

REGISTRATION, PAYMENT & AGREEMENT

'18/'19
HSWTP

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 ←

HS: _____ Grad Yr: _____ At What Level Did You Play HS Baseball in 2018?
 VARSITY JV FRESHMAN

Address: _____

City: _____ State: _____ Zip: _____

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

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

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%
2nd Payment Due on February 1, 2019..... balance

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 on the payment due dates, otherwise, payment will be processed to the credit card below.

Card # _____

Exp. _____ CVV _____

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 8PM. 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 2nd and/or 3rd 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 7 days overdue.

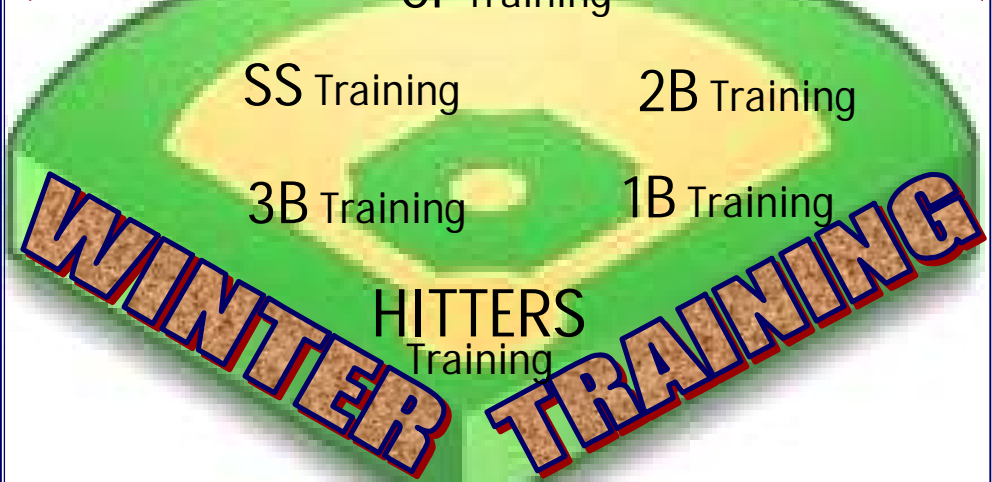
HOLD HARMLESS- I hereby acknowledge that participation in any program provided by Professional Baseball Instruction (PBI) involves an inherent risk of physical injury and hereby assume all such risk and do hereby release, forever discharge, and hold harmless, PBI, all its employees and agents thereof 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

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 *Off-Season Training Program* available for high school players. The HSWTP program will bring you to the doorstep of the 2019 High School season fully prepared and ready to go!



www.BASEBALLCLINICS.co



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 & execution to top personal performance
- Educate players on injury prevention and staying healthy thru the season.

DESIGN YOUR SCHEDULE...

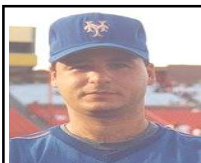
- **DAYS PER WEEK... CHOOSE 1 -or- 2**
- **# OF MONTHS... CHOOSE 1 -or- 2 -or- 3**

Day	Time	December	January	February
Tuesday's	8:00- 10:00PM	12/4, 11, 18	1/8, 15, 22, 29	2/5, 12, 19, 26, 3/5
Thursday's	8:00- 10:00PM	12/6, 13, 20	1/3, 10, 17, 24, 31	2/7, 14, 21, 28

PRICING

	3 MONTHS (DEC & JAN & FEB)	2 MONTHS (JAN & FEB)	1 MONTH (FEBRUARY)
1 DAY PER WEEK..... 12 TOTAL SESSIONS	\$499.99	\$359.99	\$225.99
2 DAYS PER WEEK..... 24 TOTAL SESSIONS	\$949.99	\$739.99	\$449.99

HEAD COACHES



DOUG CINNELLA

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



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 Pros"



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
Sussex County Miners
FAU Alumni



DAVE DANIELS

Former player Washington & Texas
Rangers. Played overseas in Japan,
Italy, Germany & the Netherlands



PATRICK KIVLEHAN

Current MLB player with
Arizona Diamondbacks
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.

STRENGTH, AGILITY, CONDITIONING... The PBI High School Winter Training Program will include strength, agility and conditioning work under the watchful eye of **Keith Cedro**, former strength coach of the **NY Mets**.

OFFENSIVE TRAINING INCLUDES... The PBI hitting program is designed by **Clint Hurdle**, Manager of the **Pittsburgh Pirates**, former Manager of the Colorado Rockies who Clint managed to the **World Series** in 2007. The hitting program is focused on balance and controlling the body before, during and after the swing. The swing path is tightened up so all hitters can be confident in their ability to make solid contact consistently. When our players can control their swings you will see increased exit velocity and launch angle off the bat. Bat speed will be maintained at the most effect rate for each hitter.

DEFENSIVE TRAINING INCLUDES... Extensive groundball work, turning double plays, diving, slow roller, off balance throwing including the ("**Derek Jeter**") jump throw technique. Run down execution, back hand/glove side training, short hop glove approach as well as building arm strength. Outfielders will work on arm strength, ground balls, slide-catch techniques with limited fly ball training. Foot work and angles on ground balls hit to the outfield will be worked on extensively.

The HSWTP, along with New Jersey's best coaching staff to bring you a winning combination of total baseball training!