



# East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING

## East Coast Baseball Academy 2012 Team Tryouts 16U and 17U/18U



### East Coast Baseball Academy will be holding tryouts for its academy teams, The East Coast Titans 16U and 17U/18U

Players will have 2 weekly workouts, both onfield and at our indoor training facility. During the workouts, players will also have a strict speed and agility program along with specific skill development. Each team will have a 4-5 tournament schedule through the summer scheduled around their legion schedules. The tournaments will be college showcases with qualifiers for national tournaments.

#### Tryouts will be held:

**Saturday, February 11th from 7pm to 9pm and  
Saturday, February 18th from 7pm to 9pm**

Tryouts are held at East Coast Conditioning SportsPlex, 216 Tingley Lane Edison, NJ 08820.

#### PRE-REGISTRATION REQUIRED

To register contact Jim Coleman at

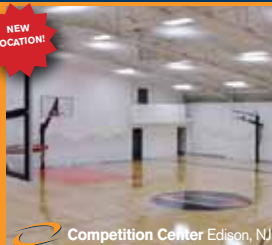
**(908) 756-6868 or [Jim.Coleman@ecc-athlete.com](mailto:Jim.Coleman@ecc-athlete.com)**

#### 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

 **East Coast Conditioning**  
**ATHLETE UNIVERSITY**  
WHERE ATHLETES TRAIN

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

**ECC Competition Center**  
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