

MIDDLE SCHOOL



FOR 60/90 & 50/70 PLAYERS

11, 12, 13 & 14 YEAR OLDS

PBI's "Middle School Winter Training Program" is a *Position Specific Training Program* for middle school players that are playing on either the HS sized *60/90 field* or intermediate sized *50/70 field*. The MSWTP is a version of PBI's acclaimed High School, Senior & Junior Winter Training Programs concentrated into one action packed month of workouts. The MSWTP is designed to give you a head start prior to your pre-season practices with your Middle School or travel team.

For Middle School Baseball Players on the 60/90 & 50/70 fields

GOALS OF THE PROGRAM

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

PROGRAM OVERVIEW

In the first week of the program we will focus on the fundamental skills specific to each position. In week two and three; we will "turn up the volume" and move on to the more advanced aspects related to each position. And during the final week the focus will be live situations and live competition.

- 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 situational 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 bunt defenses, run-downs & Pick- offs.

MSWTP SCHEDULE...

MSWTP MEETS ON TUESDAY'S -& THURSDAY'S
BEGINNING MARCH 10th AND CONTINUING THRU APRIL 2nd
PLAYERS ATTEND TWO (2) SESSIONS PER WEEK

Day	Time	Dates
Tuesday's	7:00– 9:00PM	3/10, 3/17, 3/24 & 3/31
Thursday's	7:00– 9:00PM	3/12, 3/19, 3/26 & 4/2

PRICE... \$399.⁰⁰

MSWTP meets for 2-hours, twice a week for 4 weeks

HEAD COACHES...



Doug Cinnella
Program Director



Greg Cinnella
Program Director



Jack Winters
Program Director



Steve Hayward
Pitching Director
Former Boston Red Sox



Adam Derner
Hitting/Fielding Director
2012 All American



Zak Rose
Catching Director
William Paterson Univ.

PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play two positions you will workout at your primary and secondary position rotating every other day.

PITCHERS TRAINING DETAILS

All pitchers 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 if they are physically capable of throwing one consistently. In the closing week of the program pitchers will throw live to hitters in live game situations. Pitchers will learn how to throw bullpens properly 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 (PPF). Offensively, pitchers that hit will hit.

CATCHERS TRAINING DETAILS

Catchers will work on 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

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, 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

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.

HITTERS TRAINING DETAILS

Hitters will learn and develop hitting skills through tee work, short range drills that focus on mechanics and proper fundamentals for each individual hitter and live batting practice. Hitters will also work on hitting pitches of different locations, off-speed pitches, and situational hitting as well. In the closing week of the program hitters will compete in live situations vs. the pitchers.

REGISTRATION, PAYMENT & AGREEMENT

MSWTP 2015

Name: _____ DOB.: _____

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

*****If playing a primary & secondary- you will rotate and work primary & secondary every other day*****

Which Field Are You On? 60/90 50/70

Middle School: _____ Your Current Grade: _____

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

Fathers Name: _____ Mothers Name: _____

Fathers Cell: _____ Mothers Cell: _____ Home Phone: _____

E-Mail^(S): _____

PRICE... \$399.00

METHOD OF PAYMENT

****ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE****

TOTAL DUE: \$399.00

Accepted Methods of Payment...

- Check
- Cash
- MC
- Visa
- AMEX

Credit Card #: _____

Exp. Date: _____

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. Make-ups will not be provided 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 NJ.

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



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