

HIGH SCHOOL

OF Training

SS Training

2B Training

3B Training

1B Training

WINTER TRAINING

Design Your Own Training Schedule

CHOOSE 1, 2 OR 3 DAYS PER WEEK * CHOOSE 1, 2 OR 3 MONTHS**

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 2017 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 TRAIN FOR **1, 2 OR 3** MONTHS

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

Day	Time	December	January	February
Monday's	8:00- 10:00PM	12/5, 12, 19	1/2, 9, 16, 23	1/30, 2/6, 13, 20, 27
Wednesday's	8:00- 10:00PM	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 3/1
Thursday's	8:00- 10:00PM	12/8, 15, 22	1/5, 12, 19, 26	2/2, 9, 16, 23, 3/2

PRICING

	3 MONTHS (D/J/F)	2 MONTHS (J/F)	1 MONTH (FEB)
1 DAY PER WEEK..... TOTAL SESSIONS FOR 1 DAY PER WEEK (D/J/F= 12) (J/F= 9) (F= 5)	MEMBER... \$599.00 REGULAR... \$699.00	MEMBER... \$449.99 REGULAR... \$519.99	MEMBER... \$249.99 REGULAR... \$289.99
2 DAYS PER WEEK..... TOTAL SESSIONS FOR 2 DAYS PER WEEK (D/J/F= 24) (J/F= 18) (F= 10)	MEMBER... \$1,199.00 REGULAR... \$1,399.00	MEMBER... \$899.99 REGULAR... \$999.99	MEMBER... \$499.99 REGULAR... \$579.99
3 DAYS PER WEEK..... TOTAL SESSIONS FOR 3 DAYS PER WEEK (D/J/F= 36) (J/F= 27) (F= 15)	MEMBER... \$1,799.00 REGULAR... \$1,999.00	MEMBER... \$1,349.99 REGULAR... \$1,499.99	MEMBER... \$749.99 REGULAR... \$799.99

HEAD COACHES



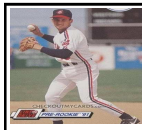
Doug Cinnella
Program Coordinator



Greg Cinnella
Program Coordinator



STEVE HAYWARD
Arm Health & Injury Prevention
Founder; Baseball Health Network
Current Tampa Bay Rays Scout
Professionally with Boston Red Sox



SAM FERRETTI
Infield Director
8 Professional Season with
Indians, Orioles & Rockies
Current Tampa Bay Rays Scout



JEFF REMO
Hitting Director
Professionally- Chicago Cubs
Current Mahwah HS Coach
Univ. of Texas- El Paso



ADAM DERNER
IF, OF, Hitters
Veteran of 2 pro seasons
Collegiate All American 2012
William Paterson U. Alumni



GILBERTO ZAYAS
Outfield Director
Professionally- AC Surf
Current N. Bergen HS Coach
St. John's Univ. Alumni



Aaron Walsh
Roving Coach
Current NYU Coach
Point Park U. Alumni



Jack Winters
Roving Coach
2 year Pro Veteran
Centenary Univ. Coach



Artie Lewicki
Roving Coach
Current Detroit Tiger
Univ. Virginia Alumni



Dave Daniels
Player & Coach Senators,
Rangers, Italy, Japan,
Germany, Netherlands

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.

HITTERS TRAINING DETAILS

In the 1st 1/3 of the program, hitters will develop their hitting skills through tee work & short range drills that focus on mechanics and proper fundamentals for each individual hitter, as well as batting practice (BP). Moving forward; Live BP will be the norm in January, including simulated live situations with our new **ProBatter® Virtual Simulator**. In February, pitchers from PBI's Pitching Healthy Program will come to pitch live, allowing our HSWTP hitters take live at-bats vs. live pitching.

INFIELDERS TRAINING DETAILS

All infielders are able to make full distance throws and field full scale ground balls on our indoor FieldTurf® infield. 1B, 3B, 2B, SS will split off to 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. 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 these throws as well. Offensively, all infielders will work with our hitting instructors + practice their base- running.

OUTFIELDERS TRAINING DETAILS

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. As an outfielder footwork is "key." Footwork on all ground and fly- balls must be highly developed. Outfielders will perform some innovative baseball specific agility courses in order to enhance their footwork and quickness to ground and fly balls, which is an essential skill as an outfielder. Offensively, all outfielders will work with our hitting instructors + practice their base- running.

ARM HEALTH & INJURY PREVENTION

The health of every players throwing arm is paramount. PBI's affiliate "The Baseball Health Network" will be involved with the HSWTP in the capacity of monitoring players arm health, as well as educating players on how to keep their arms healthy. All players in the HSWTP will follow a progressive throwing program to bring their arms along responsibly, as well as to develop arm strength and to promote a healthy throwing arm.



www.baseballhealthnetwork.com

REGISTRATION, PAYMENT & AGREEMENT

HSWTP(2) '16/'17

Name: _____ DOB.: _____

Indicate the Position(s) you will come into program as >>> 1B 3B MIF 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 2016?

VARSITY JV FRESHMAN

HS: _____ Grad Yr: _____

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

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

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

Parent EMail^(S): _____

Player EMail^(S): _____

CHOOSE NUMBER OF MONTHS

~~3 Months~~ (Dec/Jan/Feb) 2 Months (January & February) 1 Month (February Only)

CHOOSE # OF DAYS PER WK

1 Day 2 Days 3 Days

CHOOSE YOUR TRAINING DAY(S)

PLAYERS MUST REMAIN CONSISTENT WITH THEIR SCHEDULED DAYS OF THE WEEK

Monday Wednesday Thursday

METHOD OF PAYMENT

Pay in Full
 Payment Plan *(add \$50.00 to total for payment plan)*
1st Payment Due upon Registration..... 50% of total
2nd Payment Due on February 2, 2017..... 50% of total

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. 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 prior to 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 outstanding 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.

107 Pleasant Avenue Upper Saddle River, NJ 07458

1-800-282-4638 * Fax: 201-760-8720 * www.BASEBALLCLINICS.com