

# SPRING 10U 2020

*You are 10u... if you are 10 years old or younger on 4/30/2020  
(born between 5/1/09 thru 4/30/10)*



## EAGLES BASEBALL

*Regular Season League Play  
in PBI Baseball League*



*Bergen County Charity Classic  
5/22/20 – 5/25/20*



*Winter Training  
January thru March*



- ➔ Tryout Info
- ➔ Season Details
- ➔ Tournament Details
- ➔ Winter Training

# What's Included...



- ➔ REGULAR SEASON LEAGUE PLAY
- ➔ MEMORIAL WEEKEND TOURNAMENT
- ➔ WINTER TRAINING



## LEAGUE DETAILS

- ➔ 10u plays on 46/60 field; primarily LL rules
- ➔ League games are played in the PBI League
- ➔ 8 League Games in regular season
- ➔ League games are played on Sunday's... 3/29, 4/5, 4/19, 4/26, 5/3, 5/10, 5/17, 5/31
- ➔ Semifinals on 6/6 and Finals on 6/7
- ➔ Majority of league games in the local Bergen, Passaic, Rockland County areas
- ➔ Game times vary according to whom and where we are playing.

## PRACTICE DETAILS

Thursday, March 19<sup>th</sup>... 4:30PM – 6:00PM... at PBI  
 Thursday, March 26<sup>th</sup>... 4:30PM – 6:00PM... at PBI  
 Thursday, April 2<sup>nd</sup>... 4:30PM – 6:00PM... at PBI

**Tuesday, April 7<sup>th</sup> ... 6:30PM – 8:00PM... at PBI**  
 and continuing every Tuesday at 6:30PM thru the season

## UNIFORMS

New Eagle players uniform includes> Jersey, Pants, Hat  
 New Uniform fee is \$100.

Additional Uniform items available if needed

Additional uniform item prices> Jersey(\$50.), Pants(\$40.), Hat(\$10.)



**Professional Baseball Instruction, Inc.**

1300 Route 17 North, Ramsey, NJ 07446

1-800-282-4638

[www.BASEBALLCLINICS.com](http://www.BASEBALLCLINICS.com)

## TRYOUTS

### PRIVATE TRYOUTS

Available Monday thru Friday

Call 201-760-8720 ext. 100 ...or... email deb@baseballclinics.com

**2020 Spring Eagles \$695.<sup>00</sup>**

Spring Eagle fee includes BCCC tournament

## TOURNAMENT DETAILS

### ➔ BERGEN COUNTY CHARITY CLASSIC

Dates... Friday, May 22<sup>nd</sup> –thru– Monday, May 25<sup>th</sup>

Location... Bergen County, NJ and surrounding area

Web... [www.memorialbenefit.org](http://www.memorialbenefit.org)

#### Notes Regarding Tournaments...

- ➔ Attendance to tournament is mandatory for all players.
- ➔ Any applicable travel/lodging/meal arrangements and associated costs are the responsibility of individual players, not PBI.

## WINTER TRAINING

All Spring Eagle players must attend a PBI winter training program. Program is available at member pricing for Spring Eagle Players.

### PRESEASON WINTER TRAINING PROGRAM (PSWTP)

➔ Player options are:

- January through March.....\$479.00
- February and March.....\$359.00
- March..... \$225.00

See page 3 for full details regarding the winter training

# PREPARE FOR SUCCESS WITH PBI'S WINTER TRAINING PROGRAMS...

# PRE-SEASON WINTER TRAINING PROGRAM

## PSWTP DETAILS

PBI's "Pre-Season Winter Training Program" is the most intense and thorough off-season training program available for 9 & 10 year old baseball players. This program will extensively key in on both fundamental and advanced skills. The PSWTP will bring you to the doorstep of the 2020 baseball season fully prepared and ready to go!

## HEAD COACHES



### DOUG CINNELLA

President of PBI  
 Veteran of 9 Professional Seasons  
 Orioles, Expos, Mets, Yankees  
 Current Cincinnati Reds Scout  
 Seton Hall Univ. Alumni



### BOBBY LINEBURG

Bobby's enthusiasm for baseball and teaching kids how to play are obvious from the moment you walk into PBI!!! Bobby also pitched at the collegiate level for MCC and attended tryout camps with Florida Marlins & Chicago White Sox



### STEVE HAYWARD

Pres; Baseball Health Network  
 Veteran of 6 Professional seasons  
 Sox & Aberdeen Pheasants  
 Current Tampa Bay Rays Scout  
 Seton Hall Univ. Alumni



### KEITH CEDRO

NY Mets- Strength & Conditioning  
 Coach. Conditioning Consultant  
 NY Giants & SHU

[VISIT WWW.BASEBALLCLINICS.COM FOR A FULL LIST OF PBI'S STAFF](http://WWW.BASEBALLCLINICS.COM)

PLAYERS WILL TRAIN IN THE INFIELD, OUTFIELD AND ALSO PITCH/CATCH. ALL PLAYERS WILL TRAIN HITTING AND BASERUNNING.

## HITTING TRAINING DETAILS

*(All players will work on their hitting & base-running skills)*

At P.B.I. we believe that all young hitters need to have balance and rhythm before, during and after their swings. Our proven hitting methods will yield immediate results for all our hitters. There will be tee work, toss-ups, front toss and live BP during this highly effective hitting program.

## PITCHING TRAINING DETAILS

### P.B.I.'S POWERFUL PITCHING TECHNIQUES

Pitching IS the game. P.B.I. understands this fact. Our expert approach to throwing quality strikes will give all pitchers a tremendous level of confidence. The emphasis of the pitching program is teaching a scientific approach to pitching performance. We guarantee you and your child will be delighted with this top-notch P.B.I. program.

## INFIELD TRAINING DETAILS

P.B.I. will teach proper approaches to all types of ground balls. All ground balls are different, each one offers an opportunity to make a brilliant play. Training will include routine, glove side and backhand techniques to fielding ground balls. Other infield topics of training will include run-downs, short hops, proper throwing mechanics (including when to throw off balance) and double play dynamics. Footwork and specialty work for 1st base will be covered extensively.

## OUTFIELD TRAINING DETAILS

Quick, accurate first steps and arm strength is vital to being an outfielder. Our controlled outfield drills will emphasize these outfield "ABSOLUTES".

## CATCHING TRAINING DETAILS

*(Only players who wish to work on their catching will catch)*

Catching is a vital position. All good teams have good pitching AND even better catching. Training will include: Receiving, blocking, throwing, fielding bunts and effective tag plays at home plate.

## NEW STRENGTH TRAINING FOR BASEBALL

A great new extensive strength training aspect will be included as part of the PSWTP. Speed, agility and strength work appropriate to the age group will be done each workout. Developing a sound, safe and scientific approach will put our players on the right path to physical fitness that will have a tremendous impact on their quality of life, not just today but for years to come!!

## PSWTP SCHEDULE

YOU MAY TRAIN FOR 3 -or- 2 -or- 1 MONTHS

Day	Time	January	February	March
Monday's	5:00- 7:00PM	1/6, 13, 20, 27	2/3, 10, 17, 24	3/2, 9, 16, 23

# 10u Spring 2020... Registration... Payment... Agreement

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

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

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

Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

Father's Cell: \_\_\_\_\_ Mother's Cell: \_\_\_\_\_

Parent's Email(s): \_\_\_\_\_

Parent's Email(s): \_\_\_\_\_

What school grade are you in?: \_\_\_\_\_ Bats: LEFT — RIGHT Throws: LEFT — RIGHT

Primary Position: \_\_\_\_\_ Alternate Position(s): \_\_\_\_\_ Do you?...  PITCH  CATCH

## SCHEDULE YOUR TRYOUT

Please Note... roster spots will be awarded to players at the sole discretion of PBI on a first come—first served basis. PBI reserves the right to cancel a tryout date in the event the roster becomes complete prior to a tryout date.

**Tryout Location>>> 1300 Route 17 North, Ramsey, NJ**

To schedule a private tryout call 1-800-282-4638 ext. 100 or email to deb@baseballclinics.com

PRIVATE TRYOUT... Date/Time: \_\_\_\_\_ Coach: \_\_\_\_\_

You will be advised of your status with the team...  
**within 7 days via EMAIL**

There are three possible outcomes... 1) Yes... 2) No... 3) Wait List  
\*\*add deb@baseballclinics.com to your address book to insure you receive the email\*\*

Private Tryout: \$20.<sup>00</sup>

Accepted Methods of Payment:

Cash  Check  Visa  Master Card  AMEX

CARD# \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

Please review and complete opposite side of this page >>>

THE INFO BELOW IS IN ANTICIPATION OF YOUR SELECTION TO THE TEAM.

## 10u... 2020 Spring Eagles Payment Info

- Spring Season/Tournament ..... \$695.<sup>00</sup>
  - + PSWTP... Jan. thru March..... + \$479.
  - + PSWTP... Feb. & March..... + \$359.
  - + PSWTP... March Only..... + \$225.
- Winter Training Program..... + \$ \_\_\_\_\_
- I need a full Uniform (jersey, pants, hat)..... + \$100.<sup>00</sup>
  - Size \_\_\_\_\_ Size \_\_\_\_\_
- I need additional uniform items..... + \$ \_\_\_\_\_
- I have jersey # \_\_\_\_\_

GRAND TOTAL..... \$

### PAYMENT DUE DATES

- 1/3 of Total Due upon selection to team..... \$ \_\_\_\_\_
- 1/3 of Total Due on 2/01/20..... \$ \_\_\_\_\_
- 1/3 of Total Due on 3/01/20..... \$ \_\_\_\_\_

### IF YOU ARE SELECTED FOR THE TEAM...

PAY BY CREDIT CARD Visa, Master Card, American Express

1st payment will be processed to the credit card listed below upon being selected to the team. The balance of fees will be processed to the credit card listed below according to the schedule outlined in the "Payment Due Dates" section.

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

PAY BY CASH / CHECK

You must provide a credit card even if paying by cash/check. Cash/check payments must be presented by the payment due dates 8:00PM, otherwise, PBI will process payment to the credit card listed below.

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ Code: \_\_\_\_\_

### \*\*\*REFUND/CANCELLATION POLICY \*\*\*

Absolutely NO cash refunds under any circumstance. All players are required to attend all practices, games, tournaments, and selected winter training sessions. PBI cannot provide make-up times for any missed practices, league games, tournaments, winter training sessions, cancellations due to weather, or cancellations of any kind; nor will PBI issue any credit vouchers for the same. You are considered as on the team at the time your registration is processed. In the event a player discontinues with the team prior to 2/01/20; monies paid to that date towards the team fee/tournament fee may be prorated in the form of a PBI credit voucher - less a \$100.<sup>00</sup> administrative fee. In the event a player discontinues with the team on or after 2/01/20; no refunds or credit vouchers will be issued. Please note; the entire winter training portion of the total fee is completely non-refundable.

### CONFIRMATION OF AGREEMENT:

I hereby agree to the above stated conditions of the 2020 PBI Spring Eagles policies. I have provided my credit card information within & authorize PBI to charge said credit card for all fees associated with the Spring Eagles.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Are either parents/guardians a current member of the US military?  YES  NO