

# REGISTRATION, PAYMENT & AGREEMENT '22/23 JRWTP

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

Indicate the Position(s) you will come into program as >>>  1B  3B  MIF  OF

→ A maximum of two positions are permitted... If you have two positions; you will rotate positions every other week ←

Middle School: \_\_\_\_\_ Your Current Grade: \_\_\_\_\_

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

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

Fathers Name: \_\_\_\_\_ Mothers Name: \_\_\_\_\_

Fathers Cell: \_\_\_\_\_ Mothers Cell: \_\_\_\_\_ Home Phone: \_\_\_\_\_

E-Mail(s): \_\_\_\_\_

## METHOD OF PAYMENT

- Pay in Full
- Payment Plan  
 1<sup>st</sup> Payment Due upon Registration..... 50%  
 2<sup>nd</sup> Payment Due on February 1, 2023..... balance

- 4 Months(D/J/F/M)... **MEMBER- \$659.99** REGULAR- \$729.99
- 3 Months(J/F/M)..... **MEMBER- \$559.99** REGULAR- \$625.99
- 2 Months(F/M)..... **MEMBER- \$410.99** REGULAR- \$455.99
- 1 Month(March)..... **MEMBER- \$269.99** REGULAR- \$299.99

**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 8:00PM on the payment due dates, 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\*\***



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

## 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 dates. If you choose to pay by cash or check you must present your payment on the due dates before 8PM. If you choose to use the payment plan you are responsible for the full cost of the program. If you choose not to continue sometime before the 2<sup>nd</sup> and/or 3<sup>rd</sup> payments are due, you are still responsible for and will be charged for the full price 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 (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



## Junior Winter Training Program

### ON THE 50/70 FIELD

PBI's "Junior Winter Training Program" is the most intense and thorough **Position Specific Off-Season Training Program** available for players that are on the 50/70 field. This program will extensively key in on the fundamental and advanced skills needed for the 50/70 game of "real baseball". The JRWTP will bring you to the doorstep of the 2023 season fully prepared and ready to go!



www.BASEBALLCLINICS.COM



# Attention 11u & 12u (50/70 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.

## DESIGN YOUR SCHEDULE...

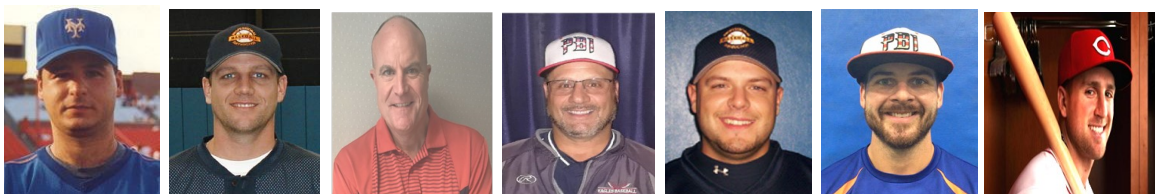
→ # OF MONTHS... CHOOSE **4** -or- **3** -or- **2** -or- **1**

Day	Time	December	January	February	March
<b>Tuesdays</b>	<b>6:00– 8:00PM</b>	12/6, 13, 20	1/3, 10, 17, 24	1/31, 2/7, 14, 21	2/28, 3/7, 14, 21, 28

## PRICING

<b>4 Months</b> (DEC & JAN & FEB & MAR) 16 total sessions	<b>3 Months</b> (JAN & FEB & MAR) 13 total sessions	<b>2 Months</b> (FEBRUARY & MARCH) 9 total sessions	<b>1 Months</b> (MARCH) 5 total sessions
<b>MEMBER... \$659.99</b>	<b>MEMBER... \$559.99</b>	<b>MEMBER... \$410.99</b>	<b>MEMBER... \$269.99</b>
REGULAR... \$729.99	REGULAR... \$625.99	REGULAR... \$455.99	REGULAR... \$299.99

## COACHING STAFF



DOUG CINNELLA STEVE HAYWARD KEITH CEDRO RICKY REX BOBBY LINEBURG NICK SCHROEDER PAT KIVLEHAN

## PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play two positions, you will rotate positions every other workout.

**STRENGTH, AGILITY, CONDITIONING...** 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 again. We have added squat racks, cable cross over ICARIAN machine and SMITH machine, Nautilus leg curl, press, extension machines. 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 JRWTP, along with New Jersey's best coaching staff to bring you a winning combination of total baseball training!**