



# 31st Annual Pitching & Catching Workshop

**Ages 9 - 18**

Learn from the finest, most comprehensive and productive program on Long Island

**4 Sundays: January 22, 29, February 5th & 12th**  
**New York Institute of Technology - Sports Complex**

*Enrollment is limited due to the amount of time we would like to devote to each player. Parents & Coaches are welcome & encouraged to stay at each session.*

**Our experienced pro teaching staff “makes the difference.”**

**OUTLINE for PITCHERS:** This productive workshop is designed to develop sound body mechanics. Many injuries are caused by improper body and arm movement. Each student's delivery will be **analyzed on video**. Every session, pitchers will throw from our mounds and have a member of our pro staff work w/ them individually. This will provide each player a clear understanding of his personal skill development. In addition, players will learn daily routines to enhance their progress and improve their delivery.

**OUTLINE for CATCHERS:** This workshop is designed to develop the sound mechanics necessary to correctly receive different types of pitches & locations. Each player will be **analyzed on video** as they work with pitchers and during their practice sessions. A comprehensive and personal format of instruction will include: Receiving, framing pitches, blocking techniques, flexibility, throwing mechanics to increase arm strength, leadership training & various signal systems. Our coaches provide personal attention in all these areas.

<u>Age Group</u>	<u>Times</u>
9-12 year old	8-9:50 AM
9-12 year old	10-11:50 AM
13-14 year old	12-1:50 PM
15-18 year old	2-3:50 PM
<b><u>Tuition:</u> Four Sessions - \$345.00</b>	
<b><u>Equipment:</u> Glove, Hat, Sneakers. Catchers bring your own full gear.</b>	

At the conclusion of the final session, a **comprehensive written evaluation** will be provided to each player

## **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.

## **Guest Instructors:**

### **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 31st year with this program, after being an All Star Pitcher at New York Tech

### **Tommy Thompson**



- Veteran Manager/Coach/Catching Coordinator for the Chicago White Sox
- He has coached at every level including the Major Leagues
- Has worked at the NYBA for the past 10 years

## **Instructional Staff:**

### **Ron McKay**

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

### **Chris Rojas**

- 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

### **B.J. La Mura**

- Pitcher for the Toronto Blue Jays (AA)
- Former pitcher for Clemson University

### **Joe Esposito**

- Presently pitching for the Philadelphia Phillies (AA)

### **Bill Timmes**

- Head Coach-Freeport HS and former Ass't Coach at NYIT

### **J.R. Perdew**

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

### **Nick Derba**

- Presently catching for St. Louis Cardinals (AAA)

### **George Carroll**

- Presently playing for the Toronto Blue Jays (A)

### **Rob Sandora**

- Former catcher for the Long Island Ducks
- Originally signed by the Washington Nationals

### **Tom Leonick**

- Assistant Coach at Queensboro Community College

### **Ken Henderson**

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

**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](http://www.nybaseballacademy.com)**

**APPLICATION IS ON SECOND PAGE**

**Application by Mail: Pitching & Catching Workshop - 2012**

Check your appropriate time slot:

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Position: **Pitcher**  or **Catcher**

9-12 year old	13-14 year old	15-18 year old
<input type="checkbox"/> 8-9:50 AM	<input type="checkbox"/> 12-1:50 PM	<input type="checkbox"/> 2-3:50 PM
<input type="checkbox"/> 10-11:50 AM		

Address \_\_\_\_\_ School \_\_\_\_\_ Telephone Home \_\_\_\_\_

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 must Sign \_\_\_\_\_

Date \_\_\_\_\_

**If you have a pitcher/catcher pair request indicate:**

Name of player: _____ Pitcher <input type="checkbox"/> or Catcher <input type="checkbox"/> (This player must submit a separate application and we will coordinate)
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<b><u>Forward check and application to:</u></b> <b>New York Baseball Academy</b> <b>P.O. Box 237</b> <b>Greenvale, New York 11548</b>
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Please make checks \$345 per player payable to: **New York Baseball Academy**

(Applications will be accepted in order of postmark)

