



30th Annual Pitching Workshop: Ages 9 - 18*

Learn from the finest and most comprehensive pitching program on Long Island

4 Saturdays: January 15, 22, 29 & February 5th

4 Sundays: January 16, 23, 30 & February 6th

New York Institute of Technology Sports Complex

*High School seniors are eligible to enroll in this program as per NCAA rules.

4 Saturdays: January 15, 22, 29 & February 5th

(only one time slot & age group available on Saturdays)

Age Group Times

9- 12 year old 10 - 11:50 A.M. (36 Players)

4 Sundays: January 16, 23, 30 & February 6th

Age Group Times

9-12 year old 10 - 11:50 A.M. (36 players)

13- 14 year old 12 - 1:50 P.M. (36 players)

15- 18 year old 2 - 3:50 P.M. (36 players)

Tuition: Four Sessions - \$345.00

Outline of Program: This workshop is designed to help develop sound body mechanics in a pitcher's motion. Many injuries are caused by improper body and arm movement. At this workshop, each student's delivery and throwing motion will be analyzed on video tape by members of our staff. Video analysis will be utilized to provide each player a clear understanding of his own skill development. Players will be required to learn daily drills to enhance their progress and improve their delivery. Instruction will include individual attention to each player and will result in a comprehensive written evaluation to be distributed at the close of the final session. Overall pitching strategy (pitch selection and set up) are discussed with each group. Parents are welcome and encouraged to stay at every lesson. Due to the amount of time we would like to devote to each player, enrollment is limited.

Location: New York Institute of Technology - Old Westbury Campus - Sports Complex

Equipment: Glove, sneakers and hat

Director: Bob Hirschfield

- New York Institute of Technology Baseball Coach. Since 1982, over 60 of his N.Y. Tech players went on to sign professional contracts.
- Teams have achieved over 650 wins in Division I competition
- Four Division I All-Americans selected
- Coordinated Long Island Baseball Instructional programs over the last 35 years

Lead Instructor: Don Cooper

- Pitching Coach for the Chicago White Sox (American League Central Division Champs - 2008 and World Series Champions - 2005)
- Pitched in Major League for the N.Y. Yankees, Minnesota Twins and Toronto Blue Jays
- This will be his 30th year with this program, after being an All Star Pitcher at New York Tech

Coaches:

J.R. Perdew

- Veteran minor league pitching coach for the Chicago White Sox (AA) in Birmingham, Alabama

Ron McKay

- Former minor league coach with the Chicago White Sox
- Instructor at the academy for the last 13 years
- Assistant Coach at New York Institute of Technology

Tommy Thompson

- Veteran Manager/Coach for the Chicago White Sox. He has worked at every level, including the Major Leagues with Chicago.

B.J. La Mura

- Pitcher for the Toronto Blue Jays (AA)
- Former pitcher for Clemson University
- Instructor at this program for the past 8 years

Joe Esposito

- Presently pitching for the Philadelphia Phillies (A)
- Signed out of NYIT after establishing many new career and single season records in wins and strikeouts

Dewey Robinson

- Veteran pitching coach at the Major League level for the Houston Astros, Chicago White Sox & Tampa Bay Devil Rays.

Ken Henderson

- Former pitcher for the Pittsburgh Pirates (A) and NYIT

Chris Rojas

- Head Coach of The Long Island Collegians (ACBL)
- Former minor league player for the Philadelphia Phillies and San Diego Padres (8 yrs).
- Pitched for Puerto Rico in the 1st World Baseball Championships - WBC

Bill Timmes

- Head Coach at Freeport H.S.
- Former Head Coach of the LI Collegians & Assistant Coach at NYIT

Nick Derba

- Presently playing for St. Louis Cardinals (AA)
- Former player at Manhattan College

Mike LaLuna

- Presently playing in the Frontier League after 3 minor league seasons
- Former player at New York Institute of Technology

Directions - New York Institute of Technology - Old Westbury campus: Long Island Expressway to Exit 39 (Glen Cove Rd.) Turn left (north) to Northern Blvd. (Route 25A) Turn right onto Northern Blvd. and continue to the third traffic light. New York Tech's entrance is on the right.

From Eastern Long Island - take LIE to Exit 41N (Route 107 North) to Northern Blvd. (Route 25A). Turn left and continue to fourth traffic light. New York Tech's entrance is on the left.

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: Pitching Workshop — 2011

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 New York Institute of Technology 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 \$345 payable to: **New York Baseball Academy**

Check your appropriate time slot:

<u>9-12 year old</u>	<u>13-14 year old</u>	<u>15-18 year old</u>
<input type="checkbox"/> 10-11:50 AM Sundays	<input type="checkbox"/> 12-1:50 PM Sundays	<input type="checkbox"/> 2-3:50 PM Sundays
<input type="checkbox"/> 10-11:50 AM Saturdays		

Forward check and application to:
New York Baseball Academy
Sports Complex
New York Institute of Technology
Old Westbury, New York 11568

