



East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING



East Coast Basketball

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Columbus Day Basketball & Baseball Camps



Columbus Day Monday, October 10th Basketball & Baseball Training Camps

Baseball

Hitting Specific Camp

10:00am - 12:00pm

Director: VP Jim Coleman

Ages: 8-15 (Will be broken down by age and skill)

Price: \$45

Basketball

Shooting Specific Camp

10:30am - 12:30pm

Director: Phil Colicchio

Ages: 7-16 (Will be broken down by age and skill)

(Boys & Girls)

Price: \$45

ECC SPORTS PERFORMANCE OFFERS SPECIALIZED TRAINING IN

BASEBALL – SOFTBALL – SOCCER – LACROSSE – BASKETBALL
FIELD HOCKEY – GOLF – STRENGTH AND CONDITIONING

EAST COAST OFFERS COMPETITIVE TRAVEL TEAMS IN:
LACROSSE – BASEBALL – SOFTBALL



Competition Center, Edison NJ



SportsPlex, Edison NJ



Weight Room, Clark NJ

East Coast Conditioning
ATHLETE UNIVERSITY

WHERE ATHLETES TRAIN

ECC SportsPlex
216 Tingley Lane, Edison, NJ 08820
(908) 756-6868
www.EastCoastConditioning.com

ECC Athletic Training Center
1085 Raritan Rd, Clark NJ 07066
(732) 381-9376
www.EastCoastConditioning.com

ECC Competition Center
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