



# Fall/Early Winter Program Guide 2010

East Coast Baseball / Softball Academy Teams

**BASEBALL PROGRAMS**



## Ages 3-5

### After School Skills Academy

Combination of coordination, gross motor skill development, and beginner baseball knowledge. Class length 60 minutes. Cost per player per session: \$120.

#### Session 1:

**Option A: Mondays**  
Sept. 20th – Oct. 25th  
4pm to 5pm

**Option B: Wednesdays**  
Sept. 22nd – Oct. 27th  
4pm to 5pm

#### Session 2:

**Option A: Mondays**  
Nov. 1st – Dec. 6th  
4pm to 5pm

**Option B: Wednesdays**  
Nov. 3rd – Dec. 8th  
4pm to 5pm

## Ages 5-7

### Rookie Skills Class

Start them on the right track in skill development with an hour of throwing, fielding and hitting training that will combine gross motor development in a creative, fun atmosphere. Class length 60 minutes. Cost per option per player \$120.

#### Session 1:

**Option A: Mondays**  
Sept. 20th - Oct. 25th  
5pm to 6pm

**Option B: Wednesdays**  
Sept. 22nd – Oct. 27th  
5pm to 6pm

#### Session 2:

**Option A: Mondays**  
Nov. 1st – Dec. 6th  
5pm to 6pm

**Option B: Wednesdays**  
Nov. 3rd – Dec. 8th  
5pm to 6pm

## Ages 8-10

### MASH

(Make, Aggressive, Swings, Happen) This innovative class is designed to raise your hitting to the next level through intense swing development and functional core rotational power training. Class length 60 minutes. Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
4:30pm to 5:30pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
4:30pm to 5:30pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
4:30pm to 5:30pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
4:30pm to 5:30pm

### Shake'm Off Pitching

This unique class is structured to develop your delivery and the biomechanical efficiency of your arm speed. Class length 60 minutes. Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
4:30pm to 5:30pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
4:30pm to 5:30pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
4:30pm to 5:30pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
4:30pm to 5:30pm

## Ages 10-12

### MASH

(Make, Aggressive, Swings, Happen) This innovative class is designed to raise your hitting to the next level through intense swing development and functional core rotational power training. Class length 60 minutes. Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
5:30pm to 6:30pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
5:30pm to 6:30pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
5:30pm to 6:30pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
5:30pm to 6:30pm

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# BASEBALL PROGRAMS

## High School Ages

### MASH

(Make, Aggressive, Swings, Happen) This innovative class is designed to raise your hitting to the next level through intense swing development and functional core rotational power training. Class length 60 minutes.

Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
8:00pm to 9:00pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
8:00pm to 9:00pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
8:00pm to 9:00pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
8:00pm to 9:00pm

### Shake'm Off Pitching

This unique class is structured to develop your delivery and the biomechanical efficiency of your arm speed. Class length 60 minutes. Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
8:00pm to 9:00pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
8:00pm to 9:00pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
8:00pm to 9:00pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
8:00pm to 9:00pm

## Ages 10-12 cont'd

### Shake'm Off Pitching

This unique class is structured to develop your delivery and the biomechanical efficiency of your arm speed. Class length 60 minutes. Cost per player per session: \$180.

#### Session 1:

**Option A: Tuesdays**  
Sept. 21st – Oct. 26th  
5:30pm to 6:30pm

**Option B: Thursdays**  
Sept. 23rd – Oct. 28th  
5:30pm to 6:30pm

#### Session 2:

**Option A: Tuesdays**  
Nov. 2nd – Dec. 7th  
5:30pm to 6:30pm

**Option B: Thursdays**  
Nov. 4th – Dec. 9th  
5:30pm to 6:30pm

## Private Instruction:

*Effective Sept. 1, 2009*

½ hour: \$65	1 hour: \$90
5 ½ hour lesson package: \$275	5 hour lesson package: \$400
10 ½ hour lesson package: \$450	10 hour lesson package: \$700

### East Coast Baseball/Softball Academy Teams

We have fused game play with training to fuel the developmental curve. Train in an environment that combines sport performance training, skill training, on field workouts, and games to make you the most well rounded Athlete and Ballplayer you can be. For more details about upcoming team tryouts contact Jim Coleman Director of Baseball/Softball Operations at (908) 756-6868 or at [jim.coleman@ecc-athlete.com](mailto:jim.coleman@ecc-athlete.com)

#### Off Site Training:

\$120 per hour for one instructor to come and train your team on field covering game situations, practice organization, and on field skill training.

**Complementary Team Training:** Unsure of who we are? Let us show you with an hour of training at no cost. Come and see first hand the level of instruction we bring to the table. Times can be set up through our office at East Coast Conditioning SportsPlex.

*Min of 10 teammates to reserve training. Only 1 comp session per team*

## SOFTBALL PROGRAMS

## Ages 8-12

### MASH

(Make, Aggressive, Swings, Happen) This innovative class is designed to raise your hitting to the next level through intense swing development and functional core rotational power training. Class length 60 minutes.

Cost per player per session: \$180.

**Session 1: Wednesdays**  
Sept. 22nd – Oct. 27th  
5pm to 6pm.

**Session 2: Wednesdays**  
Nov. 3rd – Dec. 8th  
5pm to 6pm

For more information call (908) 756-6868  
or visit [www.EastCoastConditioning.com](http://www.EastCoastConditioning.com)

 **East Coast Conditioning**  
Sports Performance Training