

# SPRING 12U 2017

*You are 12u... if you are 12 years old or younger on 4/30/2017  
(born between 5/1/2004 thru 4/30/2005)*



## EAGLES BASEBALL

**→ Tryout Info**

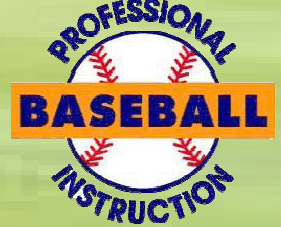
**→ Season Details → Tournament Details**

**→ Options to add winter training**

# What's Included...



- ➔ REGULAR SEASON LEAGUE PLAY
- ➔ MEMORIAL WEEKEND TOURNAMENT
- ➔ OPTION TO ADD WINTER TRAINING



## LEAGUE DETAILS

- ➔ 12u plays on 50/70 field; modified HS rules
- ➔ League games are played in the PBI League
- ➔ 8 League Games in regular season
- ➔ League games are played on Sunday's...  
3/26, 4/2, 4/9, 4/23, 4/30, 5/7, 5/14, 5/21
- ➔ Semifinals on 6/4 (*top 4 advance*); Finals on 6/11
- ➔ Majority of league games in the local Bergen, Passaic, Rockland County areas
- ➔ Game times vary according to whom and where we are playing.

## PRACTICE DETAILS

*Weekly Practice thru the season at PBI*

Week of March 13<sup>th</sup>... TBA ... at PBI  
 Week of March 20<sup>th</sup>... TBA ... at PBI  
 Week of March 27<sup>th</sup>... TBA ... at PBI  
 Thursday, April 6<sup>th</sup> and continuing every  
 Thursday thru the season... 7:00PM - 8:30PM

## UNIFORMS

New Eagle players uniform includes> Jersey, Pants, Hat  
*New Uniform fee is \$100.*

↔

Past/Returning players may get additional Uniform items if needed  
 Additional uniform item prices> Jersey(\$50.), Pants(Y-\$37. A-\$41.), Hat(\$12.)



**Professional Baseball Instruction, Inc.**  
 107 Pleasant Ave. Upper Saddle River, NJ 07458  
**1-800-282-4638**

[www.BASEBALLCLINICS.com](http://www.BASEBALLCLINICS.com)



## TRYOUTS

You may attend an open tryout or schedule your own private tryout.

### OPEN TRYOUTS

Available every **MONDAY** at **4:00PM**  
 Available every **TUESDAY** at **8:30PM**  
 (Must pre-register to guarantee tryout spot. Limited availability.)

### PRIVATE TRYOUTS

Available 7 days a week  
 Call 201-760-8720 ext. 100 ...or... email [greg@baseballclinics.com](mailto:greg@baseballclinics.com)

## TOURNAMENT DETAILS

### ➔ BERGEN COUNTY CHARITY CLASSIC

Dates... Friday, May 26<sup>th</sup> –thru– Monday, May 29<sup>th</sup>  
Location... Bergen County, NJ and surrounding area  
Web... [www.memorialbenefit.org](http://www.memorialbenefit.org)

### ➔ ADDITIONAL TOURNAMENTS

Teams have the option of attending other tournaments in addition to the one preset tournaments if the team chooses to do so.

#### Notes Regarding Tournaments...

- ➔ Attendance to preset tournaments is mandatory for all players.
- ➔ Travel/lodging/meal arrangements and associated costs are the responsibility of individual players, not PBI.
- ➔ One preset local tournament is factored into the total fee.
- ➔ Additional tournaments that the team may agree to attend are priced at \$199.<sup>00</sup> to \$299.<sup>00</sup> per player—per tournament.

## 2017 PRICING

**12u Spring Eagles Team... \$899.<sup>00</sup>**

*(If you are in need of an Eagles uniform, add \$100.<sup>00</sup> to the total)*

You also have the option of adding winter training

Middle School WTP 1 (\*\*1 day per week\* Tue -or- Thu in March) ... + \$200.<sup>00</sup>  
 Middle School WTP 2 (\*\*2 days per week\* Tue & Thu in March) ... + \$400.<sup>00</sup>

# GET A HEAD START ON THE SEASON WITH WINTER TRAINING...

Players have the option of adding PBI's "Middle School Winter Training Program."

## MIDDLE SCHOOL WINTER TRAINING PROGRAM

### MSWTP DETAILS

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 Program concentrated into one action packed month of workouts.

As usual with all of PBI's specialty training programs players will intensively work on their defensive and hitting skills. But what makes this program unique is that we will extensively key in on the fundamental skills needed for the 50/70 game> All the baserunning aspects such as holding runners on, bunt defenses, 1<sup>st</sup> & 3<sup>rd</sup> defense, baserunning from an offensive prospective and so on.

### 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.

### HEAD COACHES



**Doug Cinnella**  
Program Coordinator



**Greg Cinnella**  
Program Coordinator



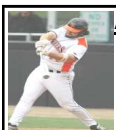
**STEVE HAYWARD**  
Arm Health & Injury Prevention  
Founder; Baseball Health Network  
Current Tampa Bay Rays Scout  
Professionally with Boston Red Sox



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



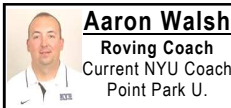
**GILBERTO ZAYAS**  
Outfield Director  
Professionally with AC Surf  
Current North Bergen HS



**ADAM DERNER**  
Hitting Director  
Veteran of 2 pro seasons  
Collegiate All American  
2012



**Dave Daniels**  
Roving Coach  
Pro Player-Senators,  
Rangers  
Pro Coach/Manager-



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



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



**Artie Lewicki**  
Roving Coach  
Current Detroit  
Tiger



**W. Richardson**  
Roving Coach  
Nyack College  
Coach  
Nyack College

### SCHEDULE OPTIONS

You may train for 1 or 2 days per week

Day	Time	Dates
<b>Tuesday's</b>	<b>7:00- 9:00PM</b>	<b>3/7, 3/14, 3/21 &amp; 3/28</b>
<b>Thursday's</b>	<b>7:00- 9:00PM</b>	<b>3/9, 3/16, 3/23 &amp; 3/30</b>

### PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play two positions... You will workout at you primary and secondary 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, 1<sup>st</sup> & 3<sup>rd</sup> 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, 1<sup>st</sup> and 3<sup>rd</sup> 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.

### 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 MSWTP in the capacity of monitoring players arm health, as well as educating players on how to keep their arms healthy. All players in the MSWTP 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

# 12u Spring 2017... REGISTRATION... PAYMENT... AGREEMENT

Players Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

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

Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

Father's Cell: \_\_\_\_\_ Mother's Cell: \_\_\_\_\_

Parent's Email(s): \_\_\_\_\_

Parent's Email(s): \_\_\_\_\_

What school grade are you in?: \_\_\_\_\_ Bats: LEFT — RIGHT Throws: LEFT — RIGHT

Primary Position: \_\_\_\_\_ Alternate Position(s): \_\_\_\_\_ Do you?...  PITCH  CATCH

## SCHEDULE YOUR TRYOUT

Please Note... roster spots will be awarded to players at the sole discretion of PBI on a first come—first served basis. PBI reserves the right to cancel a tryout date in the event the roster becomes complete prior to a tryout date.

**Tryout Location>>> PBI INDOOR FACILITY... 107 Pleasant Ave. Upper Saddle River, NJ 07458**

OPEN TRYOUTS... Must pre-register to guarantee tryout spot. Limited availability.

OPEN TRYOUT... MONDAY... 4:00PM .... at PBI... Date: \_\_\_\_\_

OPEN TRYOUT... TUESDAY... 8:30PM .... at PBI... Date: \_\_\_\_\_

PRIVATE TRYOUTS... To schedule a tryout call 201-760-8720 ext. 100 ...or... email greg@baseballclinics.com

PRIVATE TRYOUT... Date/Time: \_\_\_\_\_ Coach: \_\_\_\_\_

**YOU WILL BE ADVISED OF YOUR STATUS WITH THE TEAM...**

**WITHIN 7 DAYS VIA EMAIL**

There are three possible outcomes... 1) Yes... 2) No... 3) Wait List

\*\*add greg@baseballclinics.com to your address book to insure you receive the email\*\*

Open Tryout is \$10.<sup>00</sup>

Private Tryout: \$20.<sup>00</sup>

Accepted Methods of Payment:  Visa  Master Card  AMEX  Cash  Check

CARD# \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

**Please review and complete opposite side of this page →→→**

**THE INFO BELOW IS IN ANTICIPATION OF YOUR SELECTION TO THE TEAM.**

**Players will not be permitted to tryout if the sections below are not completed.**

**12u Spring Eagles Team... \$899.<sup>00</sup>**

**Would you like to attend a winter training program?**

Middle School WTP 1 (\*1 day per week\* Tue -or- Thu in March) ..... + \$200.<sup>00</sup>

Middle School WTP 2 (\*2 days per week\* Tue & Thu in March) ..... + \$400.<sup>00</sup>

### PAYMENT DUE DATES

50% of Total Due upon selection to team..... \$ \_\_\_\_\_.

I need a full UNIFORM (jersey, pants, hat)..... + \$100.<sup>00</sup>

I am adding MSWTP 1 (1 day per week)..... + \$200.<sup>00</sup>

I am adding MSWTP 2 (2 days per week)..... + \$400.<sup>00</sup>

balance of Total Due on 3/15/17..... \$ \_\_\_\_\_.

**GRAND TOTAL..... \$ \_\_\_\_\_**

**NOTE:** You are considered as on the team at the time your registration is processed. 1<sup>st</sup> payment of 50% of the total fee is due upon being selected for the team. The balance is due according to the Payment Due Dates schedule. Team/Tournament portion of the fee (\$899.<sup>00</sup>) covers: in-season weekly practices, PBI League spring season, one local spring tournament. If you choose to add PBI's Middle School Winter Training Program (MSWTP); the MSWTP portion of the fee covers your MSWTP selection. Uniform fees are additional.

## **IF YOU ARE SELECTED FOR THE TEAM...**

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

1<sup>st</sup> payment will be processed to the credit card listed below upon being selected to the team. The balance of fees will be processed to the credit card listed below according to the schedule outlined in the "Payment Due Dates" section.

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

**PAY BY CASH / CHECK**

You must provide a credit card even if paying by cash/check. Cash/check payments must be presented by the payment due dates 8:00PM, otherwise, PBI will process payment to the credit card listed below.

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

### **\*\*\*REFUND/CANCELLATION POLICY\*\*\***

Absolutely **NO** cash refunds under any circumstance. All players are required to attend all practices, league games, tournaments, and if applicable; selected winter training sessions. PBI cannot provide make-up times for any missed practices, league games, tournaments, winter training sessions, cancellations due to weather, or cancellations of any kind; nor will PBI issue any credit vouchers for the same. You are considered as on the team at the time your registration is processed. In the event a player discontinues with the team before 2/01/17; monies paid to that date towards the team fee/tournament fee may be prorated in the form of a PBI credit voucher – less a \$100.<sup>00</sup> administrative fee. In the event a player discontinues with the team on or after 2/01/17; no refunds or credit vouchers will be issued. Please note; if you have selected a winter training program, the entire winter training portion of the total fee is completely non-refundable.

### **CONFIRMATION OF AGREEMENT:**

I hereby agree to the above stated conditions of the 2017 PBI Spring Eagles policies. I have provided my credit card information within & authorize PBI to charge said credit card for all fees associated with the Spring Eagles.

**Signature:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Are either parents/guardians a current member of the US military?  YES  NO

