

REGISTRATION, PAYMENT & AGREEMENT

'24/'25
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?... _____



1-800-282-4638

WWW.BASEBALLCLINICS.COM

PROFESSIONAL BASEBALL INSTRUCTION
in conjunction with the
BASEBALL HEALTH NETWORK
present the 2024/2025

PITCHING HEALTHY PROGRAM



METHOD OF PAYMENT

Pay in Full Group #1 _____ Group #2 _____

Payment Plan

1st Payment Due upon Registration.....50%
2nd Payment Due on January 10, 2025..... 50%

Full Program..... \$1,999.⁹⁹

TOTAL DUE: _____

PAY BY CREDIT CARD Visa, Master Card, American Express

PAY BY CASH or CHECK (made payable to cash)

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 and checks made out to PBI. You can avoid this fee by paying cash or check (made payable to cash)

****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 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

Pitching Healthy is Presented by PBI and the Baseball Health Network

Why the Pitching Healthy Program?

The professional and experienced staff and consulting team at PBI has designed the best pitching program available for today's pitching athletes. With an epidemic of arm injuries occurring constantly in baseball, we MUST address the reasons why this is happening and AVOID the training methods that contribute to increased probability of injury to our pitchers. PBI understands the demand for increased velocity in today's athlete, but it must be done properly in accordance with the athlete's age and his current physical strength and stability levels. There are several DON'TS when training pitchers. Let us train you in a HEALTHY manner to avoid injury and improve overall pitching skill and ability.

PITCHING HEALTHY. The name says it all !!!!!!!!!!!!!

PROGRAM DETAILS

OVERVIEW: All pitchers will be taught to command their fastball. Each pitcher will work at his individual pace, until he can execute both his fastballs (2 and 4 seam) properly. Once that task is achieved, we go to the secondary pitch. Usually a breaking ball of some sort, one that best matches his arm slot and natural rotation. Slider, curveball, sweeper, cutter, etc. are all considered breaking balls. We (player and coach) will determine which breaking ball is best for the pitcher and will offer consistency with confidence. Then we focus on a third pitch, usually a change-up of some sort. We teach the physics of all the pitches and explain what factors influence the flight of the pitch. There are probably at least 10 different ways to attempt to throw a change-up, once the players understand the physics, we can then decide which grips will work best for each pitcher and the best method to achieve consistency with it, once again pairing the arm angles and look of the individual pitchers fastball as our determining factors.

This has recently been referred to as "tunneling" your pitches. All pitches should look the same coming out of your hand, arm slot, arm speed, with identical body position, for maximum efficacy for each type of pitch. In the old days we called that "repeatability" of your pitches.

We will be using TRACKMAN technology for our pitchers. Unmatched, unparalleled in the METRIC world of baseball analysis.

EVALUATION: Each Pitching Healthy athlete will have their current level of overall strength, skill, range of motion (ROM), and upper and lower body stability (how well you control your body during athletic movements) tested. We will determine, through that testing, an individual strength program for each athlete. Goals will be to increase strength, and lower the injury risk factor(s) that are currently present in the athlete. Each athlete will be getting their personalized program sent via text to their phone. All workouts and lifts will be monitored by our certified strength coach Nick Schroeder.

STRENGTH TRAINING: The pitching healthy program will be using the NEW GYM set-up at PBI. All players will receive a personalized workout designed specifically for them as an individual. Our gym will be available to our pitchers throughout length of the pitching healthy program, and at specified times and days during the week. Coach Nick Schroeder will be monitoring all lifting.

PROGRAM ALSO INCLUDES: Pitching mechanic drills, pick-off moves, defensive play – covering first - fielding bunts – covering home on passed balls, teach pitchers how to call their own pitches, tricks used by Major League pitchers and coaches to increase movement and command of their pitches.

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.



MENTAL TRAINING: Coach Doug Cinnella will be tapping into the brain and using his mind set program for success that will begin in the mind and flow through the body and into the ball for an airtight, unbeatable thought process every time you're on the mound. This is the most important part of any pitchers make-up. Confidence, mental toughness and positive expectations every time you pitch. Pitching is an easy task. Don't make it tougher than it is.

THROWING MECHANICS EVALUATION: Coach Steve Hayward will be analyzing all pitchers mechanics and pinpointing weaknesses that need attention. In order to throw with maximum velocity, the mechanics need to be solid. All body direction needs to be on line. What's the point of throwing hard but not being able to throw a strike?? We solve that problem, quickly, easily, matter-of-factly !!! PBI will also be using proven methods of arm strengthening that increase velocity without the risky movements today's pitchers are being taught. Too many young players are performing extremely risky throwing drills to increase velocity. It's a terrible mess out there. Let PBI get you on track in a responsible way that will keep you healthy. Can't play if you're not on the field. We keep you on the field.

SCHEDULE

2 workouts per week (Wednesday & Saturday) Pick Group #1 or #2

Day	Time	December	January	February/March
Group 1—Wednesday	7:00PM– 9:00PM	12/4, 11, 18	1/8, 15, 22, 29	2/5, 12, 19, 26, 3/5, 12
Group 1—Saturday	11:30AM– 1:30PM	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 3/1, 8
Group 2—Wednesday	8:30PM– 10:30PM	12/4, 11, 18	1/8, 15, 22, 29	2/5, 12, 19, 26, 3/5, 12
Group 2 Saturday	1:00PM– 3:00PM	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22, 3/1, 8