

REGISTRATION, PAYMENT & AGREEMENT

'22/'23
HSPHP

Name: _____ DOB.: _____

Address: _____

City: _____ State: _____ Zip: _____

Fathers Name: _____ Mothers Name: _____ Home Phone: _____

Fathers Cell: _____ Mothers Cell: _____ Player Cell: _____

Parent(s) EMail^(S): _____

Player EMail^(S): _____

HS: _____ Grad Yr: _____

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** Group #1 _____ Group #2 _____

☐ **Payment Plan**

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

2nd Payment Due on January 10, 2023..... 50%

☐ **Full Program..... \$1,499.⁹⁹**

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 10:00PM on the payment due date, otherwise, payment will be processed to the credit card below.

Card # _____

Exp. _____ CVV _____

NOTE: A 3% convenience fee will be charged to all credit card transactions. You can avoid this fee by payment cash or check

****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



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



1-800-282-4638

WWW.BASEBALLCLINICS.COM

PROFESSIONAL BASEBALL INSTRUCTION

in conjunction with the

BASEBALL HEALTH NETWORK

present the 2022/2023

PITCHING HEALTHY PROGRAM



Pitching Healthy is Presented by PBI and the Baseball Health Network

Why the Pitching Healthy Program?

The professional staff and the PBI consulting team has designed the best pitching program available for today's athletes. The demands for increased velocity have their place in the development of a pitcher, but velocity alone is not going to win a baseball game. **DO NOT CHASE VELOCITY:** Instead, **LET VELOCITY CHASE YOU.** PBI 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 maximum, responsible, throwing arm strength. The primary goals of the Pitching Healthy Program focuses on full body function as it relates to strength and flexibility.

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. PBI will be using the **RAPSODO** Pitching Analysis System. For complete details on RAPSODO Pitching go to RAPSODO.com. PBI will also use the **"PRO MIRROR"** video system and the **PITCH LOGIC** Training System. For details on PITCH LOGIC System go to PITCHLOGIC.com. Our goal is to allow each pitcher to find their own natural rhythm to maximize their efficiency on the mound.

EVALUATION... Each Pitching Healthy athlete will have a physical assessment done at the beginning of the program. These tests will help determine any injury risks, dysfunctions, imbalances and provide a baseline for their current physical condition. Each baseline test will give PBI the data to develop a personal training plan for each athlete.

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.

The PHP will meet December thru February, Wednesdays & Saturdays.

SCHEDULE

2 workouts per week (Wednesday & Saturday) Pick Group # - **ONLY 12** pitchers each session
(Program is December thru February)

Day	Time	December	January	February
Group 1—Wednesday	7:00PM– 8:30PM	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 3/1
Group 1—Saturday	11:30AM– 1:00PM	12/3, 10, 17	1/7, 14, 21, 28	2/4, 11, 18, 25, 3/4
Group 2—Wednesday	8:30PM– 10:00PM	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 3/1
Group 2 Saturday	1:00PM– 2:30PM	12/3, 10, 17	1/7, 14, 21, 28	2/4, 11, 18, 25, 3/4

LISTEN TO THE PBI STAFF AND CONSULTING TEAM

According to PBI consultant and legendary pitching coach Leo Mazzone, the formula to being a successful, winning pitcher is:

Command the fastball. **Own a 2nd pitch you have confidence in.** **Change speeds effectively off of the fastball.** **Develop a put 'em away pitch.**

PBI coach Steve Hayward, NY Yankees team doctor and PBI consultant Dr. Christopher Ahmad , have created the Baseball Health Network (BHN). The BHN is committed to understanding kinetics and the mechanics associated with the throwing motion and the factors that contribute to arm injury. The BHN understands what is actually harmful to pitchers arm health. All of the BHN data will be translated from the PBI coaching staff to our throwing athletes in the Pitching Healthy Program.



LEO MAZZONE



DOUG CINNELLA



STEVE HAYWARD



KEITH CEDRO



DR CHRIS AHMAD

MENTAL APPROACH AND TOUGHNESS

PBI President Doug Cinnella, will be training and cultivating the most important part of the throwing athlete: **HIS BRAIN.**

The mental approach and proper mindset needed to compete at your highest level must be cultivated. These up-to-date, proven methods to high level performance will be a major component of the PHP. Understanding why pitching is an easy task will be taught, learned and used by all PHP athletes.