



# Winter/Early Spring Program Guide 2010



## 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

**Option A: Mondays**

Date: Feb. 15th – Mar. 22nd  
Time: 6pm to 7pm

**Option B: Wednesdays**

Date: Feb. 17th – Mar. 24th  
Time: 7pm to 8pm

### 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

**Option A: Tuesdays**

Date: Feb. 16th – Mar. 23rd  
Time: 6pm to 7pm

**Option B: Wednesdays**

Date: Feb. 17th – Mar. 24th  
Time: 6pm to 7pm

### 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

**Option A: Tuesdays**

Date: Feb. 16th – Mar. 23rd  
Time: 6pm to 7pm

**Option B: Thursdays**

Date: Feb. 18th – Mar. 25th  
Time: 6pm to 7pm

### Spring Training

The season is fast approaching get a jump start on your game early. This class specializes in the three big skills hitting, fielding, throwing. Class length 90 minutes.

Cost per player per session \$200

**Saturdays**

Date: Feb. 20th – Mar. 27th  
Time: 9am to 10:30am

## 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: Tuesdays**

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

**Option B: Thursdays**

Date: Feb. 18th – Mar. 25th  
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

**Option A: Mondays**

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

**Option C: Wednesdays**

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

**Option B: Mondays**

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

**Option D: Wednesdays**

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

## AGES 13+

### Spring Training

The season is fast approaching get a jump start on your game early. This class specializes in the three big skills hitting, fielding, throwing. Class length 2 hours.

Cost per player per session \$240

**Wednesdays**

Date: Feb. 17th – Mar. 24th  
Time: 7pm to 9pm

➔ SEE BACK FOR SOFTBALL LESSONS

# SOFTBALL PROGRAMS

## AGES 8-12

### Fastpitch

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**

Date: Feb. 15th – Mar. 22nd  
Time: 6pm to 7pm

**Option B: Wednesdays**

Date: Feb. 17th – Mar. 24th  
Time: 7pm to 8pm

### 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

**Wednesdays**

Date: Feb. 17th – Mar. 24th  
Time: 6pm to 7pm



## AGES 13+

### Fastpitch

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**

Date: Feb. 16th – Mar. 23rd  
Time: 7pm to 8pm

**Option B: Thursdays**

Date: Feb. 18th – Mar. 25th  
Time: 7pm to 8pm

### 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

**Option A: Tuesdays**

Date: Feb. 16th – Mar. 23rd  
Time: 6pm to 7pm

**Option B: Thursdays**

Date: Feb. 18th – Mar. 25th  
Time: 6pm to 7pm

### Private Instruction:

Effective Sept. 1, 2009

1/2 hour: \$65	1 hour: \$90
5 1/2 hour lesson package: \$275	5 hour lesson package: \$400
10 1/2 hour lesson package: \$450	10 hour lesson package: \$700

- 10 Private Hour Hitting / Fielding Lessons (ECC Edison location)
- 12 Collegiate Power & Speed Sessions (ECC Clark location)

**\$799\***  
(Save \$305!!!)

Strength Training will be conducted by Kelly A Wise, CSCS. Coach Wise is the current Strength and Conditioning Coach for the College of New Jersey Softball Team, and former Strength Coach of Manhattanville College, Villanova, & Princeton University.



\* Sessions must be used by 4/15/2010. HS athletes only.

### 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](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

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

 **East Coast Conditioning**  
Sports Performance Training