

East Coast Sports Academy

Spring Baseball Clinics

Session I
March 29th, 30th, 31st
April 1st & 2nd
Clinic Time:
10:00-12:00 PM

Session II
March 29th, 30th, 31st
April 1st & 2nd
Clinic Time:
12:30-2:30 PM

Baseball Fundamentals Taught

Hitting:

Grip
Stance
Swing/Pitch Selection
Mental Approach

Fielding:

Body Positioning
Footwork/Agility
Decision Making
Double Plays

Pitching:

Proper Mechanics
Arm Speed/Strength
Strike Zone
Pitching Philosophy

Our Professional Staff

- * Ryan Gorecki- Long Island Ducks/Texas Rangers
- * Chris LoPiccolo- Deer Park H.S. Baseball Coach
- * Mike Postilio- Hofstra University/ Oceanside H.S. Baseball Coach
- * *Other ECSA Instructors*

These clinics are for boys and girls ages 5 & up. The cost is \$125 per session. Sign up for both sessions for a discounted price of \$200. Take \$10 off if you attended the February clinics. A pizza lunch is available for \$5 per day. Enrollment is limited for each session, so sign up fast!

SPRING CLINIC 2010

Name: _____ **Age:** _____

Address: _____

Phone#: _____

Email: _____

Session #I: _____ **Session #II:** _____ **Lunch:** _____



Make checks payable to **East Coast Sports**
Mail to: East Coast Sports Academy
3580 Oceanside RD. Oceanside, NY 11572
516-208-7168
www.eastcoastsportsacademy.org

