



Peter Milani - Clinic Director

Baseball Basics Makes A Difference

"This will be my son's third year with Coach Pete. The sessions are incredibly well-structured and teach all the fundamental skills with highly motivated instructors. Superior Clinic!"

Michael J. Bowe, Pelham Parent

"Baseball Basic's provided my son, Joey, with the necessary skills to grow in baseball. I looked at several clinics from major facilities and in my opinion none of them compared to what Coach Pete was doing. The dicipline and attention to detail combined with an enthusiastc, well trained staff provided a learning program that is second to none."

Andrew Buccafusca, Larchmont Parent

"Our son's skill set and passion for the game grew with each passing week. The program truly teaches baseball."

Maria Garito, New Rochelle Parent

"Coach Milani is a former New York City teacher who has taught and coached baseball for over thirty years. He travels to clinics throughout the country trying to increase his knowledge of instruction. His passion for the game of baseball, along with his ability to teach age appropriate skills in a sequential fashion, sets him apart from other instructors."

Bob Caputo, Iona Prep Assistant Head Coach

Coach Milani's experience includes:

- Assistant Coach, Mercy College
- Assistant Coach, Concordia College
- N.Y. General Head Coach (ACBL) sanctioned by NCAA/Major League Baseball
- Iona Prep, Hitting Instructor
- New Rochelle Cardinals, Head Coach (Travel)

Training Facility
Holy Trinity, Greek Orthodox Church
10 Mill Road and North Avenue
New Rochelle, New York

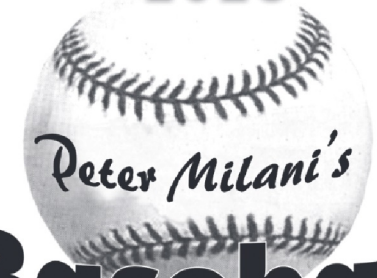
Directions

Hutchinson River Parkway North to Exit 9. Make left onto North Avenue. At next light, bear left, turn left into Church driveway.

Hutchinson River Parkway South to Exit 9A. Bear right. Go 50 yards. Turn right into Church driveway.

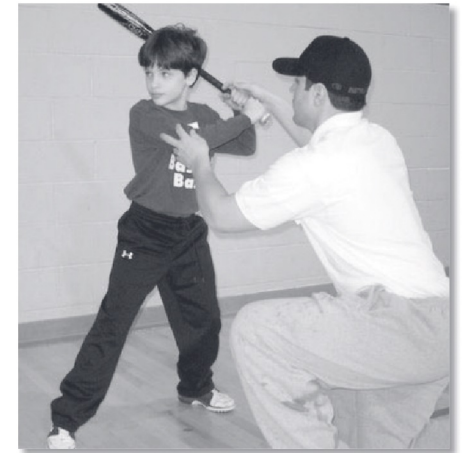


2023



Baseball Basics

for
LITTLE LEAGUERS



"Get The Jump On The Competition"

Boys and Girls

Ages 7 thru 10

7 Saturday Sessions

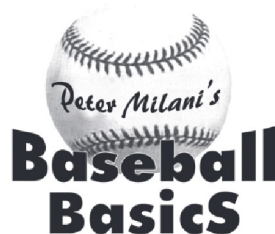
January 21 thru March 11, 2023

(No Session February 25 - Unless a Snow Date is Needed)

1:30 PM to 3:00 PM

At

Holy Trinity
Greek Orthodox Church
10 Mill Road and North Avenue
New Rochelle, New York



For Further Information, Call Coach Milani at

914-632-6742

What Makes This Program Special?

All Baseball Basics staff members have baseball backgrounds and have been personally trained by Coach Milani. Each session has been well planned to insure a diversity of skills and to maximize learning. There are no games or down time. It is all about hard work. Most importantly, the ratio of player to instructor is less than 3 to 1. To guarantee success, we will only allow 28 participants into the program on a first-come-first-serve basis.

Curriculum

The program will teach and drill the following baseball skills:

Hitting

- 3 Phases of Hitting...Setup, Load, Explode
- Swing Mechanics
- Relaxation Techniques
- Bat Selection Test
- Understanding the "Strike Zone"

Fielding and Throwing

- Proper throwing mechanics / grip
- Proper fielding set up
- Techniques of the 2 handed catch
- Fundamentals of fielding the groundball
- Backhand entry techniques

Base Running

- Proper running form
- Running through first base
- Running out doubles with loops
- Figure 4 Slide
- Pop up Slide
- Crossover step for stealing
- Tagging up

Conditioning

- Baseball stretches
- Flexibility & agility drills

Mental Development

- Aggressiveness
- Positive thinking
- Dealing with stress

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Baseball Basics

FOR BOYS AND GIRLS AGES 7 TO 10

A 7 week teaching program of fundamental baseball skills taught in an energized, structured environment by knowledgeable, experienced and enthusiastic instructors. Great training for the upcoming Little League Season.

Requirements

- The desire to work hard and concentrate.
- The willingness to work through difficulties.
- Wear Training Shirt, Cotton Sweat Pants, Sweat Socks and Sneakers
- Bring Glove and Bat to each session.

Tuition

\$449, Includes:
Gym Facility, Training Shirt,
Insurance, Weekly Homework Review Sheets,
and Seven 90 Minute Sessions of
Detailed Instruction.

\$30 DISCOUNT FOR ANY RETURNING PLAYER

OR

\$50 DISCOUNT FOR A SECOND CHILD



2023 Register Now!

Only 28 Participants Accepted

Seven 90 Minute Sessions of Instruction

Tuition \$449

Includes: Gym Facility, Training Shirt,
Insurance, Weekly Homework Review Sheets,
Less Than 3:1 Student to Instructor Ratio,
Seven 90 Minute Sessions of Detailed Instruction.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Birth Date _____ Age _____ Grade _____

Shirt Size: Youth M L
Adult S M L

How did you find out about us?

Full Email address:

Emergency Contact Name _____

Emergency Contact Phone # _____

In case of emergency, I grant permission for my child to be given medical treatment as prescribed by a physician or hospital. I agree to hold Peter Milani and staff harmless from any liability, loss or personal expense arising from the clinic.

Parent's Signature _____

Mail Checks Payable To:

Peter Milani

80 Lawrence Place

New Rochelle, NY 10801

No Refunds, Credit Only for Future Sessions