



2019 KINGSTON PLAZA INDOOR BASEBALL TRAINING PROGRAM



LED BY HEAD INSTRUCTOR AND KHS HEAD COACH MIKE GROPPUSO

This is an 8-week training program for ages 9-18 that emphasizes all fundamentals of the game: Hitting, Fielding, Throwing, Base Running, Proper Arm Care and more. Our instructors will provide many different drills and approaches to help increase the skill development of each individual. Sessions are 1 ½ hrs each with an Instructor/Player ratio of no more than 6 to 1 to allow for more reps and a better understanding of the game. The drills and approach is what has helped guide the Kingston Varsity baseball program to 7 Sectional Championships, 3 NYS Final Fours ('11, '12, '17) and a State Championship (2012) in the last 14 years. If your son loves the game of baseball and is looking to improve, this clinic is a perfect fit.

AGES 9-12

Dates: Jan. 3rd – Feb. 25th

Cost: \$350

Days/Times:

Mon., Tues., Thurs. 6-7:30pm

Sat. 10:30am-12pm / Sun. 9-10:30am

AGES 13-18

Dates: Jan. 3rd – Feb. 25th

Cost: \$350

Days/Times:

Mon. / Tues. 7:30-9pm

Sat. 9-10:30 am / Sun. 10:30am-12pm

*****All stated workout sessions are 1x/week and will assume a minimum of 15 and a maximum of 20 participants. Schedules will be adjusted once the registration period has closed***

OUR INSTRUCTORS

Head Instructor: Mike Groppuso – Head Baseball Coach KHS

Assistant Instructors:

Steve Freer: Pitching Instructor / Head Modified Baseball Coach - Kingston

Rob Parisian: Head JV Baseball Coach - Kingston

TD Mills: Head Baseball Coach - Walkkill

Randy Delaney Jr.: Assistant Head Baseball Coach - UCCC

Bret Wrixon: Head Baseball Coach Red Hook HS / Former JV Head Coach & Var Asst. - KHS

Zach Short: Current Minor League SS for Chicago Cubs

Pat Dorrian: Current Minor League 3B for Pittsburgh Pirates

- There will also be current and former College and HS Players



TO REGISTER EMAIL: Mike Groppuso - mgropjr@gmail.com