



# East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING

## College Prep Training Curriculum

East Coast Baseball is proud to introduce its 2010 – 2011 College Preparatory Training for High School Baseball players. We at East Coast Baseball have the knowledge and skill sets that will provide baseball athletes with the firm and powerful training regimen needed to advance to the next level. Regardless of whether that level is High School varsity, college or beyond, understanding the work ethic, the commitment, the knowledge and the skills needed is what we will instill for athletes to be successful. The key component to this training will be the 3 separate training curriculums integrating as the sessions progress thru the 13 weeks, ultimately working up to live game at bats with catchers, hitters and pitchers combining their training and development up to the start of the season. This integration will be vital to ensuring all players are going into their season at their peak performance levels.

### Dates:

December 6th, 2010 – February 28th, 2011

- Monday and Wednesday, 8pm to 9:30pm at SportsPlex in Edison
- 2 days weekly at Clark Sports Performance Training Center, set up by player

### Elite Pitching Process: 12 player max

- Dynamic Workout – prehab, rehab, arm maintenance
- Strength Training – pitcher specific, upper/lower body, core, shoulder
- Mechanic Development
- Pitch Development – fastball, change-up, breaking pitch
- Pitchers Fielding Practice
- Live Bullpen Sessions
- Pitching Program – warm-up, bullpen session, tangible results (charts/evaluations), game philosophy, arm maintenance/health/injury prevention
- Video

Instructor **Jim Coleman**

### Elite Hitting Process: 12 player max

- Hitting Mechanics
- Pitch Recognition
- Hand/Eye Development
- Live AB's
- Hitting Specific Strength Training
- Video

Instructors **Ben Fonseca and Mike Murray Jr.**

### Elite Catching Process: 12 player max

- Footwork
- Receiving/Blocking Mechanics
- Transfers/Throwing
- Game Management/Pitch Management/Communication
- Catching Specific Strength Training
- (Will also have the opportunity to get hitting work in)
- Video

Instructors **Frank Meade and Mike Murray Jr.**

### Cost – \$1,500

Program leads into the start of the High School season which is the first Friday in March.



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

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.A. in Exercise Sciences as well as NSCA-CSCS and USAW certifications.

## where athletes train



**East Coast Conditioning**  
Sports Performance Training

**East Coast Conditioning SportsPlex**  
216 Tingley Lane, Edison, NJ 08820 • (908) 756-6868

**East Coast Conditioning Athletic Training Center**  
1085 Raritan Rd, Clark NJ 07066 • (732) 381-9376

www.EastCoastConditioning.com

For more information call **(908) 756-6868** or  
email **info@ecc-athlete.com**