

HIGH SCHOOL



Design Your Own Training Schedule

CHOOSE 1 OR 2 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 2018 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...

- **DAYS PER WEEK... CHOOSE 1 -or- 2**
- **# OF MONTHS... CHOOSE 1 -or- 2 -or- 3**

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

PRICING

| | 3 MONTHS (DEC & JAN & FEB) | 2 MONTHS (JAN & FEB) | 1 MONTH (FEBRUARY) |
|-----------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 1 DAY PER WEEK..... | \$399.99 12 TOTAL SESSIONS | \$349.99 9 TOTAL SESSIONS | \$225.00 5 TOTAL SESSIONS |
| 2 DAYS PER WEEK..... | \$799.99 24 TOTAL SESSIONS | \$699.99 18 TOTAL SESSIONS | \$449.99 10 TOTAL SESSIONS |

HEAD COACHES



DOUG CINNELLA

President of PBI
Veteran of 9 Professional Seasons,
Orioles, Expos, Mets, Yankees
Current Cincinnati Reds Scout
Seton Hall Univ. Alumni



STEVE HAYWARD

Pres; Baseball Health Network
Veteran of 6 Professional seasons
Red Sox & Aberdeen Pheasants
Current Tampa Bay Rays Scout
Seton Hall Univ. Alumni



KEITH CEDRO

NY Mets– Strength & Conditioning Coach
Conditioning Consultant– NY Giants & SHU
Founder– Linear Stretch Conditioning Systems
Founding Partner– Major League Fitness Centers
Host of ESPN's "Cross Training with the Pro's"



JACK WINTERS

Veteran of 2 professional seasons
Current New York Univ. Coach
Coaches in Collegiate Summer Leagues
Rutgers-Newark Alumni



GIANNI ZAYAS

Former Seattle Mariners
Current Sussex County Miners
FAU Alumni



JOSE DE LEON

FDU Alumni



PATRICK KIVLEHAN

Current MLB player with
Cincinnati Reds
Rutgers Univ. Alumni



ARTIE LEWICKI

Current MLB player with
Detroit Tigers
Univ. Virginia Alumni

PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play multiple positions, you will rotate positions each workout.

OFFENSIVE TRAINING DETAILS

This year, the PBI High School Winter Training Program will include strength, agility and conditioning, along with our Major League Hitting Process designed by current manager of the Pittsburgh Pirates, Clint Hurdle. Clint was the manager of PBI President, Doug Cinnella in the NY Mets system for 4 years.

This hitting wisdom has been imparted to the PBI staff. The PBI staff takes this information and breaks it into several parts, known as the Process of Hitting. The Process of Hitting involves:

- *Creating a "Personal Hitting Mission Statement"
- *Know what kind of hitter you are;
- *Have a "Plate Plan"
- *Develop confidence and trust in their hitting abilities.
- *Stay in Control

All of the proper foundations and basic skills of hitting will be taught and reinforced by the PBI staff while developing the aforementioned major components to what it takes to be a successful hitter. Hitters will hit live pitching during the month of February along with the repetition of BP, front toss and various other hitting drills, all designed to improve personal hitting skills quickly.

All hitters in the 3 month program will be evaluated by our state of the art video capture system known as "Pro Mirror". This analytical hitting system allows our coaches to compare, side-by-side hitting analysis with Major League Hitters to improve a hitters performance instantaneously. This hitting system has been in use by all 30 Major League Ballclub's. Proven, effective results.

DEFENSIVE TRAINING DETAILS

All position players will take thousands of ground balls and work on the footwork needed to be a good defensive baseball player. Various stations of skills training will be used, including short hop play, long and medium hops, cut-off and relay positioning, double play approach from 2B and SS sides of the bag, first base play and approach, full throws from every infield position, including slow roller approaches and pitchers fielding practice (PPF).

Outfielders will work on angles, and quick recognition skills training for a quick release on throws from the outfield. There will be limited fly ball and line drive work for all outfielders. Most outfielders are really in the lineup because of their ability to hit, so although there is a limited amount of fly ball work to be done indoors during the winter months, truth be told, outfielders better be able to hit !!!!

The HSWTP, along with New Jersey's best coaching staff to bring you a winning combination of total baseball training in New Jersey's finest indoor facility in Oakland at the NJ Sports House.

REGISTRATION, PAYMENT & AGREEMENT

HSWTP '17/'18

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 2017?

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 YOUR TRAINING DAY(S)

TUESDAY's THURSDAY's

METHOD OF PAYMENT

Pay in Full

Payment Plan

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

2nd Payment Due on February 1, 2018..... 50% of total

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. 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 NJ.

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 calendar days overdue.

HOLD HARMLESS- I hereby acknowledge that participation in any program provided by Professional Baseball Instruction (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:** _____

Are either parents and/or guardians an active member of the US military? YES NO



Professional Baseball Instruction, Inc.

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