

REGISTRATION, PAYMENT & AGREEMENT

'25/'26
HSWTP

Name: _____ DOB.: _____

Indicate the Position(s) you will come into program as >>>

☐ 1B

☐ 3B

☐ MIF

☐ OF

→ If playing multiple positions– you must attend the program for more than one day per week ←

Baseball in 2024

HS: _____ Grad Yr: _____

At What Level Did You Play HS

☐ VARSITY

☐ JV

☐ FRESHMAN

Address: _____

City: _____ State: _____ Zip: _____

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

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

CHOOSE NUMBER OF MONTHS

☐ 4 Months

(Dec/Jan/Feb/Mar)

☐ 3 Months

(Jan/Feb/Mar)

☐ 2 Months

(Feb/Mar)

CHOOSE YOUR TRAINING DAY(S)

☐ TUESDAYS

☐ THURSDAYS

METHOD OF PAYMENT

☐ Pay in Full

☐ Payment Plan

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

2nd Payment Due on February 1, 2026..... balance

TOTAL DUE: _____

☐ PAY BY CREDIT CARD Visa, Master Card, American Express

☐ PAY BY CASH or CHECK (payable to cash). You must provide a credit card even if paying by cash or check. Cash or check payments must be presented by 10pm 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

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 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 2nd and/or 3rd 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, 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

HIGH SCHOOL

WINTER TRAINING 2026

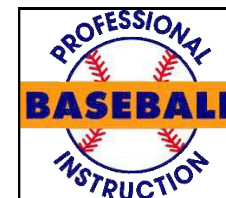
STRENGTH • HITTING • DEFENSIVE

Design Your Own Training Schedule

★ CHOOSE 1 OR 2 DAYS PER WEEK ★

★ CHOOSE 1, 2 OR 3 MONTHS ★

PBI's "High School Winter Training Program" is the most intense and thorough *Off-Season Training Program* available for high school players. The HSWTP program will bring you to the doorstep of the 2026 High School season fully prepared and ready to go!



www.BASEBALLCLINICS.com



1300 Route 17 North, Ramsey, NJ 07446

1-800-282-4638 www.BASEBALLCLINICS.com

Design YOUR Training According to YOUR Schedule

GOALS OF THE PROGRAM

- Prepare players to enter their high school 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...

- **DAYS PER WEEK... CHOOSE 1 -or- 2**
- **# OF MONTHS... CHOOSE 1 -or- 2 -or- 3**

Day	Time	December	January/February	February/March
Tuesdays	8:00– 10:00PM	12/2, 9, 16	1/6, 13, 20, 27, 2/3	2/10, 17, 24, 3/3, 10
Thursdays	8:00– 10:00PM	12/4, 11, 18	1/8, 15, 22, 29, 2/5	2/12, 19, 26, 3/5, 12

PRICING

	4 MONTHS (DEC/JAN/FEB)	2 MONTHS (JAN & FEB)	1 MONTH (FEB & MAR)
1 DAY PER WEEK.....	\$656.⁹⁹ 13 TOTAL SESSIONS	\$528.⁹⁹ 10 TOTAL SESSIONS	\$309.⁹⁹ 5 TOTAL SESSIONS
2 DAYS PER WEEK.....	\$1,115.⁹⁹ 26 TOTAL SESSIONS	\$1,022.⁹⁹ 20 TOTAL SESSIONS	\$609.⁹⁹ 10 TOTAL SESSIONS

COACHING STAFF



DOUG CINNELLA



STEVE HAYWARD



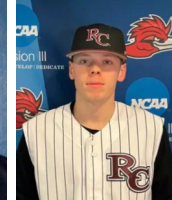
JOE CINNELLA



JULIAN UEJIMA



BOBBY LINEBURG



GARRETT VAN ALSTYNE

PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

→ **TRAIN TO GAIN STRENGTH, INCREASE POWER IN YOUR SWING WHILE CREATING EXPLOSIVE BAT SPEED**

→ **ALL PLAYERS WILL BUILD ARM AND CORE BODY STRENGTH THAT PBI FITNESS GUARANTEES WILL INCREASE THROWING VELOCITY**

COMBINE THIS PBI FITNESS PROGRAM WITH OUR WORLD CLASS HITTING AND DEFENSIVE WORKOUTS AND YOU'VE GOT...

THE 2026 HIGH SCHOOL WINTER TRAINING PROGRAM

CHAMPIONS ARE MADE DURING THE OFF SEASON

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. HitTrax metrics will be measured during the entirety of the HSWTP.

STRENGTH TRAINING INCLUDES... All players will get a personalized custom program for them to follow throughout the HSWTP. Our new gym and strength training equipment will be available to our players throughout the winter on specified days and times. We encourage all players to use the gym as often as possible.

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.