



Pitching and Catching Workshop

Bob Hirschfield - Head Baseball Coach, New York Tech

Don Cooper - Pitching Coach, Chicago White Sox

New York Tech Sports Complex

Four Consecutive Saturdays

January 16, 23, 30 & February 6th — 8:00 A.M - 9:50 A.M.

A wonderful opportunity to provide valuable instruction to catchers through this format. We will be able to provide additional spaces (our pitching workshop has reached full capacity since it began 28 years ago) for pitchers to receive instruction from some of the best coaches in the major leagues while allowing catchers an outstanding program of instruction.

This workshop will take place for 4 consecutive Saturday mornings while Don Cooper is in town for our 29th annual Pitching Workshop. Enrollment is limited due to the amount of time we would like to devote to each player.

6 pairs - ages 10 - 12

6 pairs - ages 13 - 14

6 pairs - ages 15 - 17

Players may enroll as a pair (pitcher and catcher), OR we will assign the appropriate coordinating position player.

Director: 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.

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

Nick Derba

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

Rob Sandora

- Presently playing for the Long Island Ducks
- Originally signed by the Washington Nationals

Additional Coaches: Ron McKay, Chris Rojas, B.J. La Mura, J.R. Perdew, Bill Timmes, Bob O'Brien, Hector Aristy, Joe Esposito, Ken Henderson & Mike LaLuna (see Pitching Workshop flyer for further info on staff) as well as several others to provide an excellent ratio of coach to player.

Outline of Program for Pitchers: 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 and coaches are welcome and encouraged to stay at every lesson.

Outline of Program for Catchers: This workshop will offer catchers a comprehensive and personal format of instruction that will include the following areas; Receiving the pitch, framing pitches, blocking techniques with recovery, throwing mechanics, flexibility, signal systems and leadership training. Our catching coaches will provide personal attention in each of these areas. At this workshop each student's catching technique will be analyzed on video tape by members of our staff. A comprehensive written evaluation will be distributed at the close of the final session. Parents and coaches are welcome and encouraged to stay at every lesson.

Location: New York Tech Sports Complex - Old Westbury Campus

Equipment: Pitchers: Glove, sneakers, jacket and hat
Catchers: Full Gear

Tuition: Four Sessions - \$345.00 per player

Directions: 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

15th Annual- New York Baseball Academy-Coaches Clinic

Bob Hirschfield, Don Cooper of the Chicago White Sox & the staff & players of NY Tech
Friday January 29th 7-10pm Q&A to follow
NY Tech Sports Complex **Call: 516.922.7133 for details**

Application by Mail: Pitching/Catching Workshop — 2010

Name _____ Position: Pitcher or Catcher Date of Birth _____ Age _____ Grade _____

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

<p><u>If you have a pair request:</u> Name of player: _____ Pitcher <input type="checkbox"/> or Catcher <input type="checkbox"/> (This player must submit a separate application and we will coordinate)</p>

<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>

Please make checks \$345 per player payable to: New York Baseball Academy
Applications will be accepted in order of postmark.

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