



East Coast Baseball

A DIVISION OF EAST COAST CONDITIONING

Spring Training Preparation



East Coast Baseball understands the importance of starting off the season on the right foot. Being fully prepared for tryouts, practices, and ultimately games, gives an athlete the opportunity to be successful and to fulfill their goals. We at East Coast Baseball have the tools and knowledge necessary for an athlete to develop during the off season and come into the spring ahead of the curve.

Middle School Spring Training Prep

Start Date:

- Session 1: January 10th thru February 14th
- Session 2: February 21st thru March 28th

All Inclusive Training

- Monday and Wednesdays from 6pm to 8pm SportsPlex
- 2 days weekly at Clark Sports Performance Training Center scheduled by player

Encompasses all baseball related skill sets

- Pitching – Pitching Mechanics, Pitch Development
- Fielding – Position Fielding Mechanics/Throwing Mechanics
- Hitting – Full Hitting Development
- Live AB's
- Video

Cost:

- Per session \$750
- Sign up for both \$1200

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



East Coast Conditioning
Sports Performance Training

where athletes train

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