



Spring / Summer Program Guide 2011

East Coast Baseball / Softball

Private Instruction:

Effective Sept. 1, 2009

1/2 hour: \$65

5 1/2 hour lesson package: \$275

10 1/2 hour lesson package: \$450

1 hour: \$90

5 hour lesson package: \$400

10 hour lesson package: \$700

Off Site Training:

\$150 per hour for one instructor to come and train your team on field covering game situations, practice organization, and on field skill training.

Complementary Team Training:

Unsure of who we are? Let us show you with an hour of training at no cost. Come and see first hand the level of instruction we bring to the table. Times can be set up through our office at East Coast Conditioning SportsPlex.

East Coast Baseball/Softball Academy Teams

We have fused game play with training to fuel the developmental curve. Train in an environment that combines sport performance training, skill training, on field workouts, and games to make you the most well rounded Athlete and Ballplayer you can be. For more details about upcoming team tryouts contact Jim Coleman Director of Baseball/Softball Operations at (908) 756-6868 or at jim.coleman@ecc-athlete.com.

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 1:

Option A: Mondays

Date: Apr. 11th – May 16th

Time: 4pm to 5pm

Option B: Wednesdays

Date: Apr. 13th – May 18th

Time: 4pm to 5pm

Session 2:

Option A: Mondays

Date: May 30th – July 11th*

Time: 4pm to 5pm

Option B: Wednesdays

Date: June 1st – July 6th

Time: 4pm to 5pm

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 option per player \$120.

Session 1:

Option A: Mondays

Date: Apr. 11th – May 16th*

Time: 5pm to 6pm

Option B: Wednesdays

Date: Apr. 13th – May 18th

Time: 5pm to 6pm

Session 2:

Option A: Mondays

Date: May 30th – July 11th *

Time: 5pm to 6pm

Option B: Wednesdays

Date: June 1st – July 6th

Time: 5pm to 6pm

*Session 2 Monday Classes will skip 4th of July week.

For more information call (908) 756-6868 or visit www.EastCoastConditioning.com



East Coast Conditioning
Sports Performance Training

CONTINUED ON OTHER SIDE



Ages 8-12

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 1:

Option A: Mondays

Date: Apr. 11th – May 16th
Time: 4:00pm to 5:00pm

Option B: Wednesdays

Date: Apr. 13th – May 18th
Time: 5:00pm to 6:00pm

Session 2:

Option A: Mondays

Date: May 30th – July 11th*
Time: 4:00pm to 5:00pm

Option B: Wednesdays

Date: June 1st – July 6th
Time: 5:00pm to 6:00pm

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 1:

Option A: Mondays

Date: Apr. 11th – May 16th*
Time: 5:00pm to 6:00pm

Option B: Wednesdays

Date: Apr. 13th – May 18th
Time: 4:00pm to 5:00pm

Session 2:

Option A: Mondays

Date: May 30th – July 11th*
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Option B: Wednesdays

Date: June 1st – July 6th
Time: 4:00pm to 5:00pm

Catching School

Covers all phases from blocking, receiving and throwing to game management knowledge, with emphasis on physical longevity. Class length 60 minutes. Cost per player per session: \$180.

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Time: 5:00pm to 6:00pm

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Time: 4:00pm to 5:00pm

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**Session 2 Monday Classes will skip 4th of July week.*

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East Coast Conditioning
Sports Performance Training

where athletes train

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