



# Pre-Season Hitting & Fielding

## SUNY Old Westbury, Clark Center - Ages 7-12\*

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

**5 Saturdays: January 14, 21, 28, February 11 and 18th**

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

Two hour comprehensive workout each week to help you stay on top of your game during these critical winter months. Our serious players who participate in these winter programs definitely improve their skills and stand out at their spring team workouts.

3 Indoor Cages for Hitting Instruction  
Daily Batting Practice for each player  
Learn Proper Hitting Mechanics & Drills

Use of Video Review Station for Instruction  
Individual Infield Skill Development  
Learn Throwing Drills to increase Arm Strength

Hitting Evaluation  
Video Taping & Analysis

3 Cages  
Live & Machine Batting Practice

### LOCATION:

SUNY Old Westbury, Clark Center  
The Clark Center is Nassau County's largest indoor facility

### EQUIPMENT:

Bat, Glove, Sneakers, and Batting Gloves

### TUITION:

Five Sessions - \$275.00

Over 25,000 square feet  
of Training Space!

### 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 and former Assistant at NYIT.
- Has Coordinated all our Winter Programs at SUNY for the past 14 years
- One of the Coordinators at the NYBA's summer program at NYIT

### Guest Instructor:

#### 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

### Directions to SUNY Old Westbury - Clark Center:

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

**From the North Shore** (Nassau) 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) take LIE west & proceed as indicated above.

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

### Instructional Staff:

#### Jamie Loeb

- Assistant Coach New York Institute of Technology
- Former Scout for the Chicago White Sox - veteran NYBA coach

#### Matt Lemanczyk

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

#### Helms Bohringer

- Coach of Mineola H. S. and former player and coach in the Los Angeles Dodgers organization

#### Ron McKay

- Ass't Coach at C.W. Post College
- Former minor league Coach for the Chicago White Sox

#### 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

#### Mike Gaffney

- Former minor league shortstop for the KC Royals (AA)

#### Bob O'Brien

- Has helped coordinate NYBA's summer program for the past 15 yrs.
- Coordinates all PSAL Athletic Tournaments for Section VIII (Nassau)

#### Nick Derba

- Presently catching for the St. Louis Cardinals (AAA)

#### Frank Sonnenberg

- Coach New Hyde Park HS

#### Rob Sandora

- Former catcher for the Long Island Ducks

#### Tom Leonick

- Assistant Coach at Queensboro Community College

#### Joe Esposito

- Presently pitching for the Philadelphia Phillies (AA)

#### George Carroll

- Presently playing for the Toronto Blue Jays (A)

Bob Carberry - Lawrence HS

Andrew Guarrasi - NYIT

Mike Roth - NYIT

Lou Bernardi - NYIT

Mike Hirschfield - Yale University

Matt McDevitt - McClancy HS

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

**APPLICATION IS ON SECOND PAGE**

**Application by Mail: Pre-Season Hitting & Fielding Program — 2012**

Name \_\_\_\_\_ 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 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 Must Sign Date

**Make Checks Payable to: New York Baseball Academy**

**Tuition:** 5 Sessions - \$275

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

