

HIGH SCHOOL



Design Your Own Training Schedule

WORKOUT 3, 2 OR 1 DAYS PER WEEK

PBI's "High School Winter Training Program" is the most intense and thorough *Position Specific Off-Season Training Program* available for high school players. The HSWTP program will bring you to the doorstep of the 2016 High School season fully prepared and ready to go!

Design YOUR Training According to YOUR Schedule

GOALS OF THE PROGRAM

- Prepare players to enter their high school season at peak performance.
- Condition players skills, knowledge and execution to top personal performance.
- Educate players on injury prevention and staying healthy thru the season.

DESIGN YOUR SCHEDULE...

YOU MAY PICK **1, 2 OR 3** DAYS PER WEEK

Day	Time	Dates
Monday's	8:00– 10:15PM	12/7, 14, 21, 1/4, 11, 18, 25, 2/1, 8, 15, 22, 29
Wednesday's	8:00– 10:15PM	12/9, 16, 23, 1/6, 13, 20, 27, 2/3, 10, 17, 24, 3/2
Thursday's	8:00– 10:15PM	12/3, 10, 17, 1/7, 14, 21, 28, 2/4, 11, 18, 25, 3/3

☞ PLEASE NOTE THAT PLAYERS MUST REMAIN CONSISTENT WITH THEIR SCHEDULED DAYS

Do you play a winter sport and can't start until January? Pro-rated program is available for January & February only. Ask a PBI representative for further details. *Subject to availability*

PRICING

1 DAY PROGRAM- \$675.⁰⁰

2 DAY PROGRAM- \$1,299.⁰⁰ *RECOMMENDED*

3 DAY PROGRAM- \$1,899.⁰⁰ *OPTIMAL FOR MULTIPLE POSITIONS*

HEAD COACHES...



Doug Cinnella
Program Coordinator



Greg Cinnella
Program Coordinator



Steve Hayward
Pitching Director
Former Boston Red Sox
Tampa Bay Rays Scout



Sam Ferretti
Infield Director
Indians, Orioles & Rockies
Rutgers Univ. Alumni



Jack Winters
Roving Coach
Former Pecos League
Centenary College Coach



Artie Lewicki
Pitching Coach
Current Detroit Tiger
Univ. of Virginia Alumni



Gil Zayas
Outfield Director
Former AC Surf
North Bergen HS Coach



Wayne Richardson
Roving Coach
Currently Coaching at
Nyack College



Zak Rose
Catching Director
William Paterson Univ.
Alumni



Adam Derner
Hitting Director
Former Frontier League
2012 All American



Aaron Weisberg
Roving Coach
Current Can-Am League
George Wash. Univ. Alumni

PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play more than one position you may workout at multiple positions only if you attend more than one day per week.

PITCHERS TRAINING DETAILS

All pitchers will be put on a progressive throwing program consisting of, 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 cultivate a change- up that feels good to them and a breaking pitch that they are capable of throwing consistently. In February, pitchers will begin to compete in live game situations. Pitchers will learn how to throw bullpens properly as well as developing an in- season throwing routine. Pitching strategy will also be a main focus. 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 (PPF). Offensively, pitchers that hit will hit.

CATCHERS TRAINING DETAILS

All catchers will be put on a progressive throwing program. The health and strength of a catcher's arm is just as important as the pitcher's. 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, "plays at the plate," tags, double plays, 1st & 3rd 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 TRAINING DETAILS

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". 1st & 3rd 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, backhand, glove side, slow- rollers, high- choppers, short- hops, harder hit balls, and line- drives. Proper footwork, double plays, making tags, relay throws, 1st and 3rd 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 TRAINING DETAILS

Outfielders will be put on a progressive throwing program to develop arm strength and health. As an outfielder foot- work 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.

HITTERS TRAINING DETAILS

In the 1st 1/3 of the program, 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/ early February, and in February hitters will compete in live situations against the pitchers and catchers.

REGISTRATION, PAYMENT & AGREEMENT

HSWTP '15/'16

Name: _____ DOB.: _____

Indicate Position>>> Pitcher Catcher MIF 1B 3B OF

If playing multiple positions- you must attend the program for more than one day per week

At What Level Did You Play HS Baseball in 2015?

VARSITY JV FRESHMAN

HS: _____ Grad Yr: _____

Address: _____ City: _____ State: _____ Zip: _____

Fathers Name: _____ Mothers Name: _____ Home Phone: _____

Fathers Cell: _____ Mothers Cell: _____ Player Cell: _____

E-Mail(s): _____

PICK YOUR PACKAGE

<input type="checkbox"/> 1 Day	<input type="checkbox"/> 2 Days	<input type="checkbox"/> 3 Days
\$675. ⁰⁰	\$1,299. ⁰⁰	\$1,899. ⁰⁰

PICK YOUR TRAINING DAYS

MONDAY'S WEDNESDAY'S THURSDAY'S

METHOD OF PAYMENT

PAYMENT IN FULL

Payment Plan *(add \$50.00 to total for payment plan)*

1st Payment Due upon Registration... 50%

2nd Payment Due on January 7th..... 25%

3rd Payment Due on February 4th..... 25%

TOTAL DUE: _____

+ add \$50.00 if utilizing payment plan

Accepted Methods of Payment...

<input type="checkbox"/> Check	Credit Card #: _____
<input type="checkbox"/> Cash	
<input type="checkbox"/> MC	
<input type="checkbox"/> Visa	
<input type="checkbox"/> AMEX	
Exp. Date: _____	

ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE

SIGNATURE AND AGREEMENT

REFUND POLICIES- NO cash refunds or credit vouchers will be issued under any circumstance.

MAKE-UP TIME- You will be expected to attend the sessions you signed up for. PBI can not guarantee the ability to accommodate changes made after the program has begun. Please note that make-ups can not be provided for missed class time; neither will credits be issued for missed class time.

WEATHER- All programs will run according to schedule unless there is a state of emergency weather situation declared by the State of New Jersey.

PAYMENT PLAN- If you choose to use the payment plan you MUST provide a credit card. Your credit card will be automatically charged 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 10PM. 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 2nd and/or 3rd payments are due, you are still responsible for and will be charged for the full price of the program. A late fee of 2% will be incurred on balances that are more than 7 days overdue.

HOLD HARMLESS- I hereby acknowledge that participation in any program provided by PBI involves an inherent risk of physical injury and hereby assume all such risk and do hereby release, forever discharge, and hold harmless, PBI and all its employees and agents thereof from any and all known liability no matter the nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, damage to property, and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defect in the premises. I also hereby certify that the participant is in good physical condition and can partake in the daily schedule of events. In the case of an emergency, I grant permission for the participant to be given treatment by a local hospital. Any photographs taken at the camp are subject to be used in the brochure in future years and can possibly be used for advertising the camp. I hereby state that I am the legal guardian of the participant.

By affixing my signature below I confirm that I have read and agree to the Refund, Payment Plan, Make-Up Policies, and Hold Harmless Agreement stated above.

Signature: _____ **Date:** _____

Are either parents and/or guardians an active member of the US military? YES NO



Professional Baseball Instruction, Inc.

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