

# REGISTRATION, PAYMENT & AGREEMENT

'20/'21  
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 ←

HS: \_\_\_\_\_ Grad Yr: \_\_\_\_\_ At What Level Did You Play HS Baseball in 2020?  
 VARSITY  JV  FRESHMAN

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

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

Fathers Name: \_\_\_\_\_ Mothers Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Fathers Cell: \_\_\_\_\_ Mothers Cell: \_\_\_\_\_ Player Cell: \_\_\_\_\_

EMail(s): \_\_\_\_\_

## CHOOSE NUMBER OF MONTHS

- 3 Months (Dec/Jan/Feb)  2 Months (January & February)  1 Month (February Only)

## CHOOSE YOUR TRAINING DAY(S)

- TUESDAYS  THURSDAYS

## 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, 2021..... balance

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 10pm on the payment due dates, otherwise, payment will be processed to the credit card below.

Card # \_\_\_\_\_  
Exp: \_\_\_\_\_ CVV: \_\_\_\_\_

\*\*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 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, 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

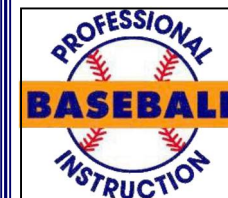
# HIGH SCHOOL



## 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 2021 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             |
|-----------|---------------|--------------|-----------------|----------------------|
| Tuesdays  | 8:00- 10:00PM | 12/1, 8, 15  | 1/5, 12, 19, 26 | 2/2, 9, 16, 23, 3/2  |
| Thursdays | 8:00- 10:00PM | 12/3, 10, 17 | 1/7, 14, 21, 28 | 2/4, 11, 18, 25, 3/4 |

## PRICING

|                      | 3 MONTHS<br>(DEC & JAN & FEB)                   | 2 MONTHS<br>(JAN & FEB)                         | 1 MONTH<br>(FEBRUARY)                           |
|----------------------|---|---|---|
| 1 DAY PER WEEK.....  | <b>\$499.<sup>99</sup></b><br>12 TOTAL SESSIONS | <b>\$359.<sup>99</sup></b><br>9 TOTAL SESSIONS  | <b>\$225.<sup>99</sup></b><br>5 TOTAL SESSIONS  |
| 2 DAYS PER WEEK..... | <b>\$949.<sup>99</sup></b><br>24 TOTAL SESSIONS | <b>\$739.<sup>99</sup></b><br>18 TOTAL SESSIONS | <b>\$449.<sup>99</sup></b><br>10 TOTAL SESSIONS |

## 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 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 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 HSWTP, along with New Jersey's best coaching staff to bring you a winning combination of total baseball training!**