

# SPRING 13U 2019

*You are 13u... if you are 13 years old or younger on 4/30/19  
(born between 5/1/05 thru 4/30/06)*



## EAGLES BASEBALL

*Regular Season League Play  
in PBI Baseball League*



*Bergen County Charity Classic  
5/24/18 – 5/27/18*



*Winter Training  
December thru March*



- ➔ Tryout Info
- ➔ Season Details
- ➔ Tournament Details
- ➔ Winter Training

# What's Included...



- ➔ REGULAR SEASON LEAGUE PLAY
- ➔ MEMORIAL WEEKEND TOURNAMENT
- ➔ WINTER TRAINING



## LEAGUE DETAILS

- ➔ 13u plays on 60/90 field; modified major league rules
- ➔ League games are played in the PBI League
- ➔ 8 League Games in regular season
- ➔ League games are played on Sunday's...  
3/31, 4/7, 4/14, 4/28, 5/5, 5/12, 5/19, 6/2
- ➔ Semifinals on 6/8 and Finals on 6/9
- ➔ 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

Tuesday, March 12<sup>th</sup>... 8:00PM – 9:30PM... at PBI  
 Tuesday, March 19<sup>th</sup>... 8:00PM – 9:30PM... at PBI  
 Tuesday, March 26<sup>th</sup>... 8:00PM – 9:30PM... at PBI

Wednesday, April 3<sup>rd</sup> ... 7:30PM – 9:00PM... at PBI  
 and continuing every Wednesday 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(\$40.), Hat(\$10.)



**Professional Baseball Instruction, Inc.**  
 1300 Route 17 North, Ramsey, NJ 07446  
 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 **4:30PM**  
 (Must pre-register 24 hrs in advance. Limited availability.)

### PRIVATE TRYOUTS

Available Monday thru Saturday  
 Call 201-760-8720 ext. 100 ...or... email [doug@baseballclinics.com](mailto:doug@baseballclinics.com)

## **2019 Spring Eagles... \$695.<sup>00</sup>**

➔ ADD Senior Winter Training Program (SRWTP)  
 (Dec thru Mar \$599.) (Jan thru Mar \$479.) (Feb & Mar \$359.) (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 24<sup>th</sup> –thru– Monday, May 27<sup>th</sup>  
Location... Bergen County, NJ and surrounding area  
Web... [www.memorialbenefit.org](http://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.

## WINTER TRAINING

All Spring Eagle players must attend a PBI winter training program. Programs available at member pricing 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

# PREPARE FOR SUCCESS WITH PBI'S WINTER TRAINING PROGRAMS...

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.

### 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.

### SRWTP DETAILS

The Senior Winter Training Program is a complete 60/90 training package for all position players.

### SCHEDULE OPTIONS

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

| Day      | Time         | December     | January             | February        | March           |
|----------|--------------|--------------|---------------------|-----------------|-----------------|
| Thursday | 6:00- 8:00PM | 12/6, 13, 20 | 1/3, 10, 17, 24, 31 | 2/7, 14, 21, 28 | 3/7, 14, 21, 28 |

**STRENGTH, AGILITY, CONDITIONING...** The PBI Junior 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.



## YOUTH PITCHING HEALTHY PROGRAM

All Pitching. PBI's premier pitching program.

### What is Youth Pitching Healthy (YPH) all about?

As a result of the increase in serious arm injuries, PBI and the Baseball Health Network (BHN) have created the pitching healthy initiative, available exclusively at PBI !!!

Industry leading coaches **Steve Hayward** (Boston Red Sox '93-'94), **Doug Cinnella** (Orioles '86-'87, Expos '88-'89, Mets '90-'93, Yankees '95), **Gianni Zayas** (Mariners '15), and **Jack Winters** (Current NYU Pitching Coach). 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 designed by the Professional Staff at 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 pitchers for their upcoming season. Pitching Healthy is guaranteed to improve your overall pitching 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 ensure that each pitcher finds their own natural rhythm and arm slot to maximize a healthy, efficiency delivery.

**EVALUATION...** Each pitcher will be evaluated by a Cincinnati Reds and Tampa Bay Rays 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 continuously throughout the YPH program.

**PROGRAM STRUCTURE...** Each session will begin with a discussion on the days specific training goals, followed by a warm-up. We then break into the training stations for the day— Pitching Specific - Strength— Specialty Training work for pitchers.

Our format is setup **EXACTLY** like a Major League pitchers training camp. The YPH will meet on Wednesday's and Saturday's from December thru mid March.

PLEASE CALL DOUG CINNELLA AT 201-669-0191 WITH SPECIFIC QUESTIONS ABOUT THIS PROGRAM

### SCHEDULE

| Day       | Time           | December     | January          | February      | March |
|-----------|----------------|--------------|------------------|---------------|-------|
| Wednesday | 5:30- 7:30PM   | 5, 12, 19    | 2, 9, 16, 23, 30 | 6, 13, 20, 27 | 6, 13 |
| Saturday  | 10:00- 12:00PM | 1, 8, 15, 22 | 5, 12, 19, 26    | 2, 9, 16, 23  | 2, 9  |



# 13U Spring 2019... 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**>>> **1300 Route 17 North, Ramsey, NJ**

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

OPEN TRYOUT... MONDAY'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 [doug@baseballclinics.com](mailto:doug@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.<sup>00</sup>

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

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.

## 13u... 2019 Spring Eagles Payment Info

- Spring Season/Tournament ..... \$695.<sup>00</sup>
    - + SRWTP... Dec. thru March..... + \$599.
    - + SRWTP... Jan. thru March..... + \$479.
    - + SRWTP... Feb. & March..... + \$359.
    - + SRWTP... March Only..... + \$225.
    - + YPHP... Dec. thru March..... + \$875.
    - + YPHP... Jan. thru March..... + \$725.
    - + YPHP... Feb. & March..... + \$525.
  - Winter Training Program..... + \$ \_\_\_\_\_
  - I need a full Uniform (jersey, pants, hat)..... + \$100.<sup>00</sup>  
Size \_\_\_\_\_ Size \_\_\_\_\_
  - 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 2/01/19..... \$ \_\_\_\_\_
- 1/3 of Total Due on 3/01/19..... \$ \_\_\_\_\_

## 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 2/01/19; 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 2/01/19; 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 2019 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

