

# PITCHING

High School

# HEALTHY



PROFESSIONAL BASEBALL INSTRUCTION in conjunction with the  
BASEBALL HEALTH NETWORK present the 2017/2018  
**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.

Industry leading pitching coaches Steve Hayward (Boston Red Sox '93-'94), Artie Lewicki (Current Detroit Tigers), Doug Cinnella (Orioles '86-'87, Expos '88-'89, Mets '90-'93, Yankees '95), Gianni Zayas (Mariners '15), Justin Valdespina (Current Colorado Rockies), and Jack Winters (Current NYU Pitching Coach). Current NY Yankees team physician Dr. Christopher Ahmad oversees all aspects of arm care and health. Keith Cedro, NY Mets Major League Strength Coach ('86-'97) will oversee all aspects of *pitcher specific* strength and conditioning.

This program was developed for the **advanced level pitcher**. Pitching Healthy was collectively designed by the Professional Staff of PBI and the Baseball Health Network (BHN), including legendary pitching coaches Leo Mazzone (Atlanta Braves '90-'05) & Mel Stottlemyre (Mets '84-'93, Astros '94-'95, Yankees '96-'05, Mariners '08).

Through our knowledge, experience, and research, we developed this program to fully prepare pitchers for their upcoming season. From a **progressive throwing regimen**, to a **strength, conditioning, flexibility, and mental training**. Pitching Healthy is guaranteed to improve you overall health and performance on the field.

PBI has been developing winning pitchers for over 20 years.

## 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** as part of our "Pitching Performance Center". 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 by a Cincinnati Reds, Tampa Bay Rays, or NY Yankees scout 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 beginning, and at 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, 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 on Wednesday's and Saturday's from mid November thru February. In February; pitchers will attend one of PBI's "High School Winter Training" program sessions to pitch live to hitters.

## SCHEDULE

**2 sessions per week ... plus a 3<sup>rd</sup> "Live Day" in Feb**

*(Full Program is November thru February ... Partial Program Available upon Request)*

Day	Time	November	December	January	February
<b>Wednesday</b>	<b>7:00- 9:00PM</b>	15, 22, 29	6, 13, 20	3, 10, 17, 24, 31	7, 14, 21, 28
<b>Saturday</b>	<b>11:30A- 1:30P</b>	18, 25	2, 9, 16, 23	6, 20, 27	3, 10, 17, 24
<b>"Live Day"</b>	<b>8:00- 10:00PM</b>	n/a	n/a	n/a	Tue... 6, 13, 20, 27 Thu... 8, 15, 22, 29

## PITCHING HEALTHY'S HIGHLY QUALIFIED STAFF



**STEVE HAYWARD, Founder; BHN...** At St Joseph's Regional High School in Montvale he was voted most valuable player of the Bergen County Baseball Tournament. 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 served as the pitching coach at St Joe's HS for 13 years, and was the head coach at Don Bosco Prep for 2 seasons. He is an expert on biomechanics and throwing arm injuries. Steve, along with current Yankees team physician Dr. 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 11 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 the Baltimore Orioles (1987) 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). Inducted into the Seton Hall University Hall of Fame in 2017. Doug played HS baseball for Paramus where he was All-League, All-County & All-State. Current Cincinnati Reds scout.



**GIANNI ZAYAS...** Graduate of North Bergen HS. Played collegiate baseball at NC State, FIU & Seminole State Univ. Drafted in 2014 by the Chicago Cubs. Drafted in 2015 by the Seattle Mariners. Spent 1 season with the Seattle Mariners. Currently pitching with the Sussex County Miners.



**JACK WINTERS...** Graduate of River Dell HS. Pitched collegiately at Univ. of Redlands & Rutgers-Newark. Veteran of 2 professional seasons. Pitching coach at Centenary College ('15-'16). Coached in the Beach Collegiate League ('16), MINK Collegiate League ('17). Jack is currently the pitching coach at NYU.



**JUSTIN VALDESPINA...** Graduate of Garfield HS. Played collegiate baseball at Southern New Hampshire Univ. Drafted in 2016 by the Colorado Rockies, and is currently pitching with Colorado Rockies.



**ARTIE LEWICKI...** 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. Drafted in the 8th round of the 2014 MLB draft by the Detroit Tigers. Artie made his major league debut with the Detroit Tigers on 9/4/2017. He is currently on the MLB roster.



**KEITH CEDRO...** Keith's experience is extensive to say the least, but more importantly, he has vast experience specific to baseball. Keith's resume is impressive. NY Mets Strength & Conditioning coach from 1986-1997. Conditioning Consultant to the New York football Giants & Seton Hall University athletics. Founder of "Linear Stretch Conditioning Systems". Founding Partner of "Major League Fitness Centers". Host of ESPN's "Cross Training with the Pro's".



**CHRISTOPHER S. AHMAD, MD, Partner; BHN...** 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, & surgical techniques for rotator cuff repair.

# REGISTRATION, PAYMENT & AGREEMENT

HSPHP '17/'18

Name: \_\_\_\_\_ DOB.: \_\_\_\_\_

HS: \_\_\_\_\_ Grad Yr: \_\_\_\_\_  VARSITY  JV  FROSH  N/A I am a 2021 grad  N/A I did not play

At What Level Did You Play HS Baseball during the season of 2017?

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Fathers Name: \_\_\_\_\_ Mothers Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Fathers Cell: \_\_\_\_\_ Mothers Cell: \_\_\_\_\_ Player Cell: \_\_\_\_\_

Parent(s) EMail<sup>(S)</sup>: \_\_\_\_\_

Players EMail<sup>(S)</sup>: \_\_\_\_\_

THROWS:  R  L HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ lbs.

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

Are you a position player in addition to a pitcher, or are you a pitcher only?.....

## METHOD OF PAYMENT

Pay in Full

Payment Plan

1<sup>st</sup> Payment Due upon Registration..... 50%

2<sup>nd</sup> Payment Due on January 10, 2018..... 50%

Full Program..... **\$1,199.<sup>99</sup>**

Partial (Begin in December).... **\$1,099.<sup>99</sup>**

Partial (Begin in January)..... **\$899.<sup>99</sup>**

**TOTAL DUE:** \_\_\_\_\_

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 2<sup>nd</sup> and/or 3<sup>rd</sup> 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 Professional Baseball Instruction, Inc. (PBI) involves an inherent risk of physical injury and hereby assume all such risk and do hereby release, forever discharge, and hold harmless, PBI, NJ Sports House, "The Wright Way" 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:** \_\_\_\_\_



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