



MATRIX HOUSE INFO

2026–27 Offseason Player Development

Matrix House is an independent baseball player-development program based in Mt. Prospect, Illinois. Training integrates throwing development, strength and power, movement quality, arm care, performance testing, and technology within a professional small-group environment.

OFFSEASON PHASES

Phase 1 — Fall Development

September 8 – October 18

Phase 2 — Deload + Ramp-Up

October 19 – December 6

Phase 3 — Power + Capacity

December 7 – January 17

Phase 4 — Velocity + Performance

January 18 – February 28

Each phase is designed to stand alone while progressing as part of the complete offseason program. Open enrollment is available throughout the offseason. Athletes may begin during any phase, with pricing prorated for athletes who join after the first two weeks of a phase.

PROGRAM INCLUDES

- 90-minute integrated training sessions
- Separate Middle School and High School training groups
- Individualized throwing and pitching development
- Strength, power, mobility, and movement training
- Individualized arm-care and return-to-throw programming
- Baseline performance testing with scheduled retesting
- Individual pitch-profile and scouting evaluations

- Throwing mechanics and sequencing analysis
- Technology including Rapsodo, InBody, OVR, and video analysis
- Position-specific programming for pitchers, position players, and two-way athletes

Matrix House serves middle school, high school, college, and professional baseball players and trains at the Canes Illinois Mt. Prospect facility.

TRAINING ACCESS

High School

Minimum of three training opportunities per week, with access to all four weekly sessions.

Middle School

Minimum of two training opportunities per week, with access to all three weekly sessions.

Enrollment provides access to the complete training program and is not priced according to individual attendance frequency.

PRICING

High School

Phase-by-Phase: **\$900 / phase**

Complete Offseason: **\$3,200 / all 4 phases**

Middle School

Phase-by-Phase: **\$750 / phase**

Complete Offseason: **\$2,600 / all 4 phases**

Catcher-Only Athletes

Athletes who train exclusively as catchers and agree to catch bullpens may qualify for reduced pricing. This does not apply to athletes who also pitch or train at additional positions. Contact Bryce directly for pricing and registration.

FREQUENTLY ASKED QUESTIONS

Is Matrix House part of Canes Illinois?

No. Matrix House is an independent business that trains at the Canes Illinois Mt. Prospect facility. Canes player fees do not include Matrix House training, and pricing is the same for Canes and non-Canes athletes.

Why should I train at Matrix House if I already play for Canes?

Team practices are designed around team development. Matrix House provides

individualized strength, throwing, movement, arm-care, and skill development based on each athlete's specific needs.

Do I have to be a pitcher?

No. Matrix House trains pitchers, position players, and two-way athletes. Programming is tailored to each athlete's position and developmental needs.

Can I join after a phase has already started?

Yes. Matrix House offers open enrollment throughout the offseason. Athletes joining after the first two weeks of a phase receive prorated pricing based on their start date.

Do I need to complete every phase?

No. Each phase can be completed independently. Participating in all four phases provides the most complete offseason progression, but previous phase participation is not required.

Do you offer payment plans?

Yes. Contact Bryce directly to discuss payment options.

What happens if I miss training sessions?

Enrollment provides access to the complete program rather than a specific number of sessions. Missed sessions due to individual scheduling conflicts are not refundable.

Will my athlete be throwing too much?

No. Our coaches monitor athlete workload across teams, practices, and training environments to help manage overall throwing volume. Matrix House is designed to oversee the complete athlete and complement, not compete with, their existing development.

Does Matrix House fit with the Canes practice schedule?

Yes. Matrix House sessions are intentionally scheduled around both Canes Youth and Canes High School training to allow athletes to participate in both programs.

Who should join?

Serious, self-motivated baseball players committed to long-term development, including athletes pursuing collegiate and professional opportunities.