



TM

WLADYKA
BASEBALL

2026 PRE-SEASON TRAINING PACKET

16U PRE-SEASON TRAINING

GENERAL INFORMATION /PURPOSE

The **TRAINING PROGRAM** is designed to prepare players for the upcoming season by providing consistent and uniform training in structured and organized workout sessions. The instruction will focus on the areas of hitting and pitching.

There will be a minimum of 4 coaches present at each session. A brief bio on each instructor is on the accompanying page.

*Please note that players who attend the program as dual players (pitcher/position players) will be scheduled for one rotation through the hitting area and one rotation through the pitching area. Strictly position players will have two rotations through the hitting area.

LOCATION

The RIG Training Facility which is located at
59 Nicola Place, Nutley, NJ.

DATES

The 8 session program will run from the weekend of January 10 & 11
and continue through the weekend of March 7 & 8
with one "OFF/BYE" week built in on February 14 & 15 (Presidents' Day Weekend)

TIME PERIODS/SCHEDULE OPTIONS

Each age/grade group will have 8 one hour and forty five minute sessions.

We have provided players with age/grade group time slots on **either Saturday or Sunday**.

PLEASE REFER TO THE ATTACHED REGISTRATION PAGE FOR THE TIME SLOT OPTIONS SET ASIDE FOR EACH GRADE/AGE GROUP.

UNDERSTAND THAT THERE IS SOME FLEXIBILITY REGARDING THE SCHEDULING. IF THE TIME SLOT YOU SELECT DOES NOT WORK FOR YOU ON A PARTICULAR WEEKEND(S), YOU CAN SHIFT TO ANOTHER TIME SLOT OR DAY.

COST

The cost will be \$595 per player.

2026 'WBC' 16U REGISTRATION PAGE

NAME: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
SCHOOL: _____ GRADE: _____ GRAD YEAR: _____
EMAIL: _____ EMAIL: _____
PLAYER CELL: _____ PARENT CELL: _____
PRIMARY POSITION: _____ SECONDARY POSITION: _____

We have provided players with age/grade group time slots on **either** Saturday **or** Sunday.

THE TIME SLOTS SET ASIDE FOR WLADYKA BASEBALL 16U PLAYERS ARE:

SATURDAYS:	11:30 AM to 1:15 PM
SUNDAYS:	2:45 to 4:30 PM

1st Choice: _____ 2nd Choice: _____ Flexible: _____

Understand that there is some flexibility regarding the scheduling. If the time slot you select does not work for you on a particular weekend(s), you can shift to another time slot or day.

COST

The cost will be \$595. A \$95 deposit is due in order to reserve a spot.

Deadline is Friday, December 12. The remainder is due in January.

MAKE CHECKS PAYABLE TO:

Joe Wladyka Camps
7 Wilson Ave.
Rutherford, NJ 07070

REGISTRATION LINK:

<https://wladykabaseball.sportngin.com/register/form/761238779>

FOR HITTERS

The following is a brief outline of the curriculum that has been designed to maximize the 8-week period leading up to the baseball season. Each week there will be a hitting objective which will be implemented thru a series of tee/ soft toss drills as well as during emphasis rounds in the batting cages. Our approach is a progressive one in which each session builds upon the previous. This spiral approach to learning will allow the hitter to develop an overall hitting approach by the 8th week of training. Each week as the hitters are put through a series of stations, they will be given specific “Homework Drills” to incorporate into their personal training in order to aid a specific area of weakness.

INDIVIDUAL VIDEO ANALYSIS TO BREAKDOWN MECHANICS, SWING PATH & BODY MOVEMENTS

In addition to machine hitting, ‘live’ hitting will be included with coach-pitched BP and modifications such as front toss/offset hitting, etc.

Week 1 – Lower Body

- Depth and distance in the box
- Stride length / Knee positioning
- Loading / Timing of the stride
- Rear knee drive / Balanced finish

Week 2 – Upper Body

- Grip / Bat angle / Hands - Elbow Position
- Load – launch position of the hands
- A-C contact – hand path
- Extension at contact / Finish

Week 3 – Sequencing the entire hitting process

- Emphasis on stride and swing separation
- Timing of the load / trigger
- Rear knee drive – initiating the swing

Week 4 – Head/ Eyes – Vision / Tracking – Pitch Recognition

- Emphasis on the position of the head while hitting – flat eyes
- Picking up release point – funnel of focus
- Pitch recognition
- Position of head and eyes during course of the swing

Week 5 – Zone hitting – hitting diagonal

- Recognizing the 9 parts of the strike zone
- Identifying a hitter’s strength/weakness in the strike zone
- Pitcher’s vs Hitter’s strike zone

Week 6 – Hitting the breaking ball

- Recognizing the breaking ball by spin – release point
- 3 points of recognizing the breaking ball
- Objectives of the pitcher / hitter with the breaking ball

Week 7 – Count hitting

- Recognizing positive / negative pitch counts
- Identifying a pitcher’s pattern in certain counts – strengths and weaknesses
- Developing an aggressive approach in all counts
- 2-Strike approach

Week 8 – Offensive concepts / Situational hitting

- Executing the hit and run
- Sacrifice bunting
- Situational hitting
- man on 2b 1 out vs. 2 outs
- man on 3b infield in / infield back

FOR PITCHERS

Each session pitchers will be taught new drills and specific skills which will focus on that week's objective. Our approach is a progressive one in which each week builds upon the previous. After each session, pitchers will be given instructions on what to work on including: body movement drills, throwing drills, arm care/ exercises, and more. The pitch count will start at 20-25 pitches and then gradually increase as the sessions progress. Each bullpen will focus on that particular session's emphasis.

INDIVIDUAL VIDEO ANALYSIS TO BREAKDOWN MECHANICS, KINETIC CHAIN, MOBILITY, BODY MOVEMENTS & ARM PATH

Week 1 - INTRODUCE CORE4 DRILLS

- Core 4 Drills
- Lower Body Engagement
- Movement Patterns

Week 2 - STRETCH/ MECHANICS

- finding comfort from the stretch
- varying timing and looks to home plate
- base runners tendencies on 1B & 2B

Week 3 - THROW TO CATCHERS

- throw a "touch and feel" from wind-up and stretch focusing on:
 - 2-seam and 4-seam fastballs
 - focus on fastball command glove side and down

Week 4 - CHANGE-UP

- how to throw a change-up, when to throw a change-up, why the change-up is so effective
- variety of grips (it is a feel pitch)
- understanding supination & pronation

Week 5 - CURVEBALL

- proper grips / curveball drills
- how to throw a curveball CORRECTLY
- why the curveball is so effective

Week 6 - STRIKE STRINGS & STRATEGIC PITCHING

- strike strings- provides strike zone visualization for pitchers with immediate feedback
- pitching the count & situation
- facing 'dummy' batters

Week 7 - COMPETITIVE BULLPENS

- command over control
- ability to execute in/out of the strike zone
- compete for points "outs"

Week 8 - RADAR VELOCITY DIFFERENTIAL

- analyze velocity differential between pitches with radar gun
- throwing to catchers will emphasize correcting flaws detected on the Video

****FROM WEEKS 3 – 8 PITCHERS WILL BE THROWING BULLPENS TO CATCHERS****

INSTRUCTIONAL STAFF

Mike Abate

- Current Head Coach at Wayne Hills High School
- Played collegiately at William Paterson University
- Wladyka Baseball Club Coach

Butch Bellenger

- Current Assistant Coach at Lyndhurst High School
- Drafted and played in the Pittsburgh Pirates organization after attending Rider Univ. & William Paterson Univ.
- Wladyka Baseball Club Coach

Chipper Benway

- Current Head Coach at Hoboken High School
- Hudson County High School Coach of the Year
- Wladyka Baseball Club Coach

Ed Blankmeyer

- Former Minor League Manager in the New York Mets Organization
- Former Head Coach at St. John's University where he compiled a 829-500 win-loss record in 24 seasons
- Inducted into the College Baseball Coaches Hall of Fame in 2018

Brian Chapman

- Recently appointed Athletic Director at St. John Vianney
- Former Head Coach at Millburn High School where his teams won multiple State, Sectional & County Titles
- National High School Coach of the Year (ABCA) (2015)

Mike Chiaravalloti

- Co-Head Freshman Coach at Don Bosco Prep
- Played collegiately at Iona University
- Wladyka Baseball Club Coach

Dom Cirilli

- Coaches Wladyka Baseball Spring, Summer & Fall Teams
- Infield Coordinator for Wladyka Baseball
- Former Coach at St. Mary HS-Rutherford & Demarest HS

TJ Hunt

- Director of PBR New Jersey
- Graduate of Monmouth Univ. where he is in the top 10 in career wins & career complete games.
- Hunt was named Conference Pitcher of the Week 3 times, Eastern College Athletic Conference (ECAC) Pitcher of the Week twice, named Second Team All-Conference.

Bryan Makely

- Co-Head Freshman Coach at Don Bosco Prep
- Pitching Coordinator for Wladyka Baseball Club Teams
- Played at Ramapo College

Mike Sheppard, Jr.

- Current Head Coach at Seton Hall Prep. - the State's #1 ranked team in 2001, 2003, 2005, 2006, 2007 and 2016
- National High School Coach of the Year in 2003 & 2007
- Former player at Seton Hall University, where his brother, Rob, is the current Head Coach.
- Drafted and played 3 years in the Houston Astros organization

Carmen Spina

- Current Head Coach at Rutherford High School.
- Named Bergen County Coach of the Year.
- Led Rutherford to back-to-back semi finals of the Bergen County Tournament.

Nick Urbanovich

- Head Coach at Westwood High School
- Played collegiately at Rowan University where he was named National Defensive Player of the Year '04
- Wladyka Baseball 17U Fall Coach & Infield Coordinator

Paul Urbanovich

- Head Coach at Ramsey High School
- 2022 Group 2 State Champions
- Graduate of Rowan University where he played in the College World Series
- Wladyka Baseball Club Coach & Catching Coordinator

Jim Wladyka

- Wladyka Baseball Pitching Coordinator & Pitching Coach at Don Bosco Prep
- USA Baseball Coaching Staff & Selection Committee for 18U Gold Metal Winners in 2014, 2015, 2016
- Graduate of St. John's University where he was Drafted by the New York Mets (2005)
- Played four years of professional baseball with the New York Mets, Kansas City Royals, and Texas Rangers organizations. (2005-2008) & Pitcher of the Year for the Mets (2005)
- Big East Scholar Athlete (2005)

Joe Wladyka

- Nationally Recognized Hitting Instructor and Talent Evaluator and is credited with being the first person to run "Showcase" Camps
- Former Head Coach at Ramapo College where his teams made 3 consecutive NCAA Tournament appearances
- Since 1986, over 9,000 of his camp attendees have gone to play College Baseball and more than 400 have been Drafted into the Professional Ranks