



East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING

# Winter East Coast Baseball Program Guide 2012

## Ages 3-5

### After School Skills Class

Combination of coordination, gross motor skill development, and beginner baseball knowledge. Class length 60 minutes. Cost per player per session: \$120.

#### Session 2:

##### Wednesdays

Time: 4pm to 5pm

Dates: Feb. 22 to March 28

## 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 player per session: \$120.

#### Session 2:

##### Wednesdays

Time: 5pm to 6pm

Dates: Feb. 22 to March 28

## Ages 8-12

### LL Spring Training

Cost per player per session: \$240.

#### Session 2: Saturdays

Time: 10am to 11:30am

Dates: Feb. 18 to March 24

### Hitting School

(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.

#### Session 2:

##### Option A: Mondays

Time: 6pm to 7pm

Dates: Feb. 20 to Mar. 26

##### Option B: Wednesdays

Time: 6pm to 7pm

Dates: Feb. 22 to Mar. 28

### Pitching School

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.

#### Session 2:

##### Option A: Mondays

Time: 6pm to 7pm

Dates: Feb. 20 to Mar. 26

##### Option B: Fridays

Time: 6pm to 7pm

Dates: Feb. 24 to Mar. 30

## Middle & High School

### Middle School Training Prep

Get a jump start on your season with 90 minutes of hitting, fielding, and pitching. Class size is limited to 15 players to ensure personalized training in all areas. Cost per player per session: \$240.

#### Session 2: Mondays

Time: 8pm to 9:30pm

Dates: Feb. 20 to Mar. 26



East Coast Conditioning

**ATHLETE UNIVERSITY**

WHERE ATHLETES TRAIN

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