



East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING



East Coast Softball

A DIVISION OF EAST COAST CONDITIONING

# Baseball & Softball TRYOUTS FOR SPRING 2011 Academy Teams! - December



East Coast Baseball Wins 1st Place  
Diamond Nation Fall 2010



East Coast Baseball Wins 1st Place Champs  
Warren League

## Baseball Tryouts for 12U and 13U Academy Teams

**Saturday, December 4th**

11 am to 1 pm at

East Coast Conditioning SportsPlex

**Saturday, December 18th**

11 am to 1 pm at

East Coast Conditioning SportsPlex

## Softball Tryouts for 14U, 16U & 18U Academy Teams

**Saturday, December 11th**

14U – 11 am to 1 pm

16U & 18U – 1:30 pm to 3:30 pm

East Coast Conditioning SportsPlex



East Coast Softball Captures 2nd Place  
Fall 2010 Iselin League



All East Coast Academy athletes will train with  
our **Head Strength & Conditioning Specialist**  
**Kelly A. Wise, CSCS**

Coach Wise has conducted, developed, and trained  
strength and conditioning programs for:



The College of New Jersey

VILLANOVA

Coach Wise has earned a M.A. and B.S. in Exercise  
Sciences as well as NSCA-CSCS and USAW certifications.

## Benefits of Being on the East Coast Academy Teams

- Year round training curriculum
- Full time collegiate strength coach
- Sports Specific Professional Coaching Team
- 2 Professional Academy Focused facilities
- Year round league and tournaments
- In house college recruiting services
- Full time administrative support

**For information call**

**(908) 756-6868**

**or email**

**info@ecc-athlete.com**



East Coast Conditioning  
Sports Performance Training

where athletes train

East Coast Conditioning SportsPlex 216 Tingley Lane, Edison, NJ 08820 • (908) 756-6868 • www.EastCoastConditioning.com  
East Coast Conditioning Athletic Training Center 1085 Raritan Rd, Clark NJ 07066 • (732) 381-9376 • www.EastCoastConditioning.com