



East Coast Baseball & Softball

A DIVISION OF EAST COAST CONDITIONING

Winter Program Guide 2011

East Coast Baseball / Softball

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.

Option A: Mondays

Feb. 14th – Mar. 21st
4pm to 5pm

Option B: Wednesdays

Feb. 16th – Mar. 23rd
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.

Option A: Mondays

Feb. 14th – Mar. 21st
5pm to 6pm

Option B: Wednesdays

Feb. 16th – Mar. 23rd
5pm to 6pm

Ages 8-12

Little League Spring Training

This unique class is structured to develop your player and prepare them for their upcoming seasons. We will focus on the big three skills fielding, throwing, and hitting. Class length 2 hours. Cost per player per session: \$240.

Saturdays

Feb. 19th – Mar. 26th
9:00am to 11:00am

Hitting School

(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.

Option A: Mondays

Feb. 14th – Mar. 21st
4:00pm to 5:00pm

Option B: Wednesdays

Feb. 16th – Mar. 23rd
5:00pm to 6:00pm

Pitching School

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.

Option A: Mondays

Feb. 14th – Mar. 21st
5:00pm to 6:00pm

Option B: Wednesdays

Feb. 16th – Mar. 23rd
4:00pm to 5:00pm

Catching School

Covers all phases from blocking, receiving and throwing to game management knowledge, with emphasis on physical longevity. Class length 60 minutes. Cost per player per session: \$180.

Option A: Mondays

Feb. 14th – Mar. 21st
5:00pm to 6:00pm

Option B: Wednesdays

Feb. 16th – Mar. 23rd
4:00pm to 5:00pm

For more information call (908) 756-6868
or visit www.EastCoastConditioning.com



East Coast Conditioning
Sports Performance Training

CONTINUED ON OTHER SIDE

Middle School Ages

Middle School Spring Training Prep

East Coast Baseball understands the importance of starting the season on the right foot. Being fully prepared for tryouts, practices, and ultimately games, gives an athlete the opportunity to be successful and fulfill their goals. We at East Coast Baseball have the tools and knowledge necessary for an athlete to develop during the off season and come into the spring ahead of the curve. Class length 2 hours. Cost per player per session: \$750, sign up for both \$1200.

Mondays and Wednesdays

Feb. 21st – Mar. 28th
6:00pm to 8:00pm

High School Ages

Elite College Prep Training

**Call or email Jim Coleman,
Director of Operations for details**

Three Processes will be focused on Pitching, Hitting, Catching. Players will train twice weekly at SportsPlex and an additional day of training at our Clark Sports Performance training facility. Players will be run through a professional spring training atmosphere and college pre season regiment. Leading right up to the week they start tryouts. You can also find details on our web page at www.eastcoastconditioning.com

SOFTBALL PROGRAMS

Ages 8-12

Hitting School

(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.

Option A: Tuesdays

Feb. 15th – Mar. 22nd
4:00pm to 5:00pm

Option B: Thursdays

Feb. 17th – Mar. 24th
4:00pm to 5:00pm

Fastpitch School

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.

Option A: Tuesdays

Feb. 15th – Mar. 22nd
5:00pm to 6:00pm

Option B: Thursdays

Feb. 17th – Mar. 24th
5:00pm to 6:00pm

Catching School

Covers all phases from blocking, receiving and throwing to game management knowledge, with emphasis on physical longevity. Class length 60 minutes. Cost per player per session: \$180.

Option A: Tuesdays

Feb. 15th – Mar. 22nd
5:00pm to 6:00pm

Option B: Thursdays

Feb. 17th – Mar. 24th
5:00pm to 6:00pm

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

Off Site Training:

\$150 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.

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

For more information call (908) 756-6868
or visit www.EastCoastConditioning.com



East Coast Conditioning
Sports Performance Training