

# Baseball

The Northeast's Top Ranked Baseball Program

## High School

# Spring Training

The Best Professional Instructional Camp In The Northeast

**Staff Includes**

**Current / Former MLB Organizational Players**

**MLB Scouts**

**College Coaches**

These workouts have help produce

33 MLB Draft Picks ~151 College College Scholarhips

47 All State Players ~67 All Shore Players ~ 97 All County Players



These Schools Have Shown Interest In Attending In 2012 As of 8/27/2011 (More To Be Added)

**Dates: January 22,29 - February 12,19,26 - March 4**

**Hitting Workouts: Sunday 1:00PM-2:00PM and 2:00PM-3:00PM**

**Defensive Workouts: Sunday 3:30PM-5:30PM**



**GoodSports USA Facility**  
2913 Route 138 East ~ Wall Twp ~ NJ  
190' x 150' Open Turf Facility

For detailed staff and camp information you can visit [www.BaseballU.net](http://www.BaseballU.net)

## 2012 Baseball U Winter Workout Information

2012 will mark the 7th Anniversary of the top ranked winter workouts with college coaches. These workouts have been beneficial to over 400 players the past 6 years.

The workouts not only prepare a player for their first day of high school practice but expose a player to various college coaches from along the East Coast. The workouts act as a developmental camp while learning and exposing a player to various colleges and what they teach at their college. In reality it acts as a college showcase for each player in attendance only it provides instruction as well.

For six weeks a player will progress through various drills and instruction. Each week a player progresses as the program becomes more aggressive while a players arm strength increases.

Players will have the opportunity to work out at several positions if they choose.

**Infielders:** Will be put through various infield drills by the Baseball U staff as well as what the college coaches do with their players at their college. A player will learn various techniques used in the college and pro game today. As well as the infield drills at various stations a player will be able to throw as if he were outside in the full open turf infield area. This is a valuable asset that Baseball U is able to provide to the player.

**Outfielders:** Will be put through various outfield drills. As the camp progresses an outfielder will be able to lengthen their throws up to 200 feet. Outfielders will be able to track fly balls and ground balls and throw to position players as if it were a game situation.

**Pitchers:** Pitchers will learn and perform drills by some of the top pitching coaches in the college game today. Pitchers will each week increase their pitch count while preparing them for their high school season. Pitchers will throw to catchers each week and when their session is done may work out at their other position in the camp.

**Catchers:** Will be given a series of defensive drills. Catchers will learn the proper way to receive and learn valuable tips to managing a game. Each week catchers will work on their POP times to second and receive throws from the outfielders as well.

**Cost:** For six weeks the players will work for two hours while also showcasing for the college coaches as well as MLB Scouts and staff. For less than a rental of a cage at less than \$50.00 an hour a player will become a well rounded defensive player.

***6 Weeks for \$595.00***

### Hitting Workouts

Hitters: Will be able to work on various hitting techniques with some of the best hitting instructors around. Ty Hawkins a NY Yankees hitting coach for the past 12 seasons leads the hitting workouts. 5 Cages are used during the hitting workouts. College coaches will also attend the hitting workouts while evaluating and teaching techniques used by their school. Hitters will have the opportunity to work at various stations during the 1 hour session for 5 weeks. (January 22,29-February 12,19,26)

***5 Weeks for \$195.00***

### How to Register

A player may register for both the defensive and hitting workouts together or separate. It is suggested for the college coaches that you attend both. If a college coach likes you either at hitting or fielding he would like to see if you can do both and how much work you need on the other part of your game.

***6 Weeks Defensive Workouts \$595.00***

***5 Weeks Hitting Workouts \$195.00***

***Both Defensive and Hitting Camp Combo \$750.00***

***\* Enrollment is limited to 60 high school players. Those who register for both the defensive and hitting camp will be considered first for the camp. (2012-2015 Graduates are eligible)***

**Winter High School Training Baseball Registration Form**

Players Name: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Grad Year: 2012 2013 2014 2015

Primary Position: P C 1B 2B SS 3B OF Secondary Position: P C 1B 2B SS 3B OF (Circle)

High School Attending: \_\_\_\_\_

Email Address: \_\_\_\_\_@\_\_\_\_\_

Address: \_\_\_\_\_

Phone #: (Home) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: (Cell) \_\_\_\_\_

Shirt Size: \_\_\_\_\_

Total Amount Due: \$595 \$195 \$750 (Circle One) CASH CHECK

**Credit Card: You may register via credit card at our Payment Center at WWW.BaseballU.net**

Signature: \_\_\_\_\_

**You MUST mark which program(s) you are registering for on bottom of form.**

**Please Check**

- |                          |  |          |
|--------------------------|--|----------|
| <input type="checkbox"/> | High School Defensive Workouts         | \$595.00 |
| <input type="checkbox"/> | High School Hitting Workouts           | \$195.00 |
| <input type="checkbox"/> | Both HS Defensive and Hitting Workouts | \$750.00 |

**Please make checks payable to DDBA  
Mail to John Wells / 51 Summers Ave / West Long Branch / NJ / 07764**