

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 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 or 2 days per week

Day	Time	Dates
Tuesday's	7:00– 9:00PM	3/7, 3/14, 3/21 & 3/28
Thursday's	7:00– 9:00PM	3/9, 3/16, 3/23 & 3/30

PRICING

2 DAYS PER WEEK (TUESDAY'S & THURSDAY'S) 8 TOTAL SESSIONS	1 DAY PER WEEK (TUESDAY'S –OR– THURSDAY'S) 4 TOTAL SESSIONS
MEMBER... \$399. ⁹⁹	MEMBER... \$199. ⁹⁹
REGULAR... \$499. ⁹⁹	REGULAR... \$249. ⁹⁹

HEAD COACHES



Doug Cinnella
Program Coordinator



Greg Cinnella
Program Coordinator



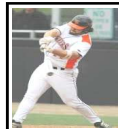
STEVE HAYWARD
Arm Health & Injury Prevention
Founder; Baseball Health Network
Current Tampa Bay Rays Scout
Professionally with Boston Red Sox



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



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



ADAM DERNER
Hitting Director
Veteran of 2 pro seasons
Collegiate All American 2012
William Paterson U. Alumni



Dave Daniels
Roving Coach
Pro Player-Senators, Rangers
Pro Coach/Manager- Japan,
Germany, Netherlands, Italy.



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



W. Richardson
Roving Coach
Nyack College Coach
Nyack College Alumni

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 workout.

PITCHERS TRAINING DETAILS

Pitchers will learn to develop "command" of their fastball. 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).

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.

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.

OUTFIELDERS TRAINING DETAILS

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.

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, as well as batting practice (BP). Hitters will also work on hitting pitches of different locations, off-speed pitches, and situational hitting as well. Moving forward; Live BP will be the norm, including simulated live situations with our new **ProBatter® Virtual Simulator**. In the closing weeks of the program hitters will compete in live situations vs. the pitchers.

REGISTRATION, PAYMENT & AGREEMENT

MSWTP 2017

Name: _____ DOB.: _____

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

→ A maximum of two positions are permitted... If you have two positions, you will rotate positions every other week ←

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): _____

METHOD OF PAYMENT

2 Day Program... MEMBER... \$449.⁹⁹ REGULAR... \$519.⁹⁹

TRAINING DAYS ARE... Tuesday's Thursday's

1 Day Program... MEMBER... \$249.⁹⁹ REGULAR... \$289.⁹⁹

PLEASE CHOOSE A TRAINING DAY... Tuesday's Thursday's

TOTAL DUE: _____

Accepted Methods of Payment...

- Check
- Cash
- MC
- Visa
- AMEX

Credit Card #: _____

Exp. Date: _____

****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 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



Professional Baseball Instruction, Inc.

107 Pleasant Avenue Upper Saddle River, NJ 07458

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