

East Coast Sox add Baysox Baseball Academy to fold

FOR IMMEDIATE RELEASE

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East Coast Sox Baseball is excited to announce the merger with the Baysox Baseball Academy in Mobile, Alabama. Baysox teams will now be known as the East Coast Sox Gulf Coast. These teams will continue to train and practice out of The Performance Lab, a state-of-the-art facility in Mobile.

“This merger is a perfect fit for both organizations as the directors of both organizations have the same beliefs and priorities in life,” said Greg Sykes, president of the East Coast Sox, which is based out of Columbus, Mississippi. “We are extremely excited to partner with Ben Daw, Michael Meredith, Will Richardson, Josh Hopkinson and the Baysox organization.”

East Coast Sox was formed in 2011 by Sykes, Joe Caruso, a former All-American at the University of Alabama, and former Mississippi State University standout and Major League Baseball pitcher Eric DuBose. In less than a decade, East Coast Sox has become a nationally known organization, and is recognized by Perfect Game as one of the top programs in the country.

Baysox Baseball Academy was formed in 2017 and has grown to more than 16 teams in four years. The growth of the Baysox Baseball Academy has made it one of the top organizations on the Gulf Coast.

“This merger gives our current players a tremendous opportunity to be exposed nationally with such an elite partner,” said Richardson, youth director at The Performance Lab, a 30,000-square foot indoor sports training facility that specializes in baseball and softball. “It also allows an opportunity like no other for our youth to transition straight from our youth program to a top-ranked organization based here on the Gulf Coast.”

With this merger, the Baysox Baseball Academy and their players will come under the umbrella of the East Coast Sox recruiting coordinators and directors. The Sox have helped send players to 95 Division I schools and 169 total schools. In the last eight seasons, the Sox have had 851 players go on to play college baseball. Its 2020 class had more than 125 players sign to play college baseball. The East Coast Sox have had 84 players selected in the Major League Baseball First-Year Player draft, and currently have six alumni playing in MLB.

East Coast Sox teams compete every year for national championships and are invited to the prestigious Ultimate Baseball Championship (UBC), which is hosted by Baseball America and Perfect Game. The UBC showcases the top eight teams in the country.

The mission of East Coast Sox Baseball is to lead players closer to Christ through the game of baseball. Focusing on Christ on and off the field allows the staff and coaches to develop young men into spiritual leaders of their household.

“When we started The Performance Lab and began adding teams through the Bay Sox organization, we wanted the opportunity to grow

our players, not only on the field through our facility, but also off the field,” said Meredith, owner and director of high school baseball at The Performance Lab. “We have known and admired for years how East Coast Sox accomplished this, while at the same time being the best travel organization out there. We know East Coast Sox will give our players tremendous exposure. From the baseball perspective, that adds to the training we do here, but they also are 100% Christ based and influence their players into developing to be Christ-minded individuals, which will go a long way after baseball. We also wanted to offer their current players a place to come and work during their training periods.”

The Performance Lab offers private and group training for baseball and softball, as well as speed and strength training and facility rentals for teams and other small groups. Equipped with more than 8,000 square feet of open field area, The Performance Lab is one of the premier training facilities in the Southeast. It is located at 842 Schillinger Road S Suite B in Mobile.

All East Coast Sox players will be offered a discount, as The Performance Lab will become the home base of the East Coast Sox Gulf Coast.

The youth program will transition under the East Coast Sox organization umbrella this coming spring. If you are interest in an upcoming tryout, showcases, camps or special workout information, please email at admin@performancelabmobile.com, or call 251-307-5548. The high school teams will have tryouts in November for the 2021 summer season teams.

For more information about the East Coast Sox, go to www.eastcoastbaseball.org, or contact Sykes at gsykes@eastcoastbaseball.org. Follow the Sox on Facebook

@EastCoastBaseball and on Twitter at @eastcoastbball and @soxgulfcoast.

For more information about the Baysox, go to:

<https://www.facebook.com/The-Performance-Lab-985226265020964>.

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