



East Coast Conditioning
Sports Performance Training

Spring/Summer Program Guide 2010



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

where athletes train

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

Date: April 12th - May 17th
Time: 4pm to 5pm

Option B: Wednesdays

Date: April 14th - May 19th
Time: 4pm to 5pm

Session 2:

Option A: Mondays

Date: May 24th - June 28th
Time: 4pm to 5pm

Option B: Wednesdays

Date: May 26th - June 30th
Time: 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

Date: April 12th - May 17th
Time: 5pm to 6pm

Option B: Wednesdays

Date: April 14th - May 19th
Time: 5pm to 6pm

Session 2:

Option A: Mondays

Date: May 24th - June 28th
Time: 5pm to 6pm

Option B: Wednesdays

Date: May 26th - June 30th
Time: 5pm to 6pm

BASEBALL 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:

Option A: Mondays

Date: April 12th - May 17th
Time: 6pm to 7pm

Option B: Wednesdays

Date: April 14th - May 19th
Time: 6pm to 7pm

Session 2:

Option A: Mondays

Date: May 24th - June 28th
Time: 6pm to 7pm

Option B: Wednesdays

Date: May 26th - June 30th
Time: 6pm to 7pm

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: Wednesdays

Date: April 14th - May 19th
Time: 7pm to 8pm

Session 2: Wednesdays

Date: May 26th - June 30th
Time: 7pm to 8pm

Back Stop Catching

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

Session 1: Wednesdays

Date: April 14th - May 19th
Time: 7pm to 8pm

Session 2: Wednesdays

Date: May 26th - June 30th
Time: 7pm to 8pm

In Season Tune Up

The season is underway stay on top of your skill development. Don't fall into a slump and stay efficient in your defense in this 6 week class keeping you in shape during the season. Class length 90 minutes. Cost per player per session \$200.

Session 1: Mondays

Date: April 12th - May 17th
Time: 7pm to 8:30pm

Session 2: Mondays

Date: May 24th - June 28th
Time: 7pm to 8:30pm

AGES 13+

In Season Tune Up

The season is underway stay on top of your skill development. Don't fall into a slump and stay efficient in your defense in this 6 week class keeping you in shape during the season. Class length 90 minutes. Cost per player per session \$200.

Session 1: Wednesdays

Date: April 14th - May 19th
Time: 8pm to 9:30pm

Session 2: Wednesdays

Date: May 26th - June 30th
Time: 8pm to 9:30pm

TURN PAGE FOR MORE

SOFTBALL PROGRAMS

PRIVATE INSTRUCTION

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

(Ages 8-12)

Date: April 13th – May 18th

Time: 6pm to 7pm

Option B: Thursdays

(Ages 13+)

Date: April 15th – May 20th

Time: 6pm to 7pm

Session 2:

Option A: Tuesdays

(Ages 8-12)

Date: May 25th – June 29th

Time: 6pm to 7pm

Option B: Thursdays

(Ages 13+)

Date: May 27th – July 1st

Time: 6pm to 7pm

Private Instruction

Effective Sept. 1, 2009

1/2 hour: \$65

5 1/2 hour lesson package: \$275

10 1/2 hour lesson package: \$450

1 hour: \$90

5 hour lesson package: \$400

10 hour lesson package: \$700

Create your Own Class

If your schedule doesn't fit with ours, get a couple players and we will design your own class.



East Coast Baseball/Softball Tournament 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

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*



East Coast Conditioning
Sports Performance Training

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