

# Power Surge Training Academy (PSTA) – 14U Division

## Program Overview

Power Surge Training Academy (PSTA) is a developmental training program designed for 14U athletes who want to build a strong foundation in **softball IQ, fundamentals, and confidence** before moving into a competitive travel ball environment.

PSTA is ideal for:

- Players transitioning from **recreational softball**
- Athletes **between teams**
- Players needing **reps at multiple positions**
- Families seeking **professional instruction**
- Players not quite ready for a full competitive travel ball schedule

This program focuses on **development first**, while still providing meaningful game experience.

## Who Runs PSTA

- **Professional Power Surge coaches**
- **Guest instructors**
- **Former Power Surge players with college softball experience**

Players will be trained, challenged, and supported at **all positions** in a structured, positive learning environment.

## How the Program Works

Each PSTA athlete receives a balanced mix of instruction, training, analytics, and competition:

## Monthly Commitment

- 1 two-hour practice per week
- 1 weekend per month of games
- 1 monthly facility training session at The Line Training
- 1 weekend practice per month

Practices are planned and outlined to focus on:

- Softball fundamentals
- Position-specific skills
- Game awareness and decision-making
- Confidence and athletic growth

## Player Development & Evaluation

### Performance Reports

- Each player receives a **monthly performance report**
- Reports outline:
  - Areas of progress
  - Skills needing improvement
  - **Recommended at-home drills** for continued development

### Analytic Testing

- Players receive a **baseline analytic testing report** from **The Line Training**
- Uses **advanced technology trusted by college coaches**

- Helps coaches:
  - Identify strengths and weaknesses
  - Track player progress over time
  - Plan practices tailored to individual development needs

## Competition Schedule

Games will be scheduled intentionally to:

- Challenge players
- Build confidence
- Match competition to the team's readiness level

The goal is **development through competition**, not results-driven pressure.

## PSTA Program Advantages

- Professional coaching and instruction
- Increased softball IQ and fundamentals
- Confidence-building environment
- Monthly player progress reports
- Structured, outlined practices
- Competitive but appropriate game schedule
- College-level analytic testing and evaluation
- Clear pathway to Power Surge teams

# Power Surge Player Pathway

PSTA operates similarly to a **minor league system**:

- Players may be selected to fill needs on current **Power Surge teams**
- Provides visibility and opportunity within the Power Surge organization
- Development-focused pathway toward competitive travel softball

## Program Costs

- **Monthly Fee:** \$150
- **Uniform Package:** \$75
  - Includes pants and **two dry-fit jerseys**

## Why Choose PSTA?

Power Surge Training Academy is where **development meets opportunity**. Players gain confidence, improve skills, and learn the game the right way—while preparing for the next level of competitive softball.