



East Coast Conditioning

Sports Performance Training

Private Lessons & Facility Rentals



Baseball & Softball Private Instruction Packages:

1/2 Hour Training Packages

10 Lesson Package: \$450 (*Best Value*)

5 Lesson Package: \$275

1 Lesson (Drop in Rate): \$65

Hour Training Packages*

10 Lesson Package: \$700 (*Best Value*)

5 Lesson Package: \$400

1 Lesson (Drop in Rate): \$90

*Hour Lessons can be split between hitting & fielding / pitching on day of lesson



Rentals

Field A: Multi Purpose Field

Often used by soccer, softball, field hockey & lacrosse teams. There are 2 batting cages that can be pulled out if needed.

- One Time Rental: \$225 per hour
- Purchase 5 weeks for \$1,125 and receive one free rental (\$225 Savings)
- Purchase 10 weeks for \$2,250 and receive two free rentals (\$450 Savings)
- Purchase 15 weeks for \$3,375 and receive three free rentals (\$675 Savings)

Field B: Batting Cages / Bullpen

Includes 3 lanes & 2 Iron Mike Pitching machines. Area can be opened up for multi sport training but is typically requested by softball & baseball teams because of the multiple cages and machines

- One Time Rental: \$175 per hour
- Purchase 5 weeks for \$875 and receive one free rental (\$175 Savings)
- Purchase 10 weeks for \$1,750 and receive two free rentals (\$350 Savings)
- Purchase 15 weeks for \$2,625 and receive three free rentals (\$525 Savings)

Individual Baseball / Softball Cage Rentals

Iron Mike machines with speed set to your specifications. Little league thru College. Baseball and Softball Maximum 4 people per cage.

- \$55 per hour per cage
- \$35 per half hour per cage

Video Softball Machine / Simulator

- \$75 per hour

Team Training

Contact Jim Coleman, Director of Baseball & Softball Operations, to set up supervised team training with East Coast Instructors.

Inquire within for private / full facility rental pricing

ECC SPORTS PERFORMANCE TRAINING SPECIALIZES IN

BASEBALL – SOFTBALL – SOCCER – LACROSSE
FOOTBALL – STRENGTH AND CONDITIONING

where athletes train

East Coast Conditioning SportsPlex

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East Coast Conditioning Athletic Training Center

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