

 **East Coast Conditioning**  
**ATHLETE UNIVERSITY**

WHERE ATHLETES TRAIN

**East Coast Multi-Sport Holiday Camp**



**East Coast Holiday Vacation Camp**

Come join the East Coast Baseball, East Coast Basketball, and East Coast Lacrosse Academies for three days of training and games during your Christmas break. Camps are for ages 3rd grade thru 8th grade.

**Cost:**

Individual camp: \$100

Come for two camps: \$180

Come for all three camps: \$260

**East Coast Baseball Academy Camp**

Time: 10am to 12pm

Dates: December 27th to December 29th

**East Coast Basketball Academy Camp**

Time: 12pm to 2pm

Dates: December 27th to December 29th

**East Coast Lacrosse Academy Camp**

Time: 2pm to 4pm

Dates: December 27th to December 29th

***New to lacrosse?** Equipment provided for duration of the camp! Please request upon registration.*

For details contact Jim Coleman Director of Baseball/Softball Operations

**(908) 756-6868** or [jim.coleman@ecc-athlete.com](mailto:jim.coleman@ecc-athlete.com)

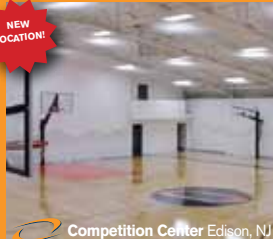
**ECC SPORTS PERFORMANCE OFFERS SPECIALIZED TRAINING IN:**

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

**EAST COAST OFFERS COMPETITIVE TRAVEL TEAMS IN:**

LACROSSE – BASEBALL – SOFTBALL

**NEW LOCATION!**



Competition Center Edison, NJ



SportsPlex Edison, NJ



Weight Room Clark, NJ

**ECC SportsPlex**

216 Tingley Lane, Edison, NJ 08820

(908) 756-6868

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

**ECC Athletic Training Center**

1085 Raritan Rd, Clark NJ 07066

(732) 381-9376

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