

# SPRING 14U 2024

You are 13u... if you are 13 years old or younger on 4/30/24



## EAGLES BASEBALL

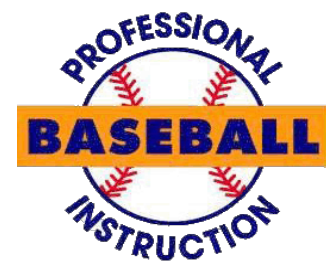
*Regular Season League Play in USABL*



*Memorial Day Weekend Tournament  
5/24/24 – 5/27/24*



*Winter Training  
December thru March*



**→ Tryout Info → Season Details → Tournament Details  
→ Winter Training**

# What's Included...



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



## LEAGUE DETAILS

- ➔ 14u plays on 60/90 field; USABL rules
- ➔ League games are played in the USABL
- ➔ 9 League Games in regular season
- ➔ League games are played on Sunday's... 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 6/2
- ➔ 1 guaranteed playoff game (all teams make playoffs)
- ➔ Majority of league games in the local Bergen, Passaic, Rockland County areas
- ➔ Game times vary according to whom and where we are playing.



**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](mailto:deb@baseballclinics.com)

## 2024 Spring Eagles... \$899.99

- ➔ ADD Senior Winter Training Program (SRWTP)  
(Dec thru Mar \$699.) (Jan thru Mar \$589.) (Feb & Mar \$430.) (March \$309.)
- ➔ ADD Youth Pitching Healthy Program (YPHP)  
(Dec thru Mar \$1,079.) (Jan thru Mar \$989.) (Feb & Mar \$839.)

## TOURNAMENT DETAILS

### ➔ MEMORIAL DAY WEEKEND TOURNAMENT

Dates... Friday, May 24<sup>th</sup> –thru– Monday, May 27<sup>th</sup>  
Location... Bergen County, NJ and surrounding area  
Web... USABL.com (exact details TBD)

#### Notes Regarding Tournaments...

- ➔ **ALL PLAYERS ON SPRING 14U EAGLES TEAM MUST BE AVAILABLE FOR THE MEMORIAL DAY WEEKEND TOURNAMENT—NO EXCEPTIONS**
- ➔ Any applicable travel/lodging/meal arrangements and associated costs are the responsibility of individual players, not PBI.

## PRACTICE DETAILS

Wednesday, March 20<sup>th</sup>... 8:30PM–10:00PM... at PBI  
Wednesday, March 27<sup>th</sup>... 8:30PM–10:00PM... at PBI  
Wednesday, April 3<sup>rd</sup>... 8:30PM–10:00PM... at PBI

Wednesday, April 10<sup>th</sup> ... 8:30PM–10:00PM... at PBI and continuing every Wednesday at 8:30PM–10:00PM thru the season

## UNIFORMS

New Eagle players uniform includes> Jersey, Pants, Hat  
*New Uniform fee is \$130.*

Additional Uniform items available if needed

Additional uniform item prices> Jersey(\$50.), Pants(\$60.), Hat(\$20.)

## WINTER TRAINING

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

Players have the choice of one or both of PBI's...

- ➔ Senior Winter Training Program (SRWTP)
- ➔ Youth Pitching Healthy Program (YPHP)

Players may design their own training schedule...

- ➔ begin in December, January, February, or March

See page 3 for full details regarding the winter training

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

Choose either "Senior Winter Training Program" (SRWTP) ...or... Youth Pitching Healthy Program (YPHP) ...or... Both

## SR. WINTER TRAINING PROGRAM

PBI's comprehensive Defensive and Offensive program.

### GOALS OF THE PROGRAM

- Prepare players to enter their season at peak performance.
- Condition players skills, knowledge and execution to top personal performance.
- Educate players on injury prevention and staying healthy thru the season.

### SRWTP DETAILS

The Senior Winter Training Program is a complete 60/90 training package for all position players.

### SCHEDULE OPTIONS

→ # OF MONTHS... CHOOSE 4 -or- 3 -or- 2 -or- 1

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

### 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 Blast-motion.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.



## YOUTH PITCHING HEALTHY PROGRAM

All Pitching. PBI's premier pitching program.

### Why the Pitching Healthy Program?

The professional staff and the PBI consulting team has designed the best pitching program available for today's athletes. The demands for increased velocity have their place in the development of a pitcher, but velocity alone is not going to win a baseball game. **DO NOT CHASE VELOCITY:** Instead, **LET VELOCITY CHASE YOU.** 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 maximum, responsible, throwing arm strength. The primary goals of the Pitching Healthy Program focuses on full body function as it relates to strength and flexibility.

### PROGRAM DETAILS

**OVERVIEW...** All pitchers will work at their personal developmental pace. There is absolutely no way to structure the program across the board for everyone on a schedule. This customized approach will guarantee superior results for all our pitchers. PBI will be using the **RAPSODO** Pitching Analysis System. For complete details on RAPSODO Pitching go to RAPSODO.com. PBI will also use the "**PRO MIRROR**" video system and the **PITCH LOGIC** Training System. For details on PITCH LOGIC System go to PITCHLOGIC.com. Our goal is to allow each pitcher to find their own natural rhythm to maximize their efficiency on the mound.

**EVALUATION...** Each Pitching Healthy athlete will have a physical assessment done at the beginning of the program. These tests will help determine any injury risks, dysfunctions, imbalances and provide a baseline for their current physical condition. Each baseline test will give PBI the data to develop a personal training plan for each athlete.

**PROGRAM STRUCTURE...** Each session will begin with a warm-up and movement prep. Followed by pitching specific training including mechanical, mental and conditioning drill work. We will conclude every session with a cool down.

PLEASE CALL DOUG CINNELLA AT 201-669-0191 WITH SPECIFIC QUESTIONS ABOUT THIS PROGRAM

Day	Time	December	January	February	March
<b>Wednesday</b>	<b>5:30- 7:00PM</b>	12/6, 13, 20	1/3, 10, 17, 24, 31	2/7, 14, 21, 28	3/6, 13
<b>Saturday</b>	<b>10:00- 11:30am</b>	12/2, 9, 16	1/6, 13, 20, 27	2/3, 10, 17, 24	3/2, 9, 16



# 14U Spring 2024... 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](mailto: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](mailto:deb@baseballclinics.com) to your address book to insure you receive the email\*\*

Private Tryout: \$25.<sup>00</sup>

Accepted Methods of Payment:

Cash  Check (made payable to cash)  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.

## 14u... 2024 Spring Eagles Payment Info

- Spring Season/Tournament ..... \$899.<sup>99</sup>
  - + SRWTP... Dec. thru March..... + \$699.
  - + SRWTP... Jan. thru March..... + \$589.
  - + SRWTP... Feb. & March..... + \$430.
  - + SRWTP... March Only..... + \$309.
  - + YPHP... Dec. thru March..... + \$1,079.
  - + YPHP... Jan. thru March..... + \$989.
  - + YPHP... Feb. & March..... + \$839.
- Winter Training Program..... + \$ \_\_\_\_\_
- I need a full Uniform (jersey, pants, hat)..... + \$130.<sup>00</sup>  
Size \_\_\_\_\_ Size \_\_\_\_\_
- I need additional uniform items..... + \$ \_\_\_\_\_
- I already have Eagles jersey # \_\_\_\_\_ GRAND TOTAL.....\$

### PAYMENT DUE DATES

- 1/3 of Total Due upon selection to team..... \$ \_\_\_\_\_
- 1/3 of Total Due on 2/01/24..... \$ \_\_\_\_\_
- 1/3 of Total Due on 3/01/24..... \$ \_\_\_\_\_

## 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: \_\_\_\_\_
- NOTE: A 3% convenience fee will be charged to all credit card transactions. You can avoid this fee by payment cash or check (made payable to cash)**

### \*\*\*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 2/01/24; 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 2/01/24 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 2024 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: \_\_\_\_\_

