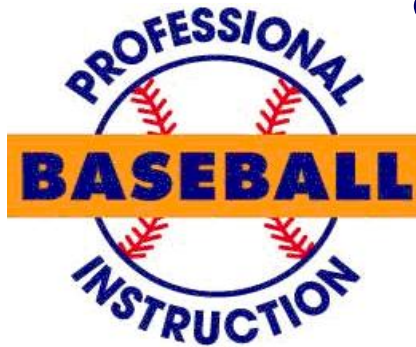


# High School Winter Training Program

***"IF YOU HAVE THE DESIRE,  
WE'LL MAKE YOU INTO A  
BALLPLAYER."***



***IF YOU HAVE THE TALENT,  
WE'LL TURN YOU INTO A  
CHAMPION."***

Professional Baseball Instruction's Winter Training Program is the most intense and thorough off-season training program available for high school players. PBI will prepare you for your upcoming high school season just as the pros do through our "spring training" approach. The program consists of 3 months—Thirty Seven 2 ¼ - hour workout sessions. That's 83+ total hours of preparation for your upcoming high school season.

*This very program has produced hundreds yes that's right HUNDREDS of All-State, All-League & All-County players! It has sent hundreds of players to DI, II, & III colleges. And it has the distinct honor of having former players sign a professional contract.*

*PBI'S High School Winter Training Program is constantly cultivated by PBI hand in hand with current and former professional managers, coaches, and players. The PBI staff works on a regular basis to keep the HSWTP on the cutting edge of baseball training methods. Each aspect of the program is developed and currently updated by PBI and the following Major Leaguers:*

Leo Mazzone



Legendary Atlanta Pitching Coach

Clint Hurdle



Former Manager Colorado Rockies

Sam Perlozzo



3B & Infield coach Philadelphia

Mike Aviles



Major League SS of KC Royals

Todd Hundley



11 Year Veteran MLB Catcher

## GOALS OF THE PROGRAM

- Prepare players to enter their high school season at peak performance; physically and mentally.
- Condition players to top personal performance.
- Improve players' position specific skills, knowledge and execution.

## LIVE COMPETITION

Throughout the month of February, the main focus of the workouts will be live competition and game situations. Each hitter will total approximately 50– 60 live at-bats while each pitcher will throw approximately 25 innings of live game play.

- Pitchers will throw *live to hitters*.
- Hitters will take live at bats.
- Catchers catch during live situations & throw *full distance* to all bases.
- Infielders will take live ground balls & make *full distance* throws.
- Position players will base- run in *live game situations*.
- All players will work on live defensive situations, such as 1<sup>st</sup> & 3<sup>rd</sup> defense, bunt defenses, run-downs, and Pick- off plays.

## STRENGTH TRAINING OPTION:

PBI workouts will focus on position specific baseball skills, and an arm strength & maintenance program for all players, especially pitchers.

A full Speed, Power & Conditioning program is also available with *“insPIRE Training Systems”*

This year marks the third year running that Inspire has teamed-up with PBI to help our HSWTP ballplayers be their very best! This unique program, focuses on physical conditioning, speed, and power development in the young ballplayer. If you want to have your best season yet in 2010, enroll in this combined program, and SAVE \$100 off Inspire's registration fee. The Inspire program runs at PBI after each HSWTP session. Tue's&Thu's 9-10PM, Sun 9:15- 10:15PM

For full details and to enroll with *“insPIRE”* visit:  
[www.InspireTrainingSystems.com/PBI.html](http://www.InspireTrainingSystems.com/PBI.html)

## PITCHERS

All pitchers will be put on a progressive throwing program consisting of long toss, short range, flat ground and mound work. They will learn to develop “command” of their fastball (4-seam, 2-seam) regardless of how hard they throw. We will develop a change- up that feels good to them and a breaking pitch that they are capable of throwing consistently. In February pitchers will compete in 20- 30 innings of live game situations. Pitchers will learn how to throw bullpens properly as a starter and reliever as well as developing an in- season throwing routine. Pitching strategy will be a main focus as well. The pitchers will be put on a full shoulder and elbow maintenance program and learn how to care for their arm throughout the season. Defensively, we will improve quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PFP). Offensively, pitchers that hit will hit.

## CATCHERS

All catchers will be put on a progressive throwing program. The health and strength of a catchers' arm is just as important as the pitchers'. Catchers will work on all the physical and mental skills required to be proficient behind the “dish”. Areas of concentration are: Receiving, blocking, throwing to all bases, pick- off throws, fielding bunts, fielding pop- ups, “plays at the plate,” tags, double plays, 1<sup>st</sup> & 3<sup>rd</sup> responsibilities, and run-downs. Throughout the program catchers will be working very closely with their battery mates, the pitchers. Classifying hitters, understanding pitchers and calling a game will be discussed. Catchers will not only learn and develop the physical skills needed to be a good catcher, but the mental aspects of how to control the game, the team, and be a leader on the field will be enhanced. As a catcher your priority is defense. Making your pitcher look good and keeping your team “in the game” is your job. There are many aspects to the position that need to be mastered. Offensively, catchers will work with our hitting instructors + practice their base- running.

## INFIELDERS

Infielders will be put on a progressive throwing program to develop arm strength and health. During the course of a game infielders need to execute throws from a wide variety of arm angles and body positions. Each position on the infield will work on the proper mechanics of these throws, and learn how to treat every throw “with a purpose”. 1<sup>st</sup> & 3<sup>rd</sup> basemen, and middle infielders will work on their position specific skills throughout the program. All Infielders will develop a proper approach to all types of ground- balls, specific to their position. This includes routine, back-hand, glove side, slow- rollers, high- choppers, short-hops, harder hit balls, and line- drives. Proper footwork, double plays, making tags, relay throws, 1<sup>st</sup> and 3<sup>rd</sup> responsibilities, run- downs, bunt defenses, and pick- off plays will all be taught according to position. Offensively, all infielders will work with our hitting instructors + practice their base- running.

## OUTFIELDERS

Outfielders will be put on a progressive throwing program to develop arm strength and health. As an outfielder footwork is “key.” Footwork on all ground and fly- balls must be highly developed. All outfielders will work on routine ground- balls, angles of approach to ground and fly- balls, and getting a strong and accurate throw to the infield quickly. Offensively, all outfielders will work with our hitting instructors + practice their base- running.

## HITTING

In December, hitters will learn and develop hitting skills through tee work, drills that focus on mechanics and proper fundamentals for each individual hitter and batting practice (BP). Live BP will be the norm in January, and in February hitters will compete in live situations against the pitchers and catchers. The program is designed for hitters to amass a full season of live at-bats (50– 60).

# PROGRAM DATES & TIMES

*THE HS WTP IS LIMITED TO 45 PLAYERS MAX.*

High School WTP begins on **DECEMBER 1<sup>ST</sup>**  
and continues thru **MARCH 2<sup>ND</sup>**

Players Will Attend **THREE (3)** Sessions Per Week

**TUESDAY'S- 6:45PM — 9:00PM**  
**THURSDAY'S- 6:45PM — 9:00PM**  
**SUNDAY'S- 7:00PM — 9:15PM**

Please Note- There will be NO workouts- 12/24, 12/31 & 2/7  
Make-up sessions are not available

## PLAYER COMMITMENT

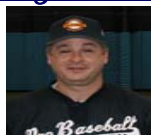
All players are *required* and *expected* to:

- ☞ Be present for all workouts,
- ☞ Arrive on- time for all workouts,
- ☞ Dress in proper baseball clothing, i.e.: baseball pants, jersey or t-shirt, hat, belt, socks, turfs or spikes (*pitchers may NOT wear spikes*).

## HEAD COACHES

PBI's HSWTP staff is comprised of both former & current professional players with a combined 50+ years professional playing experience.

Doug Cinnella



Program Director

Greg Cinnella



Program Director

Lou Wieben



Pitching Director- Minnesota

Jeff Remo



Catching Director- Cubs

Nigel Archibald



OF Director- 2005 All-American

Sam Ferretti



IF Director- Cleveland

# REGISTRATION & PAYMENT

Name: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Circle (underline secondary if necessary): Pitcher Catcher MIF 1B 3B OF  
(If you are playing a primary & secondary- you will work primary 2 days, and secondary 1 day)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parents Names: \_\_\_\_\_

High School: \_\_\_\_\_ Grad Year: \_\_\_\_\_

**\*NOTE: ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE**  
**UNDER NO CIRCUMSTANCES WILL CASH REFUNDS BE ISSUED\***

**Cost of the HS WTP is \$1,499.<sup>00</sup>**

You may pay in full upon registration or use the provided  
payment plan. Cost of the HS WTP on the payment plan: **\$1,599.<sup>00</sup>**

**PLEASE READ CAREFULLY:**

If you choose to use the payment plan you **MUST** provide a credit card. Your credit card will be automatically charged @ 8PM on each of the payment due dates. If you choose to pay by cash or check you must present your payment on the due dates before 8PM. If payment is not received by these dates before 8PM; your card will be charged.

NOTE: If you choose to use the payment plan you are responsible for the full cost of the program. If you choose not to continue sometime before the 2<sup>nd</sup> and/ or 3<sup>rd</sup> payments are due, you will still be charged for the full price of the program.

### PAYMENT PLAN DUE DATES

1<sup>st</sup> Payment Due upon Registration: \$ 699.  
2<sup>nd</sup> Payment Due on January 5<sup>th</sup>: \$ 450.  
3<sup>rd</sup> Payment Due on February 2<sup>nd</sup>: \$ 450.  
Total: \$1,599.

Please indicate the amount you are paying upon registration:

**\$1,499.**       **\$699.** (Payment Plan)

Method of Payment

- Cash  
 Check      Card # \_\_\_\_\_  
 Visa  
 Master Card      Exp. Date \_\_\_\_\_

YES I will attend "insPIRE"

Registrations are available at PBI for the "insPIRE" program.

Or you may visit [www.inspiretrainingsystems.com](http://www.inspiretrainingsystems.com) to register for the strength program



**Professional Baseball Instruction, Inc.**

107 Pleasant Avenue Upper Saddle River, NJ 07458  
1-800-282-4638 [www.baseballclinics.com](http://www.baseballclinics.com)