ONLY** full MLB-sized indoor turfed infield.

## CONSISTENT DEVELOPMENT

**2 sessions per week | 2 hours per session**

Athletes train in a structured development environment featuring:

- **Hitting fundamentals**
- **Throwing and arm care**
- **Fielding and footwork**
- **Game awareness and confidence**

## 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**

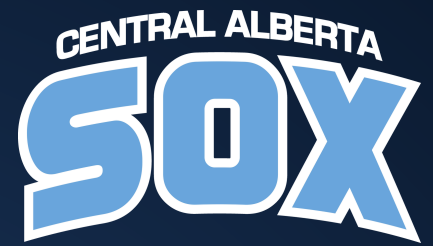
*Assistant GM*

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.



# 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

- Throwing mechanics
- Arm care
- Pitching confidence



### Hitters

- Swing fundamentals
- Plate approach
- Contact consistency



### Fielders

- Fielding fundamentals
- Footwork control
- Game awareness



### Catchers

- Receiving fundamentals
- Blocking technique
- Field leadership

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

# YOUR COMMITMENT



The Sox Program is for players looking to **learn the game, develop skills**, and **build confidence** in a structured environment.

Players will train in a structured, **positive environment** designed to build confidence, consistency, and a strong foundation in the game.

## AFTER-SCHOOL PROGRAM

- \$1,500 per year

Our program runs 2 sessions per week starting at **6:30 pm – 8:30pm**.

## PROGRAM SCHEDULE

### Fall Phase:

Mon, Sept 14, 2026 to Fri, Nov 13, 2026 (9 weeks)

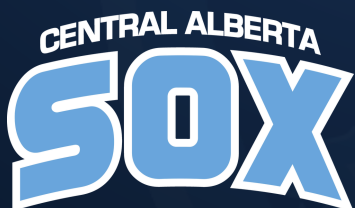
### Winter/Spring Phase:

Mon, Jan 4, 2027 to Fri, Apr 2, 2027 (12 weeks, includes 1 week off for Winter Break)

### Total Program Length:

21 weeks

## TAKE THE NEXT STEP



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🌐 <https://centralalbertasox.com/>