

# East Coast Conditioning **ATHLETE UNIVERSITY**

WHERE ATHLETES TRAIN



 Competition Center, Edison NJ



 SportsPlex, Edison NJ



 Weight Room, Clark NJ

## Fall & Early Winter Program Guide 2011

Area's Most Professional  
Sports Training Facilities and Programs



*Baseball • Lacrosse • Softball • Basketball • Soccer • Strength & Conditioning*



**where athletes train**

# Baseball

**Director: Jim Coleman**

## After School Skills Class (Ages 3-5)

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

### Session 1 (Sept 19 – Oct 26):

#### Option A: Mondays

Time: 4-5pm

#### Option B: Wednesdays

Time: 4-5pm

### Session 2 (Nov 7 - Dec 14):

#### Option A: Mondays

Time: 4pm-5pm

#### Option B: Wednesdays

4pm-5pm

## Rookie Skills Class (Ages 5-7)

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 \$120.

### Session 1 (Sept 19 – Oct 26):

#### Option A: Mondays

Time: 5-6pm

#### Option B: Wednesdays

Time: 5pm-6pm

### Session 2 (Nov 7 - Dec 14):

#### Option A: Mondays

Time: 5-6pm

#### Option B: Wednesdays

Time: 5pm-6pm

## Hitting School (Ages 8-12)

(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 \$180

### Session 1 (Sept 19 – Oct 26):

#### Option A: Mondays

Time: 6-7pm

#### Option B: Wednesdays

Time: 6-7pm

### Session 2 (Nov 7 - Dec 14):

#### Option A: Mondays

Time: 6-7pm

#### Option B: Wednesdays

Time: 6-7pm

## Pitching School (Ages 8-12)

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

### Session 1 (Sept 19 – Oct 26):

#### Option A: Mondays

Time: 6-7pm

#### Option B: Wednesdays

Time: 6-7pm

### Session 2 (Nov 7 - Dec 14):

#### Option A: Mondays

Time: 6-7pm

#### Option B: Wednesdays

6-7pm

## Catching School (Ages 8-12)

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

### Session 1: Fridays

Dates: Sept. 23 – Oct. 28

Time: 7-8pm

### Session 2: Fridays

Dates: Nov. 11 – Dec. 23

Time: 7-8pm

# Lacrosse

**Director: Jason Pressman**

## Basic Skills of Lacrosse

This course is designed by the East Coast program directors to help teach beginners (0-1 years experience) all of the fundamental skills and techniques necessary to compete in your rec program. Cradling, scooping, catching, throwing, shooting, dodging, and fundamental defensive techniques will all be covered with emphasis on repetition of correct form and positive reinforcement. Cost \$150.

### Session 1 (Sept 19 – Oct 31):

#### Mondays

3/4th grade: 6-7pm 5/6th grade: 7-8pm 7/8th grade: 8-9pm

### Session 2 (Nov 7 – Dec 12)

#### Mondays

3/4th grade: 6-7pm 5/6th grade: 7-8pm 7/8th grade: 8-9pm

## High School Shooting Clinic

This course offers High School players 90 minutes of intense shooting instruction. All forms of shooting will be covered including time and room shooting, shooting on the run, finishing off a dodge from various locations, off-handing shooting and finishing in the crease. Cost \$200.

### Session 1 (Sept 20 – Oct 25):

Tuesdays, 9-12th grade: 8:30pm-9:45pm

### Session 2 (Nov 9 – Dec 13)

Tuesdays, 9-12th grade: 8:30pm-9:45pm

## Intermediate Skills and Drills

This course is designed by the East Coast program directors to help teach intermediate level players (1+ years experience) various techniques of scooping, off-side catching, passing on the run, shooting, and dodging. Cost \$180.

### Session 1 (Sept 21 – Oct 26):

#### Wednesdays

3/4th grade: 6-7pm 5/6th grade: 7-8pm 7/8th grade: 8-9pm

### Session 1 (Nov 9 – Dec 14):

#### Wednesdays

3/4th grade: 6-7pm 5/6th grade: 7-8pm 7/8th grade: 8-9pm

## 1st/2nd Grade: Intro to Lacrosse

This course will offer a introduction to the fundamentals of lacrosse. Players will learn to be comfortable with lacrosse equipment (provided if needed), how to hold the stick properly, how to scoop properly, and how to throw, catch, and run with the ball. Everything will be done with fun and exciting drills to keep the boys interested and alert. Cost \$100.

Saturdays, Sept 24 – Oct 29, 1st/2nd grade: 9-10am

## Goalie Training

**5 sessions: \$200.** Experienced East Coast Goalie instructors and shooters will work in a small group settings working on fundamental goalies techniques, reaction speed training, and goalie specific drills.

Sundays, Sept 25 – Oct 30

Middle School: 7-8pm

High School: 8-9pm

## 1st-2nd: Basic Youth Skills and Drills

The course is the second component to the intro to lacrosse for 1-2nd graders. It is also perfect for young players who already have some experience with organized lacrosse. Fundamental skills will be reinforced and practiced using fun drills and competitions to keep the players active and interested. Cost \$125.

Saturdays, Nov 12 - Dec 17

1st/2nd grade: 9-10am



# Basketball

**Director: Phil Colicchio**

## HIGH SCHOOL Fall League Male & Female Divisions

8 games plus playoff. Full HS teams only – Non AAU. Trophy awarded to winning team. Cost: \$625.

**Monday & Wednesday**, Sept 19 – Nov 20, 7-10pm

## East Coast in House League (5/6th – 7/8th)

Male & Female Divisions. Tryouts: Sat, Sept 24 & Sunday, Sept 25th at 10am-1pm. Games will run Oct & Nov. Teams will play on the weekends and will have 8 – 10 game schedule with playoffs. Games will be competitive. Cost: \$150.

## East Coast Basketball Fall Tournament (11U & 13U)

(Travel level tournament). 3 Game minimum – Trophy and T-Shirt to winning team. Cost \$325 per team.

Dates: October 8th – 9th

# Soccer BRASA

**Director: Sandro dos Santos**

## ROBINHO Ball Mastery Class (Ages 5-8)

This is our combination of body coordination, creative games and the fundamental techniques of soccer in a fun and social environment. A great way to be introduced to a great sport. Cost \$195.

**Mondays**, Sept 19 – Nov 7, 4-5 pm

## Court General (Boys & Girls Grade 6-12)

The point guard position is one of the most difficult positions in sports. This program will teach the most important elements and leadership responsibilities of being a point guard. Each session will cover a new aspect of the point guard position. Running the offense, teammate responsibilities, how to create scoring opportunities, as well as speed and agility programs will be the main focus. Cost: \$199.

**Tuesdays**, Sept 26 – Nov 14, 7-8pm

## Lights Out Shooting Clinic (Boys & Girls Grade 6-12)

This program has emphasis on proper form, footwork, catch & shoot, shooting off the dribble and shot correction. Individualized work makes this a great class for middle school through varsity level players. Class limited to 12 participants. Cost: \$199.

**Tuesdays**, Sept 26 – Nov 14 8-9pm

## Girls Basketball Skills and Drills (Girls grades 6-12)

This program is focused on to developing core basketball skills for girls looking to improve every aspect of their game. Focus on position specific work, speed and agility drills, dribbling, passing, and shooting. Cost: \$199.

**Tuesdays**, Sept 26 – Nov 14, 6-7pm

## RONALDO & RONALDINHO\* (Ages 9-14)

**4 weeks of Foot Skills.** Through the Ronaldinho clinic we focus on developing both individual and team skills. Quick footwork, sharp turns and super fast dribbling are a focus as well as the development of decision making and passing abilities. **4 weeks of Shooting and Finishing.** Our Ronaldo class works on all aspects of our favorite part of the game – scoring goals. We develop power shooting, finishing with finesse, composure, scoring under pressure and much more. Cost \$195.

**U9/10/11 Class: Mondays** 5-6pm, Sept 19 – Nov 7

**U12/13/14 Class: Wednesdays** 5-6pm, Sept 21 – Nov 9

\* This program is not to be separated

# Strength & Conditioning

**Director: Andrew Silber USAW**

Contact (732) 381-9376 to schedule

The ECC Strength and Conditioning Philosophy is based on training for Athletics versus training for Aesthetics. We offer a comprehensive experience which highly mirrors a collegiate weight room environment. We train athletes ranging from Elementary level to the Collegiate and Professional level.

## Structured Packages

**12 Sessions:** \$405

**3 Month Unlimited Package:** \$600 (best value)

*Unlimited Training only applicable to 7th and 8th grade athletes, High School athletes and College Athletes. Athletes under the 7th grade should call (732) 381-9376 for training options as they vary depending on the time of the year.*

## Personal Training Rates

Sessions are 1 hour in duration

**10 sessions at \$75 / per session: \$750**

## PERSONAL TRAINING AND FITNESS CLASSES

### TRX & Kettlebell Class

**Tuesdays**, 12:15-1:15pm

**Thursdays**, 12:15-1:15pm

**Saturdays**, 9:15-10:15am

### Intermediate Intensity Training

**Monday & Wednesday**, 8-9am

### Advanced High Intensity Training

**Monday & Wednesday**, 9-10am

**ONE Introductory  
Personal Training Session for \$25**

*Limit 1 per person – expires 12-15-11*

## Individual lessons

Baseball – Softball – Lacrosse –  
Basketball – Soccer – Your Choice

Available Year-Round

### 1/2 Hour Lessons Pricing

1/2 hour: \$65

5 1/2 hour lesson package: \$275

10 1/2 hour lesson package: \$450

### 1 Hour Lessons Pricing

1 hour: \$90

5 hour lesson package: \$400

10 hour lesson package: \$700

**Turf, Court  
and Batting  
Cage Rentals  
Available**

**Call for options**

# Softball

**Director: Kathy Hrycyna**

## Beginning Hitters Class (Ages 8-10):

Focusing on the basics of the swing including; stance, stride, load, and bat path. The instructors use proven techniques and drills to reinforce proper muscle memory. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

## Intermediate Hitters Class (Ages 10-12):

Focusing on refining an already mechanically sound swing including; extension, bat speed, and explosive lower body movements. Athletes will also learn how to manage counts and begin vision training. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 5-6pm

**Option B: Thursdays**  
Time: 5-6pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 5-6pm

**Option B: Thursdays**  
Time: 5-6pm

## Intermediate Hitters Class (Ages 12-14):

Focusing on refining an already mechanically sound swing including; extension, bat speed, and explosive lower body movements. Athletes will also learn how to manage counts and begin vision training. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

## Advanced Hitters Class (Ages 14-18):

Focusing on generating power and making better decisions. This class is a combination of physical techniques, visual aids, and mental training to prolong your at bats and enhance your power numbers. Cost: \$180.

### Session 1: Fridays

Dates: Sept 23 – Oct 28  
Time: 5-6pm

### Session 2: Fridays

Dates: Nov 11 – Dec 23  
Time: 5-6pm

## Beginners Pitching Class (Ages 8-10):

Focusing on the basics of fastpitch windmill pitching, grip, a smooth and efficient arm circle, powerful and on line stride, and drag. The athletes should leave with the basic knowledge of a fastball. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

## Advanced Pitching Class (Ages 11-14):

Focusing on refining the mechanics of the fastball and developing a devastating change up, as well as other breaking pitches. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

## Elite Pitching Class (Ages 15+):

Focusing on generating speed and movement. This class will help each elite athlete reach their personal best velocity on their fastball and generating movement pitches; including an explosive rise ball. Cost: \$180.

### Session 1: Fridays

Dates: Sept. 23 – Oct. 28  
Time: 5-6pm

### Session 2: Fridays

Dates: Nov. 11 – Dec. 23  
Time: 5-6pm

## Beginners Catching Class (Ages 8-10):

Focusing on a safe and balanced squat, targets and how to receive the ball, throw downs to 2nd base, and blocking. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 4-5pm

**Option B: Thursdays**  
Time: 4-5pm

## Intermediate Catching Class (Ages 10-12):

Focusing on developing leg strength, how to frame the ball, throw downs to 1st and 3rd base, advanced blocking techniques and the beginning of how to call and manage the game. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 5-6pm

**Option B: Thursdays**  
Time: 5-6pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 5-6pm

**Option B: Thursdays**  
Time: 5-6pm

## Intermediate Catching Class (Ages 12-14):

Focusing on increasing arm strength, reducing throw down times, becoming more agile on bunts and passed balls, and managing the game from behind the plate. Cost: \$180.

### Session 1 (Sept 20 – Oct 27):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

### Session 2 (Nov 8 - Dec 22):

**Option A: Tuesdays**  
Time: 6-7pm

**Option B: Thursdays**  
Time: 6-7pm

## Elite Catching Class (Ages 15+):

Focusing on personal best and college prep; arm strength, agility, and game management. Cost: \$180.

### Session 1: Fridays

Dates: Sept. 23 – Oct. 28  
Time: 5-6pm

### Session 2: Fridays

Dates: Nov. 11 – Dec. 23  
Time: 5-6pm



WHERE ATHLETES TRAIN

**(908) 756-6868**

[www.EastCoastConditioning.com](http://www.EastCoastConditioning.com) | [www.EastCoastAthleteUniversity.com](http://www.EastCoastAthleteUniversity.com)

ECC SportsPlex | 216 Tingley Lane, Edison, NJ 08820 | (908) 756-6868  
ECC Athletic Training Center | 1085 Raritan Rd, Clark NJ 07066 | (732) 381-9376  
ECC Competition Center | 216 Tingley Lane, Edison, NJ 08820 | (908) 756-6868