

# Join us **RINGWOOD RECREATION 2024** **BASEBALL CLINIC**

Grade as of the 2024-2025 School Year

SPONSORED BY AKADEMA  
AND PROPLAYER



Register by 7/19/2024



Grades: 1st - 9th

Date: July 22nd-July 25th  
(Rain Date July 26th)

Time: 9:00 am - 1:00 pm  
Borough Major/Senior Fields

Cost: \$155

Non-Residents: \$175

What to bring: lunch,  
cleats, hat, glove, bat,  
plenty of water!

All participants receive a  
FREE Akadema product

## THROWING

- ◆ Long Toss
- ◆ Mechanics

## FIELDING

- ◆ Footwork
- ◆ Double Plays

## PITCHING

- ◆ Pickoffs
- ◆ Mechanics

## BASERUNNING

- ◆ Leading/Stealing
- ◆ Situational Running

## HITTING

- ◆ Bunting
- ◆ Situation Hitting

\* Catching \*Cuts/Relays \*Rundowns

## INSTRUCTORS:

Lar Gilligan  
Former Chicago White Sox  
and St. Louis Cardinal

Matt Valenzano  
4 yr starter Dominican College  
Asst Coach Ramapo College  
Baseball Coach Paramus Catholic

Frank Laccitiello  
Former Waldwick High  
School Baseball Coach

Proplayers is one of the oldest running baseball camps in New Jersey and one of the reasons is because of its excellent staff. Spend a week this summer learning from Proplayers staff of former professional baseball players, college coaches and college players.

Please clearly label your child's equipment. Drop off will be 10 minutes prior to the start of clinic and pick up will be exactly at 1 pm.

Register online through [CommunityPass.net](https://CommunityPass.net) under Summer Clinics 2024

Any questions, contact [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or (973) 475-7171