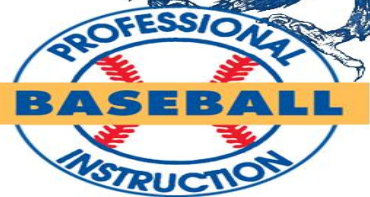


EAGLES

Spring 2010



12U



*"Eagles Baseball Is The Best,
Flying High Above The Rest"*

- Dominic DeLuca, 11u '09

THE EAGLES EXPERIENCE GIVES ITS PLAYERS A DISTINCT ADVANTAGE

The PBI Eagle teams have created a tradition of excellence. Our top caliber coaching staff has been cultivating championship players for years. The Eagles program looks to attract highly motivated and committed families who want to soar with us into championship territory for this year and the years to come. The Eagles coaching staff continuously develops top talent starting at the little league age groups that filters up to our 13u & 14u Jr. Eagles teams, our High School (15u & 16u) teams, the PBI 17u Travel Showcase Squads, and to the professional prospect North New Jersey Eagles franchise in the Atlantic Collegiate Baseball League.

Armed with PBI's Major League background as both players and coaches, all Eagle players will gain the knowledge and develop the skills needed to compete at a higher level of play. All serious ballplayers will experience tremendous benefits that will last with them throughout their entire baseball careers.

SPRING TEAM DETAILS

- ☞ Eagles are coached by a PBI Professional Coach
- ☞ 12u Eagles play on the 50/70 Field
- ☞ Team competes in the PBI Baseball League
- ☞ 8-game regular season spring schedule
- ☞ Games are scheduled for Sundays
- ☞ In-Season, weekly practice at PBI on Thursdays
- ☞ Opening Day – Sunday, March 28
- ☞ Game Dates – 3/28, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23
- ☞ Playoffs – Sunday, June 6 (Top 4 teams in division qualify)
- ☞ Championship Game – Sunday, June 13
- ☞ Majority of games in the Bergen County area
- ☞ Game times vary according to whom we play
- ☞ Full winter of pre-season training as a team in the Junior Winter Training Program
- ☞ JRWTP meets on Tue & Thu Jan, Feb & March
- ☞ Local Memorial Day Tournament Included

IN SEASON PRACTICE SCHEDULE

12U PRACTICE

>If you are 12 years old or under on April 30, 2010<

All Thursdays

beginning 4/8- 6:00PM– 7:30PM

To schedule a TRYOUT
appointment contact PBI:
1-800-282-4638 x100

Tryout Fee- \$25.

Tryout will last appx. 20 minutes



Professional Baseball Instruction, Inc.
107 Pleasant Avenue Upper Saddle River, NJ 07458
1-800-282-4638

www.baseballclinics.com

TRYOUT REGISTRATION

Name: _____

DOB: _____ Circle Primary Poss. & Underline Secondary Poss.
Pitcher Catcher MIF 1B 3B OF

Address: _____

Town: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

E-mail: _____

Addl. E-mail: _____

Parents Names: _____

PRIVATE TRYOUT DATE ... (To be completed by PBI)

Date: _____ Time: _____

PBI Coach: _____

You will be notified whether you did or did not make the team within 24 hours of tryout.

IF YOU ARE CHOSEN FOR THE TEAM -
2010 SPRING EAGLE FEES WILL BE COLLECTED IMMEDIATELY TO SOLIDIFY YOUR ROSTER SPOT

Nonrefundable Tryout Fee: \$25.00

Method of Payment

- Cash
 Check Card # _____
 Visa
 Master Card Exp. Date _____

SEE OPPOSITE OF THIS REGISTRATION FORM

- ➔ Review all stated team, winter training, and payment policies.
- ➔ Complete and sign the confirmation of agreement.

Please Note: Players will not be permitted to try out if the opposite side of this form is not fully completed.

IMPORTANT INFORMATION

2010 Spring Eagles- \$700

Team Fee(\$700) + Uniform if Needed(\$89) = \$789

Pro-Rated pricing is available for the remaining Jr. Winter Training Program sessions

UNIFORM

If you currently have an Eagles uniform indicate your jersey #: _____

If you need to order an Eagles uniform please indicate the sizes below

Sample uniforms are available to try on at the PBI reception desk.

JERSEY

PANTS

- | | | | |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Y-Small | <input type="checkbox"/> A-Small | <input type="checkbox"/> Y-Small | <input type="checkbox"/> A-Small |
| <input type="checkbox"/> Y-Medium | <input type="checkbox"/> A-Medium | <input type="checkbox"/> Y-Medium | <input type="checkbox"/> A-Medium |
| <input type="checkbox"/> Y-Large | <input type="checkbox"/> A-Large | <input type="checkbox"/> Y-Large | <input type="checkbox"/> A-Large |
| <input type="checkbox"/> Y-XLarge | <input type="checkbox"/> A-XLarge | <input type="checkbox"/> Y-XLarge | <input type="checkbox"/> A-XLarge |

Please provide a credit card in the event you are chosen for the team...

Team Fee: \$700. +

YES I need a Uniform \$89.

YES I will attend the remaining # _____ JRWTP sessions: \$ _____.

=Total: \$ _____.

Please provide credit card to be charged if you are chosen for the team- The card below will be charged immediately upon making the team.

Method of Payment

- Visa Card # _____
 Master Card Exp. Date _____

****REFUND/CANCELLATION POLICY & MAKE-UP TIME****

Absolutely NO cash refunds under any circumstance. All students are expected to attend all practices and games (& JRWTP sessions if applicable) PBI cannot provide make-up times for any missed classes, practices or games nor will PBI issue cash refunds or credit vouchers for any missed games, practices or cancellations. In the event a player removes himself from the team at any time, for any reason the \$700 team portion of the total fee may be prorated in the form of a PBI credit voucher—less a \$100 administrative fee. The JRWTP(if applicable) portion of the total fee is completely non-refundable.

CONFIRMATION OF AGREEMENT:

I hereby agree to the above stated conditions of the Professional Baseball Instruction, Inc. Spring Eagles policies. I have provided my credit card information above & authorize PBI, Inc. to charge said credit card for all fees associated with the Spring Eagles/JRWTP. If a payment plan has been provided I authorize PBI, Inc. to charge said credit card on the all payment due dates. If I choose to pay by cash or check I will present payment on the above stated due dates before 8:00PM. I hereby acknowledge that no cash refunds or credit vouchers will be issued for missed JRWTP classes or cancellations. I also agree that if I choose not to continue with the team at any time for any reason the \$700 team portion of the total fee may be prorated in the form of a PBI credit voucher—less a \$100 administrative fee.

Signature: _____

Print Name: _____

Date: _____

JUNIOR WINTER TRAINING PROGRAM

2010 12u Spring Eagle players will work-out as a team thru the winter in PBI's "Junior Winter Training Program"

Program Highlights...

Professional Baseball Instruction's Junior Winter Training Program is the most intense and thorough off-season training program available for players at the 12u level. PBI will prepare you for the upcoming season just as the pros do through our "spring training" approach. The program consists of 3 months – twenty four 2 ¼-hour workout sessions. That's 54 total hours of preparation for the upcoming season.

Throughout the month of March, the main focus of the workouts will be live competition and game situations. Each hitter will total approximately 40 – 50 live at-bats while each pitcher will throw around 15 innings of live game play.

- ☞ Pitchers will throw *live to hitters*
- ☞ Hitters will take *live at-bats*
- ☞ Catchers will catch live & throw *full distance* to all bases
- ☞ Infielders field live ground balls & make *full distance* throws
- ☞ Position players will base-run in *live game situations*
- ☞ All players will work on live defensive situations

JRWTP DATES & TIMES

JRWTP begins on **JANUARY 5TH**
and continues thru **APRIL 1ST**

JANUARY & FEBRUARY
TUESDAY & THURSDAY- 4:30PM – 6:45PM
MARCH - Beginning on 3/4/10
TUESDAY & THURSDAY- 7:15PM – 9:30PM

Please Note - There are NO workouts– 2/16/10 & 2/18/10
Make-up sessions are not available

PITCHERS

All pitchers will be put on a progressive throwing program consisting of long toss, short range, flat ground and mound work. They will learn to develop "command" of their fastball (4-seam, 2-seam) regardless of how hard they throw. We will develop a change- up that feels good to them and a breaking pitch if they are physically capable of throwing one consistently. In March pitchers will compete in 20–25 innings of live game situations. Pitchers will learn how to throw bullpens properly as a starter and reliever as well as developing an in- season throwing routine. Pitching strategy will be a main focus as well. The pitchers will be put on a full shoulder and elbow maintenance program and learn how to care for their arm throughout the season. Defensively, we will improve quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PPF). Offensively, pitchers that hit will hit.

CATCHERS

All catchers will be put on a progressive throwing program. The health and strength of a catcher's arm is just as important as the pitcher's. Catchers will work on all the physical and mental skills required to be proficient behind the "dish". Areas of concentration are: Receiving, blocking, throwing to all bases, pick-off throws, fielding bunts, fielding pop- ups, "plays at the plate," tags, double plays, 1st & 3rd responsibilities, and run- downs. Throughout the program catchers will be working very closely with their battery mates, the pitchers. Classifying hitters, understanding pitchers and calling a game will be discussed. Catchers will not only learn and develop the physical skills needed to be a good catcher, but the mental aspects of how to control the game, the team, and be a leader on the field will be enhanced. As a catcher your priority is defense. Making your pitcher look good and keeping your team "in the game" is your job. There are many aspects to the position that need to be mastered. Offensively, catchers will work with our hitting instructors + practice their base- running.

INFIELDERS

Infielders will be put on a progressive throwing program to develop arm strength and health. During the course of a game infielders need to execute throws from a wide variety of arm angles and body positions. Each position on the infield will work on the proper mechanics of these throws, and learn how to treat every throw "with a purpose". 1st & 3rd basemen, and middle infielders will work on their position specific skills throughout the program. All infielders will develop a proper approach to all types of ground-balls, specific to their position. This includes routine, backhand, glove side, slow- rollers, high- choppers, short- hops, harder hit balls, and line- drives. Proper footwork, double plays, making tags, relay throws, 1st and 3rd responsibilities, run- downs, bunt defenses, and pick- off plays will all be taught according to position. Offensively, all infielders will work with our hitting instructors + practice their base- running.

OUTFIELDERS

Outfielders will be put on a progressive throwing program to develop arm strength and health. As an outfielder footwork is "key." Footwork on all ground and fly- balls must be highly developed. All outfielders will work on routine ground- balls, angles of approach to ground and fly- balls, and getting a strong and accurate throw to the infield quickly. Offensively, all outfielders will work with our hitting instructors + practice their base- running.

HITTING

In January, hitters will learn and develop hitting skills through tee work, drills that focus on mechanics and proper fundamentals for each individual hitter and batting practice (BP). Live BP will be the norm in February, and in March hitters will compete in live situations against the pitchers and catchers. The program is designed for hitters to amass a full season of live at-bats (45– 60).