

PITCHING

High School

HEALTHY



PROFESSIONAL BASEBALL INSTRUCTION in conjunction with the
BASEBALL HEALTH NETWORK present the 2016/2017
PITCHING HEALTHY PROGRAM

Pitching Healthy is Presented by PBI and the Baseball Health Network

Why the Pitching Healthy Program?

Due to the epidemic of serious throwing arm injuries throughout the United States, PBI in conjunction with the Baseball Health Network (BHN) have created the "Pitching Healthy" Program.

This program was developed for the **advanced level pitcher**, willing to commit himself mentally and physically to his overall health and development. Pitching Healthy was collectively designed by the Professional Staff of PBI and the BHN. Through our knowledge, experience, and research, we developed this program to fully prepare pitchers for the upcoming season. From a **progressive throwing regimen**, to a **strength, conditioning, flexibility and nutrition program to mental training** and breathing exercises. Pitching Healthy is guaranteed to improve you overall health and performance on the field.

We introduced this program in the winter of 2012/2013; every pitcher in that program made incredible improvements in their overall strength and consistency on the mound with all of their pitches- most noticeably an increase of their fast-ball velocity. Some pitchers increased up to 6 MPH!!! Every pitcher stated that throughout the spring season their throwing arm felt better than it has ever felt. The Pitching Healthy Program can offer you the same results!!!

PROGRAM DETAILS

OVERVIEW... Each pitcher is given a **custom program** to follow based on the results of their **personal evaluation**, goals, training background and medical history.

All pitchers will be put on a progressive throwing program which will ensure each pitcher properly "conditions" their throwing arm prior to stepping on the mound. We will also utilize our, **"Pro Mirror" video system** to analyze each pitcher individually. Our goal is to allow each pitcher to find their own natural rhythm and arm slot to maximize their efficiency on the mound.

EVALUATION... Each pitcher will be evaluated to determine their pitching abilities and deficiencies. Pitchers will also be put through a series of **physical assessments** to determine any injury risks, dysfunctions, imbalances, strengths or weaknesses that may be present, as well as create baseline for function and athletic qualities. Pitchers will be evaluated at the commencement of the program and then each month until the conclusion of the program.

PROGRAM STRUCTURE... Each session will begin with a warm-up and movement prep. Followed by a Pitching Specific, Functional Strength, and Conditioning and/or Drill work stations. We will conclude every session with a cool down and discussion on a specific topic (nutrition, mental preparation, etc.)

The PHP will meet twice per week in December and January. In February; we will continue our skill sessions twice per week, with the additional of a third "Live Day" where pitchers will attend one of PBI's "High School Winter Training" program sessions to pitch live to hitters.

DESIGN YOUR SCHEDULE

YOU MAY TRAIN FOR 1, 2 OR 3 MONTHS
pitchers attend 2 sessions per week plus a 3rd Live Day" in Feb.

Day	Time	-December-	January	February
Tuesday's	8:30- 10:00PM	12/6, 13, 20	1/3, 10, 17, 24	1/31, 2/7, 14, 21, 28
Saturday's	11AM- 12:30PM	12/10, 17	1/7, 21, 28	2/4, 11, 18, 25
"Live Day"	Between 8P- 10P	n/a	n/a	Varies... Mon. / Wed. / Thu.

PITCHING HEALTHY'S HIGHLY QUALIFIED STAFF



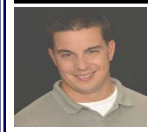
STEVE HAYWARD, Founder; BHN... Attended St Joseph's Regional High School in Montvale where he was voted most valuable player of the Bergen County Baseball Tournament. After high school, Steve accepted a full baseball scholarship to Seton Hall University and in 1992 he pitched for the Cape Cod League Champion Chatham A's. In 1993, Steve was selected as a 1st Team All-Big East pitcher, 1st Team All-State Pitcher and was drafted by the Boston Red Sox. Steve also coached baseball at St Joe's HS for 13 years and was the head coach at Don Bosco Prep in Ramsey for 2 seasons. He is an expert on biomechanics and throwing arm injuries. Steve, along with current Yankees team physician Christopher Ahmad has lectured and educated doctors, physical therapists, athletic trainers and coaches on those very topics. Steve has been rehabilitating players from various throwing arm injuries and surgeries for the past 10 years. Steve is also an associate of the Mid-Atlantic regional scout for the Tampa Bay Rays.



DOUG CINNELLA, President; PBI... Veteran of 9 professional seasons. Participated in Major League spring training with both the NY Mets (1993) and the NY Yankees (1995). Doug has pitched over 1,000 career innings as a professional with an ERA of 3.17. Selected by the Baltimore Orioles in the 3rd round of the 1986 Major League draft, he was the 97th player picked in the nation! Voted the NY-Penn League MVP in 1986. Doug established a NY-Penn League record in 1986 by pitching 2 no-hitters, a record which still stands today. After being traded to the Montreal Expos in 1988, Doug made the 1988 Florida State League All-Star team. He was also chosen as the Topps Player of the Month for May 1988. After becoming a free agent in 1990, Doug signed with the N.Y. Mets. He played as a player/coach in Double-A with the Mets until he was promoted to AAA Tidewater. Played in Tidewater for 2 seasons. Played college ball at Seton Hall, was selected as New Jersey's college MVP for 1984. Holds SHU pitching record for most strikeouts in a game (17 in 7 innings). Doug played High School baseball for Paramus where he was an All-League, All-County and All-State player. Current Cincinnati Reds scout.



ARTIE LEWICKI... Drafted in the 8th round of the 2014 MLB draft by the Detroit Tigers. Currently pitching for the West Michigan Whitecaps in the Detroit Tigers organization. A native of Wyckoff NJ. A four-year varsity player at St. Joseph's Regional HS in Montvale. He was named first team all-league honors in 2007 and selected second team all-county in 2009. Artie attended the University of Virginia and pitched all four seasons. Collegiate highlights include an outstanding performance in the 2014 College World Series in which he earned wins in each of UVA's first two CWS victories, working two innings in wins over Ole Miss (6/17) and TCU (6/19). He did not allow an earned run in 23 1/3 innings of the NCAA tournament, including 13 innings of the College World Series.



ERIC D'AGATI... will head the strength and conditioning portion of the program during the workouts at PBI. Eric has spent the past 18 years in the fitness industry as a coach, trainer and instructor, pioneering his unique approach to client assessment, performance enhancement & injury prevention. Eric studied Exercise Physiology at William Paterson University. His certifications include CHEK Practitioner, Poliquin Performance Coach, National Strength & Conditioning Association, National Academy of Sports Medicine, Functional Movement Screen, and SPARQ Trainer. Eric travels around the world speaking to trainers, coaches and therapists from such prestigious organizations as the US Armed Forces, NJAHPERD, NJSIAA, Nike Camps, Frank Glazier Clinics and the Mayo Clinic. Eric's client list includes individuals who have been named Gatorade & NJ Players of the Year, All-Americans, National Champions and Pro-Bowl athletes. He also works with many high-level County, State, National & World Champion sports teams, including serving as a consultant to the NY Giants since 2007.



CHRISTOPHER S. AHMAD, MD... specializes in shoulder instability and labral tears, rotator cuff pathology, ACL injuries, Tommy John surgery, and advanced arthroscopic surgical techniques for sports-related injuries of the knee, shoulder and elbow. He is the Head Team Physician for the New York Yankees and a member of the Major League Baseball Team Physicians Association. He is also Head Team Physician for the 17 varsity teams fielded by the City College of New York as well as for several high schools in Manhattan and New Jersey. In addition, Dr. Ahmad serves as a consultant to local metropolitan gymnastics and swim teams. A recipient of several awards for outstanding research in the field of Sports Medicine, Dr. Ahmad conducts ongoing research in the areas of biomechanics of the elbow, ACL injury prevention and screening, and surgical techniques for rotator cuff repair.



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REGISTRATION, PAYMENT & AGREEMENT

HSPHP(2) '16/'17

Name: _____ DOB.: _____

HS: _____ Grad Yr: _____ At What Level Did You Play HS Baseball in 2016?
 VARSITY JV FRESHMAN

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

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

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

Parent(s) EMail^(S): _____

Players EMail^(S): _____

THROWS: R L HEIGHT: _____ WEIGHT: _____ lbs.

Have you ever been diagnosed and/or treated by a physician for a throwing arm injury?... _____

METHOD OF PAYMENT

Pay in Full

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

1st Payment Due upon Registration..... 50%

2nd Payment Due on February 7, 2017..... 50%

3 Months (D/J/F)... MEMBER... \$999.⁹⁹ REGULAR... \$1,199.⁹⁹

2 Months (J & F)... MEMBER... \$799.⁹⁹ REGULAR... \$949.⁹⁹

1 Month (Feb.)..... MEMBER... \$499.⁹⁹ REGULAR... \$599.⁹⁹

TOTAL DUE: _____

+ add \$50.00 if utilizing payment plan

PAY BY CREDIT CARD *Visa, Master Card, American Express*

PAY BY CASH or CHECK You must provide a credit card even if paying by cash or check. Cash or check payments must be presented by 10:00PM on the payment due dates, otherwise, payment will be processed to the credit card below.

Card # _____

Exp. _____

****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. 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 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 payments that are more than 10 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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