

# REGISTRATION, PAYMENT & AGREEMENT

'19/'20  
HSPHP

Name: \_\_\_\_\_ DOB.: \_\_\_\_\_

HS: \_\_\_\_\_ Grad Yr: \_\_\_\_\_

At What Level Did You Play HS Baseball in 2019?

VARSITY  JV  FRESHMAN

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

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

Fathers Name: \_\_\_\_\_ Mothers Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Fathers Cell: \_\_\_\_\_ Mothers Cell: \_\_\_\_\_ Player Cell: \_\_\_\_\_

Parent(s) EMail<sup>(S)</sup>: \_\_\_\_\_

Player EMail<sup>(S)</sup>: \_\_\_\_\_

THROWS:  R  L

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ lbs.

Have you ever been diagnosed and/or treated by a physician for a throwing arm injury?... \_\_\_\_\_

## METHOD OF PAYMENT

Pay in Full

Payment Plan

1st Payment Due upon Registration.....50%  
2nd Payment Due on January 10, 2020..... 50%

Full Program..... \$1,199.<sup>99</sup>

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 10:00PM on the payment due date, 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 date. If you choose to pay by cash or check you must present your payment on the due date before 10PM. If you choose to use the payment plan you are responsible for the full cost 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, Inc. (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: \_\_\_\_\_

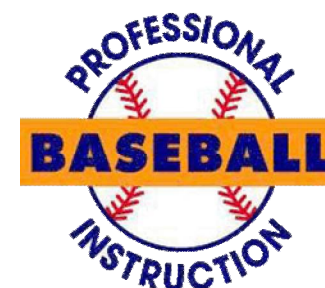
Are either parents and/or guardians an active member of the US military?  YES  NO

# PITCHING HEALTHY

High School



## PROFESSIONAL BASEBALL INSTRUCTION in conjunction with the BASEBALL HEALTH NETWORK present the 2019/2020 PITCHING HEALTHY PROGRAM



1300 Route 17 North, Ramsey, NJ 07446  
1-800-282-4638 \* Fax: 201-760-8820  
www.BASEBALLCLINICS.COM

# Pitching Healthy is Presented by PBI and the Baseball Health Network

## Why the Pitching Healthy Program?

What makes a pitcher a winning pitcher? Good question! So much is said about velocity, but velocity alone won't win any games. There must be control and command of the fastball first before a pitcher can focus on increasing velocity.

**Simple stuff** →: Command fastball, throw other than a fastball in a fastball count, change speeds effectively. Did we say "simple"? This is the formula used by the most successful pitches throughout all of baseball from high school to the major leagues. Velocity is **NOT** what today's pitchers should be chasing. Here is the MLB way **"HOW TO PITCH TO WIN"**: 1) Command fastball; 2) Own a 2nd pitch that you can throw for strikes consistently; 3) Develop a put 'em away pitch; 4) Change speeds off fastball effectively.

This program was developed for the **advanced level pitcher**. Pitching Healthy was collectively designed by the Professional Staff of PBI and the Baseball Health Network (BHN), including legendary pitching coach Leo Mazzone (Atlanta Braves '90-'05).

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

PBI has been developing winning pitchers for over 20 years. Pitching to win is our ultimate goal.

## PROGRAM DETAILS

**OVERVIEW**... All pitchers will work at their personal developmental pace. There is absolutely no way to structure the program across the board for everyone on a schedule. This customized approach will guarantee superior results for all our pitchers. We will be using the "PRO MIRROR" video system along with the "SMART MITT" system as part of our overall pitching healthy program. Our goal is to allow each pitcher to find their own natural rhythm to maximize their efficiency on the mound.

**NEW TO PHP:** All players and their families will be able to track the progress of their workouts via the Smart Mitt system. All players will have their own profile on-line that will enable them to see their development during the course of the program.

**EVALUATION**... Each pitcher will be evaluated at the beginning of the PHP program and will continue during the course of our workouts. The evaluation will include 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.

**PROGRAM STRUCTURE**... Each session will begin with a warm-up and movement prep. Followed by pitching specific training including mechanical, mental and conditioning drill work. We will conclude every session with a cool down.

**NOTE:** Training provided during the PHP will bring them to the doorstep of their opening day and guide all pitchers throughout their entire season.

## SCHEDULE

2 sessions per week  
(Program is December thru February)

Day	Time	December	January	February
Wednesday	7:00- 9:00PM	12/4, 11, 18	1/8, 15, 22, 29	2/5, 12, 19, 26, Mar 4
Saturday	11:30A- 1:30P	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 29

## PITCHING HEALTHY'S HIGHLY QUALIFIED STAFF



**STEVE HAYWARD, Founder; BHN**... At St Joseph's Regional High School in Montvale he was voted most valuable player of the Bergen County Baseball Tournament. Steve accepted a full baseball scholarship to Seton Hall University, and in 1992 he pitched for the Cape Cod League Champion Chatham A's. In 1993, Steve was selected as a 1st Team All-Big East pitcher, 1st Team All-State Pitcher, and was drafted by the Boston Red Sox. Steve served as the pitching coach at St Joe's HS for 13 years, and was the head coach at Don Bosco Prep for 2 seasons. He is an expert on biomechanics and throwing arm injuries. Steve, along with current Yankees team physician Dr. Christopher Ahmad has lectured and educated doctors, physical therapists, athletic trainers and coaches on those very topics. Steve has been rehabilitating players from various throwing arm injuries and surgeries for the past 11 years. Steve is also an associate of the Mid-Atlantic regional scout for the Tampa Bay Rays.



**DOUG CINNELLA, President; PBI**... Veteran of 9 professional seasons. Participated in Major League spring training with the Baltimore Orioles (1987) NY Mets (1993) and the NY Yankees (1995). Doug has pitched over 1,000 career innings as a professional with an ERA of 3.17. Selected by the Baltimore Orioles in the 3rd round of the 1986 Major League draft, he was the 97th player picked in the nation! Voted the NY-Penn League MVP in 1986. Doug established a NY-Penn League record in 1986 by pitching 2 no-hitters, a record which still stands today. After being traded to the Montreal Expos in 1988, Doug made the 1988 Florida State League All-Star team. He was also chosen as the Topps Player of the Month for May 1988. After becoming a free agent in 1990, Doug signed with the N.Y. Mets. He played as a player/coach in Double-A with the Mets until he was promoted to AAA Tidewater. Played in Tidewater for 2 seasons. Played college ball at Seton Hall, was selected as New Jersey's college MVP for 1984. Holds SHU pitching record for most strikeouts in a game (17 in 7 innings). Inducted into the Seton Hall University Hall of Fame in 2017. Doug played HS baseball for Paramus where he was All-League, All-County & All-State. Current Cincinnati Reds scout.



**JACK WINTERS**... Graduate of River Dell HS. Pitched collegiately at Univ. of Redlands & Rutgers-Newark. Veteran of 2 professional seasons. Pitching coach at Centenary College ('15-'16). Coached in the Beach Collegiate League ('16), MINK Collegiate League ('17). Jack is currently the pitching coach at NYU.



**LEO MAZZONE**... The Atlanta Braves dominated the National League throughout the 90s and early 2000's because of their pitching and the genius of pitching coach Leo Mazzone. Leo is a world renowned expert on pitching. Leo has helped develop our pitching healthy program and all of our pitching programs at PBI. Mazzone is a mentor of the PBI pitching staff.



**ARTIE LEWICKI**... A four-year varsity player at St. Joseph's Regional HS in Montvale. He was named first team all-league honors in 2007 and selected second team all-county in 2009. Artie attended the University of Virginia and pitched all four seasons. Collegiate highlights include an outstanding performance in the 2014 College World Series in which he earned wins in each of UVa's first two CWS victories, working two innings in wins over Ole Miss (6/17) and TCU (6/19). He did not allow an earned run in 23 1/3 innings of the NCAA tournament, including 13 innings of the College World Series. Drafted in the 8th round of the 2014 MLB draft by the Detroit Tigers. Artie made his major league debut with the Detroit Tigers on 9/4/2017. He is currently on the MLB roster.



**KEITH CEDRO**... Keith's experience is extensive to say the least, but more importantly, he has vast experience specific to baseball. Keith's resume is impressive. NY Mets Strength & Conditioning coach from 1986- 1997. Conditioning Consultant to the New York football Giants & Seton Hall University athletics. Founder of "Linear Stretch Conditioning Systems". Founding Partner of "Major League Fitness Centers". Host of ESPN's "Cross Training with the Pros".



**CHRISTOPHER S. AHMAD, MD, Partner; BHN**... specializes in shoulder instability and labral tears, rotator cuff pathology, ACL injuries, Tommy John surgery, and advanced arthroscopic surgical techniques for sports-related injuries of the knee, shoulder and elbow. He is the Head Team Physician for the New York Yankees and a member of the Major League Baseball Team Physicians Association. He is also Head Team Physician for the 17 varsity teams fielded by the City College of New York as well as for several high schools in Manhattan and New Jersey. In addition, Dr. Ahmad serves as a consultant to local metropolitan gymnastics and swim teams. A recipient of several awards for outstanding research in the field of Sports Medicine, Dr. Ahmad conducts ongoing research in the areas of biomechanics of the elbow, ACL injury prevention and screening, & surgical techniques for rotator cuff repair.