

Join us **RINGWOOD RECREATION 2023** **BASEBALL CLINIC**

Grade as of the 2023-2024 School Year

SPONSORED BY AKADEMA
AND PROPLAYER



Register by 7/21/2023



Grades: 1st - 9th

Date: July 24th - July 27th

(Rain Date July 28th)

Time: 9:00 am - 1:00 pm

Borough Major/Senior Fields

Cost: \$155

Non-Residents: \$175

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

All participants receive a
FREE Akadema T-shirt!

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 under Summer Clinics 2023

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