

# Join us **RINGWOOD RECREATION 2025** **BASEBALL CLINIC**



Register by 7/18/2025

Grade as of the 2025-2026 School Year



SPONSORED BY AKADEMA  
AND PROPLAYER

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 2025

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