

8U, 9U, 10U (46/60 Field)



PRE-SEASON Winter Training Program

ON THE 46/60 FIELD

PBI's "Pre-Season Winter Training Program" is the most intense and thorough *Off-Season Training Program* available for *8, 9 & 10 year old* baseball players that are playing on the 46/60 field. This program will extensively key in on both fundamental and advanced skills. The PSWTP will bring you to the doorstep of the 2018 season fully prepared and ready to go!

For 8, 9 & 10 year old Baseball Players on the 46/60 field

GOALS OF THE PROGRAM

- Prepare players to enter their season at peak performance.
- Condition players to top personal performance.
- Improve players' position specific skills, knowledge and execution.

PROGRAM OVERVIEW

All players will be put on a progressive throwing program to develop arm strength and health. Players will work on both infield & outfield skills. Players will pitch, and players who choose to do so, will work "behind the plate" on their catching.

All players will be on a progressive hitting program. Starting off with swing fundamentals & leading up to taking situational at-bats. The program also includes base-running skills.

In March, the main focus of the workouts will be Live Situations. Each hitter will take situational at-bats while pitchers will be capable of throwing competitive pitches prior to the start of the season.

- Pitchers will throw in *simulated game situations*.
- Hitters will take *simulated situational at-bats*.
- Catchers will also *throw full distance* to all bases.
- Outfielders & Infielders will field in *simulated game situations*.
- Infielders will and make *full distance throws* on our indoor field.

PSWTP SCHEDULE...

YOU MAY TRAIN FOR 3 -or- 2 -or- 1 MONTHS

Day	Time	January	February	March
Monday's	5:00- 7:00PM	1/8, 15, 22, 29	2/5, 12, 19, 26	3/5, 12, 19, 26

PRICING

3 MONTHS (JAN. / FEB. / MAR.) 12 TOTAL SESSIONS	2 MONTHS (FEBRUARY & MARCH) 8 TOTAL SESSIONS	1 MONTH (MARCH) 4 TOTAL SESSIONS
MEMBER... \$479. ⁹⁹	MEMBER... \$329. ⁹⁹	MEMBER... \$179. ⁹⁹
REGULAR... \$529. ⁹⁹	REGULAR... \$359. ⁹⁹	REGULAR... \$199. ⁹⁹

You may pay in full upon registration ... Or a Payment Plan is available.

PLAYERS WILL TRAIN IN THE INFIELD, OUTFIELD AND ALSO PITCH.
ALL PLAYERS WILL TRAIN HITTING AND BASERUNNING.

HITTING TRAINING DETAILS

In January, hitters will learn and develop hitting skills through tee work & drills that focus on mechanics and proper fundamentals for each individual hitter. Hitting inside & outside pitches in addition to hitting various speeds of pitches will be worked on. Situational hitting & live BP will be the norm in February. In March; hitters will take situational at bats. Base-running skills from all bases will also be a focus of our attention as well.

PITCHING TRAINING DETAILS

All pitchers will learn to develop "command" of their fastball (4-seam, 2-seam) regardless of how hard they throw. Once our fastball is established; pitchers will then develop and improve upon a change- up that they are capable of throwing consistently. In March we will compete in live situations. Pitchers will learn how to throw bullpens properly as well as developing a game plan. Pitching strategy will be a focus as well. Defensively, we will improve quickness and awareness of overall pitchers fielding practice.

INFIELD TRAINING DETAILS

We will develop a proper approach to all types of ground- balls. 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 be covered. During the course of a game infielders need to execute throws from a wide variety of arm angles and body positions. We will work on the proper mechanics of these throws, and learn how to treat every throw "with a purpose." 1st base play will also be covered.

OUTFIELD TRAINING DETAILS

As an outfielder footwork is "key." Footwork on all ground and fly- balls must be highly developed. In the outfield we will work on routine ground and fly balls, angles of approach to ground and fly- balls, and getting a strong and accurate throw to the infield quickly.

CATCHING TRAINING DETAILS

(Only players who wish to work on their catching will catch)

Catchers will work on not only the physical, but also the mental skills required to be proficient behind the "dish." Areas of concentration are: Receiving, blocking, throwing to all bases, fielding bunts, "plays at the plate," tags, double plays, and run- downs. Understanding pitchers and calling a game will be discussed as well. 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.

The PSWTP, 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

PSWTP 2018

Name: _____ DOB.: _____

THROWS... R L BATS... R L Preferred Positions: P C 1B 3B MIF OF Current School Grade: _____

Address: _____ City: _____ State: _____ Zip: _____

Fathers Name: _____ Mothers Name: _____

Fathers Cell: _____ Mothers Cell: _____ Home Phone: _____

E-Mail(s): _____

METHOD OF PAYMENT

Pay in Full

Payment Plan

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

2nd Payment Due on March 5, 2018..... 50%

3 Months(J/F/M)... MEMBER...\$479.⁹⁹ REGULAR...\$529.⁹⁹

2 Months(F & M)... MEMBER...\$329.⁹⁹ REGULAR...\$359.⁹⁹

1 Month(March)..... MEMBER...\$179.⁹⁹ REGULAR...\$199.⁹⁹

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 8:00PM 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



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