

**PRO-STAFF Coaching Corner**

**Coaching Experience**

- Nassau Community College-Head Coach
- Hofstra University
- New York Tech
- Long Island Bulls

**Hitting Instructor For Twenty Seven Years In Youth Teaching and Training**

- Pro Staff Baseball School - Owner
- New York Monarchs-President
- New York Yankees Camp
- New York Baseball Academy
- Eastern Baseball Academy
- Clutch Hitting Baseball and Softball Academy
- Baseball Plus Hitting and Instructing Facility
- Long Island Bulls
- Long Island Astros
- Long Island Lions
- South Shore Indians



**PRO-STAFF  
Spring Training Clinic**

**February 15-18, 2010**

**7 – 14 Year Olds      10:30 AM – 12:00 PM**

**Baseball Tuition \$ 125.00**

Each clinic is a total of 6 hours of instruction over a 4-day period. Each session includes 1.5 hours of professional instruction in hitting, fielding, pitching and agility skills. There is no better way to develop proper baseball skills then to spend time practicing the fundamentals. The Clinic will be run by a dedicated team of both Professional collegiate coaches.

**Clinic Includes:**

- Hitting – Upper& Lower Body Mechanics  
Multi Hitting Stations
- Pitching- Upper& Lower Body Mechanics  
Arm Arc Positioning
- Fielding- Groundball & Throwing Mechanics
- Agility- Base Running Skills & Developing  
Running Skills
- 5 Classes of Baseball Instruction

**PRO STAFF'S OBJECTIVE IS FOCUSED ON**

**P.R.O.**

**Providing proper baseball training.  
Reinforcing self-esteem.  
Opportunity for advancement.**

**For Further Information Call:  
Larry Minor @ (631) 643-4088**

**PRO-STAFF  
Hitting Clinic Enrollment Application**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Home Phone \_\_\_\_\_

Business Number \_\_\_\_\_

**Please check your program :**

\_\_\_\_\_ 7 –14 Year Olds      10:30 AM – 12:00 PM

**Space is limited registration deadline  
February 12, 2010**

The participant assumes all risks associated with participation in the clinic; PRO-STAFF INSTRUCTIONS INC. assumes no liability for injury or damages arising from participation in the clinic.

X \_\_\_\_\_

**Signature of Parent or Guardian**

**PLEASE MAKE CHECK PAYABLE TO:  
Pro-Staff Baseball Instructions Inc.  
37 Briarwood Rd.  
Wheatley Heights, NY 11798**

**Thank You.**

PRE SORT STD  
U.S. POSTAGE  
PAID  
Permit # 33  
Westbury, NY  
11590

**PRO STAFF BASEBALL  
INSTRUCTIONS INC.**  
37 Briarwood Rd.  
Wheatley Heights, N.Y. 11798

## BASEBALL PLUS DIRECTIONS

- Take Wantagh Pkwy From Southern State Parkway North To (Exit 2E) Or Take Wantagh Pkwy From Northern State Pkwy South To (Exit 2E)
- (Exit 2E) Is Old Country Road
- Take Old Country Road To 1<sup>st</sup> Traffic Light Make Left.
- Go To Next Traffic Light (Duffy Avenue) Make Left.
- Proceed To Baseball Plus Parking Lot 100 Yards On Right Side.
- Baseball Plus (516) 827-5009

## BASEBALL PARENTS!!!!

### PRO-STAFF BASEBALL INSTRUCTIONS INC.

Providers Of Professional  
Baseball Education. Is Holding Its  
9<sup>TH</sup> Annual Winter Clinic.

This Clinic Is Taught  
By Larry Minor  
Head Baseball Coach

At

Nassau Community College  
It Will Help Prepare You And Your  
Child For The Upcoming Season!



*LOCATED AT NEW YORK'S  
"PREMIER BASEBALL FACILITY"  
BASEBALL PLUS  
400 DUFFY AVENUE  
HICKSVILLE, NEW YORK*