## REGISTRATION, PAYMENT & AGREEMENT SRWIP

Name:			DOI	B.:
	□ <b>1B</b>	<b>□ 3B</b>	□ MIF	□ OF
→ A maximum of two positions are perm  Middle School:				ther week ←
Address:				
City:			Zip:	
Fathers Name: Mothers Name:	:		-	
Fathers Cell: Mothers Cell:_			Home Phone:	
EMail <sup>(S)</sup> :				
Pay in Full  Payment Plan  1st Payment Due upon Registration	MAKE-UP tee the abil ed for missi WEATHEF situation de PAYMENT card will be check you plan you ar the 2nd and the progran HOLD H. Baseball In do hereby from any ar unknown, fi es thereof, failure of ec condition ar for the part ject to be us state that I is  By affixir Payment	POLICIES— NO cash refuence of Time— You will be explicitly to accommodate changed class time.  Ra— All programs will run acclared by the State of New PLAN— If you choose the automatically charged on must present your paymer responsible for the full allor 3rd payments are duen. A late fee of 2% will be ARMLES— I hereby acknown the struction (PBI) involves arrelease, forever discharged all known liability no may oreseen and unforeseen be resulting from the regist quipment or defect in the part of the part o	pected to attend the session ges made after the program according to schedule unles and Jersey.  To use the payment plan you neach of the payment due ent on the due dates befor cost of the program. If you are, you are still responsible for incurred on payments that nowledge that participation in inherent risk of physical ir as, and hold harmless, PBI atter the nature, arising from body and personal injuries, arrant's participation in or in premises. I also hereby cerly schedule of events. In the ent by a local hospital. Any ure years and can possibly I the participant.	be issued under any circumstance. In so you signed up for. PBI can not guarann has begun. Make-ups will not be provides there is a state of emergency weather up with the growing and the grow
1300 Route 17 North, Ramsey, NJ 07446 1-800-282-4638 * Fax: 201-760-8820	Signat Are eith		rdians an active member	<b>Date:</b> r of the US military? □YES □NO



# Attention 13u & 14u (60/90 field) Baseball Players

#### GOALS OF THE PROGRAM

- → Prepare players to enter their season at peak performance.
- → Condition players skills, knowledge & execution to top personal performance
- → Educate players on injury prevention and staying healthy thru the season.

### → # OF MONTHS... CHOOSE 4 -or- 3 -or- 2 -or- I

Day	Time	December	January	February	March
Thursdays	6:00- 8:00рм	12/2, 9, 16	1/6, 13, 20, 27	2/3, 10, 17, 24	3/3, 10, 17, 24, 31

#### **PRICING**

4 Months (DEC & JAN & FEB & MAR) 16 total sessions	3 Months (JAN & FEB & MAR) 13 total sessions	2 Months (FEBRUARY & MARCH) 9 total sessions	1 Months (MARCH) 5 total sessions
Мемвек \$639. <sup>99</sup>	MEMBER \$549. <sup>99</sup>	MEMBER \$399. <sup>99</sup>	MEMBER \$235. <sup>99</sup>
REGULAR \$699. <sup>99</sup>	REGULAR \$599. <sup>99</sup>	REGULAR \$439. <sup>99</sup>	REGULAR \$265. <sup>99</sup>

#### COACHING STAFF

















#### DOUG CINNELLA STEVE HAYWARD KEITH CEDRO

BOBBY LINEBURG NICK SCHROEDER PAT KIVLEHAN

### PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSI-TION

STRENGTH, AGILITY, CONDITIONING... PBl consultant, Keith Cedro, former major league strength coach for the NY Mets understands the unique needs of the throwing athlete. Our strength program, designed by Keith, focuses on overall core strength, stability and physical conditioning. PBI has expanded it's strength training equipment. We have added squat racks, cable cross over ICARIAN machine and SMITH machine. We also use kettle bells, battle ropes, medicine balls, foam rollers, dumbbells, sleds, and a detailed band program for developing maximum, responsible, throwing arm strength.

OFFENSIVE TRAINING INCLUDES... The PBI hitting program is heavily influenced by Clint Hurdle, former World Series Manager with the Colorado Rockies. PBI will focus on balance, rhythm and controlling the body throughout the entire swing. Swing path, launch angle, exit velocity will all be a focus of the offensive training with the use of the Blast Motion bat sensors. For more details go to Blastmotion.com. The Pro Mirror video system will be used extensively to monitor progress of all athletes.

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