

SPRING 14U 2018

*You are 14u... if you are 14 years old or younger on 4/30/2018
(born between 5/1/2003 thru 4/30/2004)*



EAGLES BASEBALL

*Regular Season League Play
in PBI Baseball League*



*Bergen County Charity Classic
5/25/18 – 5/28/18*



*Winter Training Options at PBI
December thru March*

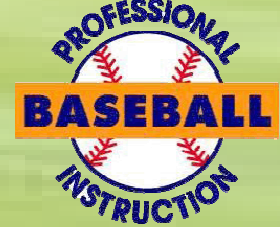


→ Tryout Info → Season Details → Tournament Details
→ Options to add Winter Training

What's Included...



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



LEAGUE DETAILS

- ➔ 14u plays on 60/90 field; primarily HS rules
- ➔ League games are played in the PBI League
- ➔ 8 League Games in regular season
- ➔ League games are played on Sunday's...
3/25, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20
- ➔ Semifinals on 6/3 and Finals on 6/10
- ➔ 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

Thursday, March 15th... 8:00PM – 9:30PM... at PBI
 Thursday, March 22nd... 8:00PM – 9:30PM... at PBI
 Saturday, March 24th... 6:00PM – 7:30PM... at PBI
 Thursday, March 29th... 8:00PM – 9:30PM... at PBI

Thursday, April 5th ... 7:30PM – 9:00PM... at PBI
 and continuing every Thursday at 7:30PM thru the season

UNIFORMS

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

Additional Uniform items available if needed

Additional uniform item prices> Jersey(\$50.), Pants(Y-\$37. A-\$41.), Hat(\$12.)



Professional Baseball Instruction, Inc.
 12 Wright Way Oakland, NJ 07436
1-800-282-4638

www.BASEBALLCLINICS.COM

TRYOUTS

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

OPEN TRYOUTS

Available every **THURSDAY** at **4:30PM**
 (Must pre-register 24 hrs in advance. Limited availability.)

PRIVATE TRYOUTS

Available Monday thru Saturday
 Call 201-760-8720 ext. 100 ...or... email greg@baseballclinics.com

2017 Spring Eagles... \$595.00

- ➔ ADD Senior Winter Training Program (SRWTP)
 (Dec thru Mar \$475.) (Jan thru Mar \$399.) (Feb & Mar \$349.) (March \$225.)
- ➔ ADD Youth Pitching Healthy Program (YPHP)
 (Dec thru Mar \$875.) (Jan thru Mar \$725.) (Feb & Mar \$525.)

TOURNAMENT DETAILS

➔ BERGEN COUNTY CHARITY CLASSIC

Dates... Friday, May 25th –thru– Monday, May 28th
Location... Bergen County, NJ and surrounding area
Web... www.memorialbenefit.org

Notes Regarding Tournaments...

- ➔ Attendance to tournament is mandatory for all players.
- ➔ Any applicable 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.

WINTER TRAINING

Eagle players have the option of attending a PBI winter training program. Programs available at a discounted rate for Spring Eagle Players.

Players have the choice of one or both of PBI's...

- ➔ Senior Winter Training Program (SRWTP)
- ➔ Youth Pitching Healthy Program (YPHP)

Players may design their own training schedule...

- ➔ begin in December, January, February, or March

See page 3 for full details regarding the winter training options

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

Choose either "Senior Winter Training Program" (SRWTP) ...or... Youth Pitching Healthy Program (YPHP) ...or... Both

SR. WINTER TRAINING PROGRAM

PBI's comprehensive Defensive and Offensive program.

SRWTP DETAILS

The Senior Winter Training Program is tailored specifically for players on the 60/90 field. Players enter the program according to their position. 1B, 3B, MIF, OF.

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 60/90 game> All the baserunning aspects such as holding runners on, bunt defenses, 1st & 3rd 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.

SCHEDULE OPTIONS

➔ # OF MONTHS... CHOOSE 4 -or- 3 -or- 2 -or- 1

| Day | Time | December | January | February | March |
|-----------------|---------------------|--------------|-----------------|----------------|--------------------|
| Thursday | 6:00- 8:00PM | 12/7, 14, 21 | 1/4, 11, 18, 25 | 2/1, 8, 15, 22 | 3/1, 8, 15, 22, 29 |

STRENGTH. AGILITY. CONDITIONING... This year, the PBI Senior 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.

OFFENSIVE TRAINING... 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 & March 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 & 4 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... 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.

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 !!!!

YOUTH PITCHING HEALTHY PROGRAM

All Pitching. PBI's premier pitching program.

Why the Youth Pitching Healthy Program?

Due to the epidemic of serious throwing arm injuries throughout the United States, PBI in conjunction with the Baseball Health Network (BHN) have created the "Pitching Healthy" Program.

Industry leading pitching coaches Steve Hayward (Boston Red Sox '93-'94), Artie Lewicki (Current Detroit Tigers), Doug Cinnella (Orioles '86-'87, Expos '88-'89, Mets '90-'93, Yankees '95), Gianni Zayas (Mariners '15), Justin Valdespina (Current Colorado Rockies), and Jack Winters (Current NYU Pitching Coach). Current NY Yankees team physician Dr. Christopher Ahmad oversees all aspects of arm care and health. Keith Cedro, NY Mets Major League Strength Coach ('86-'97) will oversee all aspects of **pitcher specific** strength and conditioning.

This program was developed for the **advanced level youth pitcher**. Pitching Healthy was collectively designed by the Professional Staff of PBI and the Baseball Health Network (BHN), including legendary pitching coaches Leo Mazzone (Atlanta Braves '90-'05) & Mel Stottlemyre (Mets '84-'93, Astros '94-'95, Yankees '96-'05, Mariners '08).

Through our knowledge, experience, and research, we developed this program to fully prepare pitchers for their upcoming season. From a **progressive throwing regimen**, to a **strength, conditioning, flexibility, and mental training**. Pitching Healthy is guaranteed to improve you overall health and performance on the field.

PBI has been developing winning pitchers for over 20 years.

PITCHING HEALTHY DETAILS

OVERVIEW... Each pitcher is given a **custom program** to follow based on the results of their **personal evaluation**, goals, training background and medical history.

All pitchers will be put on a progressive throwing program which will ensure each pitcher properly "conditions" their throwing arm prior to stepping on the mound. We will also utilize our, "**Pro Mirror**" **video system** as part of our "Pitching Performance Center". Our goal is to allow each pitcher to find their own natural rhythm and arm slot to maximize their efficiency on the mound.

EVALUATION... Each pitcher will be evaluated by a Cincinnati Reds, Tampa Bay Rays, or NY Yankees scout to determine their pitching abilities and deficiencies. Pitchers will also be put through a series of **physical assessments** to determine any injury risks, dysfunctions, imbalances, strengths or weaknesses that may be present, as well as create baseline for function and athletic qualities. Pitchers will be evaluated at the beginning, and at the conclusion of the program.

PROGRAM STRUCTURE... Each session will begin with a warm-up and movement prep. Followed by a Pitching Specific, Functional Strength, Conditioning and/or Drill work stations. We will conclude every session with a cool down and discussion on a specific topic (nutrition, mental preparation, etc.)

The PHP will meet on Wednesday's and Saturday's from December thru mid March. In February & March, pitchers will attend one of PBI's "Junior / Senior Winter Training" program sessions to pitch live to hitters.

SCHEDULE

2 sessions per week ... plus a 3rd "Live Day" in Feb & March

| Day | Time | December | January | February | March |
|-------------------|-----------------------|--------------|-------------------|----------------------|--------------|
| Wednesday | 5:30- 7:00PM | 6, 13, 20 | 3, 10, 17, 24, 31 | 7, 14, 21, 28 | 7, 14 |
| Saturday | 10:00- 11:30AM | 2, 9, 16, 23 | 6, 20, 27 | 3, 10, 17, 24 | 3, 10, 17 |
| "Live Day" | 6:00- 8:00PM | n/a | n/a | Thu... 8, 15, 22, 29 | Thu... 8, 15 |



14U Spring 2018... 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... 12 Wright Way Oakland, NJ 07436**

OPEN TRYOUTS... Must pre-register 24 hours in advance. Limited availability.

OPEN TRYOUT... THURSDAY'S... 4:30PM Date: _____

Can't make any of the tryout dates?... Private tryouts available by appointment.
To schedule a private tryout call 1-800-282-4638 ext. 100 or email to 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

Group Tryout is \$10.00

Private Tryout: \$10.00

Accepted Methods of Payment:

Cash Check Visa Master Card AMEX

CARD# _____ Exp. _____ Code: _____

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

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

14u... 2018 Spring Eagles Payment Info

- Spring Season/Tournament \$595.00
 - + SRWTP... Dec. thru March..... + \$475.
 - + SRWTP... Jan. thru March..... + \$399.
 - + SRWTP... Feb. & March..... + \$349.
 - + SRWTP... March Only..... + \$225.
 - + YPHP... Dec. thru March..... + \$875.
 - + YPHP... Jan. thru March..... + \$725.
 - + YPHP... Feb. & March..... + \$525.
- I will be adding a Winter Training Program..... + \$ _____
- I need a full Uniform (jersey, pants, hat)..... + \$100.00
- I need additional uniform items..... + \$ _____

GRAND TOTAL..... \$

PAYMENT DUE DATES

- 1/3 of Total Due upon selection to team..... \$ _____
- 1/3 of Total Due on 2/01/18..... \$ _____
- 1/3 of Total Due on 3/01/18..... \$ _____

IF YOU ARE SELECTED FOR THE TEAM...

PAY BY CREDIT CARD Visa, Master Card, American Express

1st 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, games, tournaments, and 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 prior to 2/01/18; monies paid to that date towards the team fee/tournament fee may be prorated in the form of a PBI credit voucher – less a \$100.00 administrative fee. In the event a player discontinues with the team on or after 2/01/18; no refunds or credit vouchers will be issued. Please note; 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 2018 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

