



Pre-Season Hitting & Position Workshop

SUNY Old Westbury, Clark Center - Ages 13-17*

* Players are initially grouped by age & regrouped by ability.

5 Sundays: January 15, 22, 29, February 12 and 19th

Time: 9:00 A.M. - 11:00 A.M.

Hitting Skill Development

- Proper Swing Mechanics
- Balanced approach with swing
- Shorten approach to the ball
- Develop a better follow through
- Video Analysis of swing and stance
- Evaluation sheet for each player

Defensive Position Workshop (1B, 2B, SS, 3B)

- Double Play Techniques (Pivots and Feeds)
- Relays, Scoops and Tag Plays
- Glove and Hand Techniques
- Special Game Situations
- Ground Ball Mechanics
- Throwing Mechanics

Clark Center

Over 25,000 square feet of Training Space!

Visit us online to register with your credit card:
www.nybaseballacademy.com

3 Cages - Live and Machine Batting Practice
Personal Hitting Evaluation
Video Taping and Analysis

TUITION: \$295.00 LIMITED ENROLLMENT

EQUIPMENT: Bat, Glove, Sneakers and Batting Gloves

LOCATION: SUNY Old Westbury, Clark Center
Nassau County's largest indoor facility

Director: Bob Hirschfield

- Veteran and former Head Coach at NYIT with over 30 years of experience on the Division 1 level. Achieved over 650 wins.
- Over 60 of his players went on to play professional baseball, with 4 All Americans and numerous All Region players.
- Founder and Director of the New York Baseball Academy providing the finest Winter and Summer instructional programs for over 30 years.

Coordinator:

Mike McCabe

- Assistant Coach at St. Joseph's College & former Assistant at NYIT.
- Has Coordinated our Winter Programs at SUNY for the past 14 yrs.
- One of the Coordinators at the NYBA's summer program at NYIT

Other members of our staff include:

Bob Carberry - Lawrence HS

Lou Bernardi - NYIT

Andrew Guarrasi - NYIT

Mike Hirschfield - Yale University

Mike Roth - NYIT

Matt McDevitt - McClancy HS

In addition, Collegiate players will assist as part of our teaching staff.

Instructional Staff:

Mike Caulfield

- Assistant Coach at New York Institute of Technology, 11 years
- The NYIT Bears hitting coach and has coordinated the hitting programs for the NYBA's winter sessions

Matt Lemanczyk

- Played professionally for the St. Louis Cardinals (3 yrs) in their minor league organization

Jamie Loeb

- Assistant Coach at NYIT and veteran NYBA coach

Helms Bohringer

- Head Coach at Mineola High School and former coach with the L.A. Dodgers minor league organization

Ron McKay

- Assistant Coach at C.W. Post College
- Former minor league coach for the Chicago White Sox

Tom Leonick

- Assistant Coach at Queensboro Community College

Frank Sonnenberg

- Assistant Coach New Hyde Park HS

George Carroll

- Presently playing for the Toronto Blue Jays (A)
- Former Player and Captain at NYIT

Directions to SUNY Old Westbury - Clark Center:

From the South Shore (Nassau County) take either Meadowbrook Parkway or Wantagh Parkway to Northern State Parkway eastbound. Exit Northern State at Exit 35 North (Broadway/Rte. 107). Proceed north to campus entrance.

From the South Shore (Suffolk County) take the most convenient north-south road to LIE westbound. Exit 41 North (Broadway/Rte, 107) and proceed north to main entrance.

From the North Shore (Nassau County) take either Northern State Parkway or the LIE eastbound to Rte. 107 (Northern State Exit 35 North; LIE Exit 41 North) and proceed north to campus entrance.

From North Shore (Suffolk County) take LIE westbound and proceed as indicated above.

For further information, please call: 516.922.7133. Or, visit us & register online at: www.nybaseballacademy.com

APPLICATION IS ON SECOND PAGE

Application by Mail: Pre-Season Hitting & Position Workshop — 2012

Name _____ Date of Birth ____/____/____ Age _____ Grade _____

Address _____ School _____ Home Tel. _____

Town _____ State _____ Zip _____ Emergency Tel. _____ E Mail _____

I consent to my child's attendance at the NYBA winter programs. He is in good health, has had a physical examination within the last calendar year and is able to participate in all activities. In addition, as parents or legal guardians, we authorize the New York Baseball Academy, or one of its staff to obtain medical treatment for my child as necessary. I understand that my child is actively participating in an athletic program and that the New York Baseball School, Inc./New York Baseball Academy and SUNY Old Westbury is not responsible for any injuries or damages to person or property that may occur whether or not such damages are the result of negligence or any other cause.

Parent or Guardian Signature _____ Date _____

Please make checks \$295 payable to: New York Baseball Academy

Forward check and application to:

**New York Baseball Academy
P.O. Box 237
Greenvale, New York 11548**

For further information, please call: 516.922.7133. Or, visit us & register online at: www.nybaseballacademy.com

