



Press Release

Major League Baseball Scout joins East Coast Conditioning Staff



*Fonseca at work with Colonia HS Varsity Players
at ECC SportsPlex*

(Edison, NJ) Ben Fonseca, Milwaukee Brewers scout and former coach with Somerset Patriots, has joined the East Coast Conditioning Baseball Training Team. Fonseca, a well known name throughout major league baseball has embraced the integrated baseball skills and physical conditioning approach that East Coast Conditioning Sports Performance Training has been aggressively using to train Area athletes.

“Throughout my years of coaching, player development at the Jack Cust Diamond Nation and experience in professional baseball, I have had the opportunity to study all levels of play, numerous training methods and work with a variety training companies. What I see here at ECC is the innovative and intense level of training that I know works – specifically, the combination of baseball training, strength development and professional conditioning that are all critical for success with baseball players!”

Fonseca was formerly Director of Player Development for Jack Cust Baseball Academy and headed the “Super 17” program where he trained top high school baseball prospects throughout the state. Previously, Fonseca coached with the Newark Bears and the Atlantic City Surf prior to joining the Somerset Patriots. Ben is a graduate of the Major League Scout School, was Assistant Coach and Recruiter at George Mason University and Assistant Director for both the Atlantic League of Professional Baseball and the Kansas City Royals Single-A affiliate.

Mike Murray, the starting catcher at Wake Forest University and a graduate of Westfield HS, played under Fonseca. Murray noted, “Coach Fonseca has a style of coaching that is truly unique. As I prepare for the upcoming MLB draft I still hear his words of encouragement and his exacting attention to detail with every swing I take.”

Jim Coleman, ECC's Director of Baseball & Softball Operations is excited to have Ben on his team. “He has all the attributes of a great professional trainer including: knowledge, confidence, caring, experience and above all passion for the game,” noted Coleman. “We are all looking forward to working with Ben and elevating ECC players and teams to increasingly higher levels. Ben will be a terrific asset to the successful training programs we are building for our players.”

Fonseca will be conducting individual, group and team training with ECC starting in January. To find out more about Ben Fonseca and the ECC baseball training options visit www.EastCoastConditioning.com

where athletes train