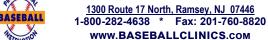
## REGISTRATION. PAYMENT & AGREEMENT 23-724

		00 11 61	SRWIF	
Name:		DOB.:		
Indicate the Position(s) you will come into program as >>>  → A maximum of two positions are permit		BB	□ <b>OF</b> rery other week ←	
Middle School:		Your Curren	t Grade:	
Address:				
City:	State: _	z	<u>/ip:</u>	
Fathers Name: Mothers Name:	:			
Fathers Cell: Mothers Cell:		Home Phone:_		
EMail <sup>(S)</sup> :				
□ Pay in Full         □ Payment Plan         1st Payment Due upon Registration	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 guara tee the ability to accommodate changes made after the program has begun. Make-ups will not be provied for missed class time.  WEATHER— All programs will run according to schedule unless there is a state of emergency weath 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 credicard will be automatically charged on each of the payment due dates. If you choose to pay by cash 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 befor the 2nd and/or 3rd payments are due, you are still responsible for and will be charged for the full price 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 Profession			
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 (made payable to cash). 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 and checks made payable to PBI. You can avoid this fee by paying cash or check (made payable to cash).  **ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE**	Baseball Instruction (PBI) ir do hereby release, forever from any and all known liab unknown, foreseen and unfies thereof, resulting from failure of equipment or defecondition and can partake ir for the participant to be give ject to be used in the broch state that I am the legal gual By affixing my signat Payment Plan, Make-Listing Institute I am I a	nvolves an inherent risk of physicistic discharge, and hold harmless, illity no matter the nature, arisin oreseen body and personal injust the registrant's participation in act in the premises. I also here the the daily schedule of events. I en treatment by a local hospitature in future years and can posterian of the participant.  ure below I confirm that Jp Policies, and Hold Hall	ical injury and hereby assume all such risk and PBI and all its employees and agents thereof ig from and by reason of any and all known and uries, damage to property, and the consequencor involvement with this camp, including any by certify that the participant is in good physical in the case of an emergency, I grant permission it. Any photographs taken at the camp are subsibly be used for advertising the camp. I hereby  I have read and agree to the Refund, rmless Agreement stated above.  Date:	
1300 Route 17 North, Ramsey, NJ 07446 1-800-282-4638 * Fax: 201-760-8820	Are either parents and	/or guardians an active me	ember 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-1

Day	Time	December	January	February	March
Thursdays	6:00- 8:00рм	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22	2/29, 3/7, 14, 21, 28

## **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 \$699. <sup>99</sup>	MEMBER \$589. <sup>99</sup>	MEMBER \$430. <sup>99</sup>	MEMBER \$279.99
REGULAR \$769. <sup>99</sup>	REGULAR \$655. <sup>99</sup>	REGULAR \$475. <sup>99</sup>	REGULAR \$309. <sup>99</sup>

#### COACHING STAFF















#### PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play multiple positions, you will rotate positions each 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. 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.

**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!