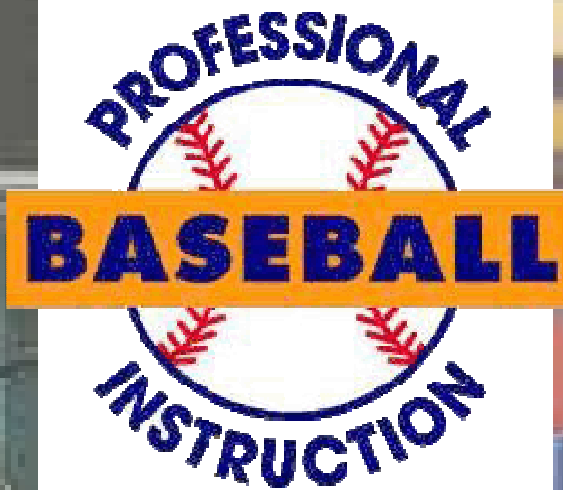


Mazzone/Cinnella



Major League

Pitchers & Catchers

Training Program

This is a High Level Program for HS Pit's & Cat's

DOUG CINNELLA, VETERAN PITCHER OF 9 PROFESSIONAL SEASONS, WILL PREPARE YOU FOR YOUR HIGH SCHOOL SEASON ACCORDING TO THE METHODS OF **LEO MAZZONE**, LEGENDARY PITCHING COACH OF THE ATLANTA BRAVES. LEO AND DOUG HAVE TEAMED UP TO BRING THIS "MAZZONE/CINNELLA MAJOR LEAGUE PITCHERS & CATCHERS TRAINING PROGRAM" TO YOU IN A SMALL INTIMATE SETTING RIGHT HERE AT PBI.

Why the Mazzone/Cinnella Program?

The "Mazzone/Cinnella Major League Pitchers & Catchers Training Program" is a version of the Major League workout, offering the best high school level pitchers and catchers both instruction and training which have been proven effective at the Major League level.

Leo Mazzone, the Major League's most recognized pitching guru, and Doug Cinnella, PBI's president and veteran of 9 professional seasons, have put together an industry-leading program fashioned after Leo's Major League workouts that have created consistency and a winning brand of pitching & catching year after year for some of the best batteries in the history of the Major Leagues.

PITCHERS The goals of the workouts for pitchers are to create winning work habits by learning to command the fastball - learning HOW to throw the 3 basic pitches, learn WHERE to throw the 3 basic pitches and most importantly, WHEN to throw the 3 basic pitches. The program will teach pitchers successful pitch sequencing and how to "read" a hitter's swing.

Command is throwing the fastball where you want, when you want. After command of the fastball, you can then command the change-up and finally the breaking ball; be it a curveball, slider or cutter. You need to have complete and total control over your body and your pitching mechanics if you are to reach your potential and get to the next level of competition.

A portion of the pitchers program will also include skill sessions: Pick-off moves to all bases, fielding the position. Arm-strengthening exercises using dumbbells and tubing for maximum efficiency will also be part of each workout.

CATCHERS The goals of the workouts from a catching perspective are to create rock-solid habits in the three most important skills of a catcher: RECEIVING, BLOCKING, THROWING. Catchers will learn and develop receiving skills that have been proven successful receiving All-Star and Cy Young pitchers at the Major League level. Footwork skills will be enhanced in order to shave critical time off of throws to 2B and to quicken laterally for blocking pitches as to where nothing is going to get by you- a top level varsity high school backstop.

During a portion of each workout catchers will also work side by side with the pitchers in order to understand the mental aspect of calling a game. Where to call pitches, when to call certain pitches, how to "read" hitters. Catchers will also learn how to call a successful pitch sequence.

Offensively catchers will sharpen their swing skills in order to maximize contact and power. Hitting the outside/inside pitch, hitting off speed pitches, hitting with two strikes. We will progress to your approach and plan for an at bat, and situational hitting.



PITCHING COACH- In addition to **Doug Cinnella**, coaches who will contribute to the pitching program are **Rich "Red Rocket" Scheid**, top draft choice of the NY Yankees in 1986 who pitched in the Major Leagues with the Chicago Cubs, Florida Marlins and Houston Astros, **Steve Hayward**, former Boston Red Sox pitcher, now director of PBI's "College Prospects of NJ" college recruiting, and **Lou Wieben**, drafted by Minnesota 2000, and current scout for Tampa Bay Rays.

CATCHING COACHES- In addition to **Greg Cinnella**, catching coaches contributing to the program are **Jeff Remo**, 6th round selection of the Chicago Cubs in 1980 out of Mahwah HS and veteran of 6 professional seasons. **Donnie Hays** former William Paterson University catcher, and **Jonathan Gossard** former Rutgers University catcher and veteran of 3 professional seasons.

HITTING COACHES- Hitting coaches include **Brandon Cohen** formerly with the Minnesota Twins and currently playing for the Florence Freedom in the Frontier professional baseball league, and **Jack Lipari**, a former William Paterson University Pioneer and NJ Jackal.

PROGRAM DATES & TIMES

(Starting November 30 and continuing thru February 29)

You will be scheduled a 1-hour time slot for your workout on every

WEDNESDAY between **6:00- 8:00** (11/30, 12/7, 14, 21, 1/4, 11, 18, 25, 2/1, 8, 15, 29)

FRIDAY between **6:00- 8:00** (12/2, 9, 16, 23, 1/6, 13, 20, 27, 2/3, 10, 17, 24)

SATURDAY between **11:00- 1:00** (12/3, 10, 17, 1/7, 14, 21, 28, 2/4, 11, 18, 25)

Please Note: There are no workouts on 12/24, 12/28, 12/30, 12/31 & 2/22

Price: \$1,999.00

REGISTRATION & PAYMENT

Name: _____

D.O.B.: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

E-mail: _____

Parents Names: _____

High School: _____ Grad Year: _____

Please Indicate The Proper Information

PITCHER CATCHER

NOTE: ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE. UNDER NO CIRCUMSTANCES WILL CASH RE-FUNDS BE ISSUED

Cost of the MAZZONE/CINNELLA Program is \$1,999.00

You may pay in full upon registration or use the provided payment plan. Cost of MAZZONE/CINNELLA on the payment plan: \$2,099.00

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.*

PAYMENT PLAN DUE DATES

1st Payment Due upon Registration: \$ 799.

2nd Payment Due on January 4th: \$ 650.

3rd Payment Due on February 1st: \$ 650.

Total: \$2,099.

Please indicate the amount you are paying upon registration:

\$1,999. **\$799.**

Method of Payment

- Check (Payable to PBI, Inc.)
- Cash
- Visa
- Master Card
- AMEX

Card # _____

Exp. Date _____



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