



15th Annual Coaches Clinic

Open to Coaches Little League through High School
NYIT Sports Complex

Friday, January 29th 7-10 P.M.
Question and Answer session to follow

Speakers

Bob Hirschfield

- New York Tech Baseball Coach. Since 1982, over 55 of his N.Y. Tech players went on to sign professional contracts
- Teams have achieved over 600 wins in Division I competition
- Four Division I All-Americans selected.
- Coordinated Long Island Baseball Instructional programs over the last 34 years

Ron McKay

- Former minor league coach with the Chicago White Sox and instructor at the academy for the last 12 years
- Assistant Coach at New York Tech

Helms Bohringer

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

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
- Has been with this program over 28 years after being an All Star Pitcher at New York Tech.

Mike Caulfield

- Hitting Coach for the New York Tech Bears
- Coordinates NYBA's Bethpage Summer Program
- General Manager for the Hampton Whalers (Atlantic Collegiate Baseball League) NCAA Summer League Team

All topics will have demonstrations by members of the NYIT Division I Baseball team

Clinic Topics:

Pitching Fundamentals - Don Cooper: Learn the fundamental phases of every pitcher's delivery (absolutes) that you as a coach can convey to your players — Little League to the Major League Level these absolutes are the same. Coach Cooper will use live demonstrations and the use of video to help convey these concepts.

Practice Organization - Bob Hirschfield: Learn to create an effective practice/pre game routine to develop your players and prepare them for competition. Each day players need to incorporate various fundamentals into their daily routine which will enable them to become better players. Various safety issues and team concepts will also be addressed.

Infield Defense - Ron McKay: Discuss how to implement a programmed method of instruction to help your infielders become more consistent defensive players. In addition you will be given a series of drills to add to your practice/pre game routine.

Hitting Fundamentals - Mike Caulfield: We all know, every player wants to become a better hitter. Learn key points to make each player's swing more compact while having the ability to drive the baseball to all parts of the field.

Base Stealing / Baserunning - Helms Bohringer: Successful teams will win games with good baserunning. Baserunning is a learned skill for all your players – not just your fastest team members. Learn how members of your team can increase stolen base percentages and take advantage of defensive opportunities.

Location: New York Tech, Old Westbury (Sports Complex)

Directions: Long Island Expressway to Exit 39 (Glen Cove Rd.No.) 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.

This clinic is a fundraiser for the NYIT Baseball Bears

Fee: \$45 per coach pre registered

\$60 per coach on site registration at the door

Group Rate: \$100 for 3 coaches - Mail in registration only

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

APPLICATION IS ON SECOND PAGE

RESERVATION FORM — Coaches Clinic 2010 — January 29th

SCHOOL OR LEAGUE _____

NAME(s) 1. _____ TITLE _____ AGE GROUP _____

2. _____ TITLE _____ AGE GROUP _____

3. _____ TITLE _____ AGE GROUP _____

ADDRESS _____ TOWN _____ STATE _____ ZIP _____

HOME PHONE _____ OFFICE PHONE _____ EMAIL _____

Please make checks payable to: **New York Baseball Academy**
All proceeds to benefit The NYIT Baseball Bears

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<p><u>Forward check and application to:</u> New York Baseball Academy Sports Complex New York Institute of Technology Old Westbury, New York 11568</p>

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