

# SPRING 12U 2025

*You are 12u... if you are 12 years old or younger on 4/30/25*



## EAGLES BASEBALL

*Regular Season League Play in USABL*



*Memorial Day Weekend Tournament  
5/23/24– 5/26/24*



*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

- ➔ 12u plays on 50/70 field; USABL rules
- ➔ League games are played in the USABL
- ➔ 9 League Games in regular season
- ➔ League games are played on Sunday's... 4/6, 13, 27, 5/4, 11, 18, 6/1, 8
- ➔ 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.

## PRACTICE DETAILS

Wednesday, March 19<sup>th</sup>.... 6:00PM – 7:30PM... at PBI  
 Wednesday, March 26<sup>th</sup>.... 6:00PM – 7:30PM... at PBI  
 Wednesday, April 2<sup>nd</sup>..... 6:00PM – 7:30PM... at PBI

Tuesday, April 8<sup>th</sup> ... 7:00PM – 8:30PM... at PBI  
 and continuing every Tuesday at 7:00PM 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.)



**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)

## **2025 Spring Eagles... \$899.99**

- ➔ ADD Junior Winter Training Program (JRWTP)  
 (Dec thru Mar \$699.) (Jan thru Mar \$589.) (Feb & Mar \$430.) (March \$309.)
- ➔ ADD Youth Pitching Healthy Program (YPHP)  
 (Dec thru Mar \$1,349.) (Jan thru Mar \$1,299.) (Feb & Mar \$999.)

## TOURNAMENT DETAILS

### ➔ MEMORIAL DAY WEEKEND TOURNAMENT

Dates... Friday, May 23<sup>rd</sup> –thru– Monday, May 26<sup>th</sup>  
Location... Bergen County, NJ and surrounding area  
Web... USABL.com (exact details TBD)

#### Notes Regarding Tournaments...

- ➔ **ALL PLAYERS ON SPRING 12U 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.

## 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...

- ➔ Junior Winter Training Program (JRWTP)
- ➔ 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 "Junior Winter Training Program" (JRWTP) ...or... Youth Pitching Healthy Program (YPHP) ...or... Both

## JR. 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.

### JRWTP DETAILS

The Junior Winter Training Program is a complete 50/70 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>Tuesday</b>	<b>6:00- 8:00PM</b>	12/3, 10, 17	1/7, 14, 21, 28	2/4, 11, 18, 25	3/4, 11, 18, 25, 4/1

**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 will use kettle bells, battle ropes, medicine balls, foam rollers, dumbbells, sleds, and a detailed band program for developing maximum, responsible, throwing arm strength for our 11 & 12 year old players.

**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.

**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 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.

**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.

For more details go to our website @ [www.baseballclinics.com](http://www.baseballclinics.com) under 12U training.

### SCHEDULE

2 sessions per week—2 hours per session

<b>Wednesday</b>	<b>5:30PM- 7:30PM</b>	12/4, 11, 18	1/8, 15, 22, 29	2/5, 12, 19, 26	3/5, 12
<b>Saturday</b>	<b>10:00AM- 12:00PM</b>	12/7, 14, 21	1/4, 11, 18, 25	2/1, 8, 15, 22	3/1, 8

# 12u Spring 2025... 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

**Private tryouts available by appointment.**  
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: \$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.

## 12u ... 2025 Spring Eagles Payment Info

Spring Season/Tournament ..... \$899.<sup>99</sup>

- + JRWTP... Dec. thru March..... + \$699.
- + JRWTP... Jan. thru March..... + \$589.
- + JRWTP... Feb. & March..... + \$430.
- + JRWTP... March Only..... + \$309.
- + YPHP... Dec. thru March..... + \$1,349.
- + YPHP... Jan. thru March..... + \$1,299.
- + YPHP... Feb. & March..... + \$999.

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 2/01/25..... \$ \_\_\_\_\_

1/3 of Total Due on 3/01/25..... \$ \_\_\_\_\_

## 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 2/01/25; 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 2/01/25; 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 2025 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