

Join us **RINGWOOD RECREATION 2022** **BASEBALL CLINIC**

Grade as of the 2022-2023 School Year

**SPONSORED BY AKADEMA
AND PROPLAYER**



Grades: 1st - 9th

Date: July 18th - July 21st
(Rain Date July 22nd)

Time: 9:00 am - 12:00 pm
Borough Major/Senior Fields

Cost: \$155

Non-Residents: \$175

What to bring: A hat,
glove, bat!

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.

There is no sharing of any piece of equipment or water. Please clearly label these items for your child. Drop off will be 10 minutes prior to the start of clinic and pick up will be exactly at 12 pm.

Register online through CommunityPass.net under Summer Clinics 2022

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