



BIRMINGHAM
BASEBALL PERFORMANCE

Swing hard. Throw hard. Lift heavy.



Birmingham Baseball Performance, Inc. is a baseball player development center located in Vestavia Hills, AL. Our organization strives to provide the most data driven, analytical baseball experience in the area with a wide range of metrics measured in order to provide improvement grading as players progress through our instructional process. Utilizing the latest technology available, we develop your athletes: and we prove it. We strive to develop athletes with an emphasis on the long term success of each player and providing them with the tools necessary to play for a prolonged period of time, thus maximizing their potential output. SWING HARD. THROW HARD. LIFT HEAVY.

In addition to the quality private instruction, strength / conditioning, and clinics offered, BBP hosts competitive teams of multiple age ranges. Our teams hold the same goals as the programs above: develop athletic movements and skills that scale long term. We want our players to develop systems of movement that allow them to maximize power, arm strength, baseball acumen, and leadership skills. Our team goals fall directly in line with our organizational mantra: Swing hard. Throw hard. Lift Heavy.

Owner / Program Director - BBP

JJ Roupe

Roupe Bio:

The owner and founder of Birmingham Baseball Performance, JJ Roupe, has established himself as one of the top private instructors / coaches in the area. A Trussville native, JJ was an all-metro selection and team captain as a catcher for Hewitt-Trussville High School baseball and as a Wide Receiver / QB in football. Prior to his senior season, JJ signed a baseball scholarship with Division I Jacksonville State University. After his college baseball career ended, JJ signed with Samford University Football to play wide receiver under former Auburn great, and Heisman Trophy winner, Pat Sullivan. He has been a professional instructor for 6 years and previously served in the high school ranks as the hitting coach at Hewitt-Trussville High School in addition to coaching the wide receivers for the varsity football team. JJ also spent time at Oak Mountain High School, serving as Wide Receivers Coach / Co-Offensive Coordinator for OMHS. Additionally, JJ has recruiting and operations experience at the college level serving in an operations capacity for Samford University football for 2 years under Head Coach Chris Hatcher. JJ is married to Rachel and they have two children, Brayden and Adaline.

Schedule- Spring 2022

Mid April-Mid June

April- On field practice (4)

-4, 2 hour practices

May- On field practice (6) / Tournaments (3)

-6, 2 hour practices

-3 tournaments location TBD

June- On field practice (6) / Tournaments (3)

-6, 2 hour practices

-Location: Hoover East

-3 tournaments location TBD

Total April→ June practices: 16

Total Tournaments: Minimum of 6 (3 game guarantee per tournament)

Cost: \$1,250

Cost includes: Tournament fees, coaching fees, Hat, 2 jerseys, 2 shirts, team helmet

Cost does not include: Tryout cost (\$20) and once making the team, the purchase of a black baseball belt, and purchase of gray baseball pants, and white baseball pants, each with a black piping on the side

Cost description: There are no hidden fees with BBP Teams' cost structure. Other than a couple of items above that should be player comfort items, everything else is included in this cost. No hidden fees, or extra costs. Ever.

Coaching Staff:

The BBP Coaching staff is comprised of professional coaches who will work diligently to implement the fundamental internal and external aspects of baseball at a highly competitive level. There will be 2 coaches on staff. Our staff will report to program director JJ Roupe.

FAQ

Q: Is JJ the head coach?

A: No. JJ is the owner of BBP and the team organization. He directs all aspects of the program and facilitates these processes to the coaching staff to implement with the team.

Q: Who is the Head Coach?

A: We currently have over 15 coaches on staff for BBP and will assign a head coach based on the perceived needs of the team once it is assembled.

Q: What qualifies someone to coach?

A: Our coaches do not have sons who are players on the team. Our coaches have all played collegiate and/or professional baseball and have multiple years experience in coaching and playing the game at a high level. The best thing for your sons is to be coached by objective, third parties who can honestly evaluate and assist them in their long term development in a fun, yet competitive atmosphere.

Q: Is our team the only team in the organization?

A: No. BBP has launched a comprehensive travel baseball organization under the BBP training umbrella in an attempt to bridge the gap between middle school age baseball and high school. We will field teams in the 11u, 12u, 13u, and 14u age brackets.

Q: What is the process for tryouts?

A: Because Players will go through a pro style showcase to gather metrics on each player as well as grade each player in various areas of their game. At the conclusion of the tryout, the staff will get together to compare grades and finalize the evaluation process. The final call will be made by Program Director JJ Roupe. The tryout will cost \$20.

Q: What is the long-term goal of the team?

A: First and foremost, our goal is to teach and develop players. Our players have the talent to play the game at a high level, but need the guidance, structure, and full attention of professionals to grow their knowledge base and physical attributes. We want our team to grow, learn, and flourish together for the foreseeable future.

Notes:

- JJ Roupe spearheads all instruction / fundamentals of the teams and directs all programs underneath the organization
- The cost was developed using the method of adding time, energy and value
- BBP and staff have developed a successful organization of programs that have proven to develop players that play longer
- BBP is sponsored by Marucci and will be outfitted only in Marucci, team affiliated gear
- Discounted Marucci gear is one of the many perks of playing for BBP
- Our philosophies staff wide are the same: Swing hard. Throw hard. Lift Heavy.
- Baseball is an ever evolving game. Let's not get left behind. Numbers, data, and analytics are all here to stay; therefore, we should embrace these things in addition to the traditional coaching values that have always stood true.
- We will focus on the instructional aspects of the game that will be taught at higher levels of baseball, as a result, players will be coached hard. Fair, but hard.
- We develop players: and prove it. We will meet your son wherever he is, as a player, and take him somewhere better. Why? Because this is what we do for a living. What is a hobby to others, is a way of life for us. Join our organization and we will get your player ready for the next levels of the game.