



**NJSIAA/NJSCA 14<sup>th</sup> ANNUAL BASEBALL COACHES CLINIC**

Friday, December 11, 2009  
 8:15 AM - 2:15 PM

The Jack Cust Baseball Academy  
 Flemington, NJ  
**DIRECTIONS: SEE REVERSE**

**CLINIC AGENDA**

8:00 AM – 9:00 AM

**Registration**

9:00 AM - 9:15 AM

**Introductions:** Jack DuBois, Assistant Director, NJSIAA  
 Ted Wolff, Primerica

9:15 AM – 10:15 AM

**Hitting**

Jack Cust, Jr., Oakland A's Designated Hitter

10:15 AM – 11:00 AM

**Motion Analysis of Baseball Swing**

Frank Colabella, ATC, PTA, CSCS, CGFI, President/Biomechanist Athletic Precision, with analysis of the swing of Ryan Howard of the Philadelphia Phillies

11:00 AM – 12:15 PM

**Pitching – 2 and 4 Seam Fastball, Slider, Change-Up, Curve**

Neil Ioviero, Head Baseball Coach, Kean University; 2007 Division III National Champions, 2008, 2009 NCAA Regional Qualifier

12:15 PM – 1:15 PM

**Situational Play for Offense**

Dean Eehalt, Head Basketball Coach, Monmouth University; 2009 Northeast Conference Champions, NCAA Regional Qualifier

1:15 PM – 2:15PM

**Infield Play**

Fred Hill, Sr., Head Baseball Coach, Rutgers University

2:15 PM

**Break**

Question/Answer Sessions: Individual clinicians will be available after their session in a special designated location.

***Cancellations will be posted on the NJSIAA website: [www.njsiaa.org](http://www.njsiaa.org) (T) 609-259-2776 (FAX) 609-259-3047***

**NJSIAA is a New Jersey Department of Education "Provider": Five (5) credit hours**

Name(s) \_\_\_\_\_ School \_\_\_\_\_

\_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_

Registration Information

(Please circle one)

- \$50.00      2009-2010 NJSCA members
- \$70.00      Non NJSCA/SCANJ members
- \$80.00      Includes 2009-2010 NJSCA membership

**\*\*REGISTRATIONS MUST BE POSTMARKED OR FAXED BY December 4, 2009. On-site registration will be available the day of the event for an additional \$25.00 per attendee. All on-site registrations must be accompanied by check, money order, purchase order, or letter from the school principal guaranteeing payment. All Registrations postmarked after the above date will be considered on-site registration and the \$25.00 on-site fee will apply. Registration payments are non-refundable. Thank you.**

Please make check payable to NJSIAA and return with registration to:

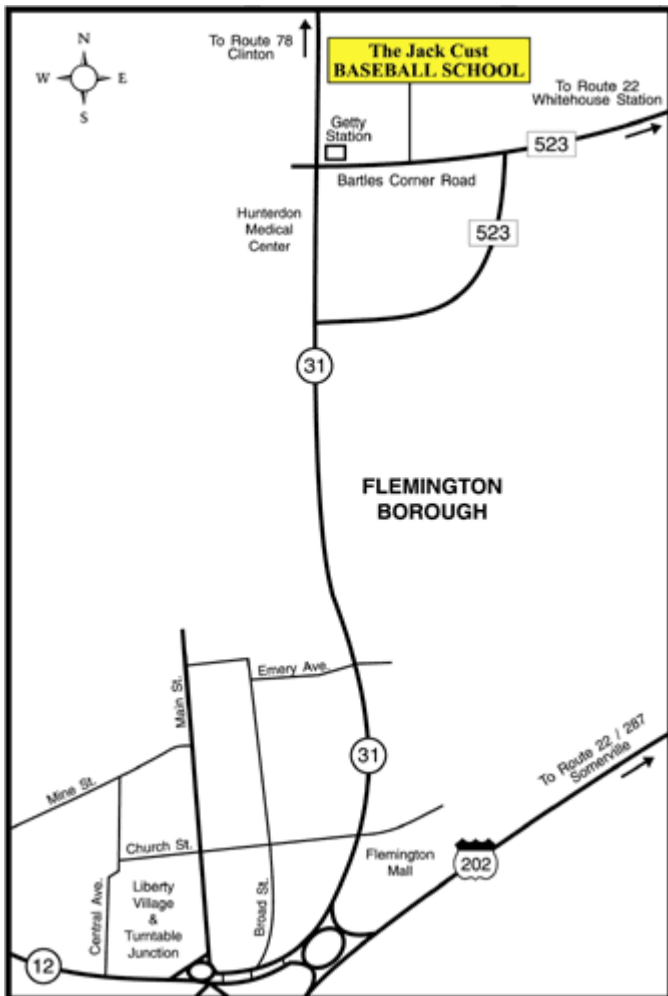
NJSIAA, PO Box 487, Robbinsville, NJ 08691, Attn: NJSCA Baseball Clinic

\_\_\_\_\_ Attending @ \$\_\_\_\_\_ Check enclosed \$\_\_\_\_\_ PO enclosed \$\_\_\_\_\_ 10/19/09 REVISED

# Directions to The Jack Cust Baseball School

P.O. Box 372 Flemington, NJ 08822

Office: (908) 284-1778



## From the South (295N or 95N)

Exit 4 - Route 31N for approx. **12 miles**

US-202/RT-31 towards FLEMINGTON approx. **5 miles**

Enter circle and take 2nd exit onto NJ-31 approx. **2 miles**

Turn **RIGHT** onto CR-612/BARTLES CORNER RD.

Make first left into Hunterdon Regional Community Health

Cross over small bridge - The Jack Cust Baseball Academy is on right.

## From Route 202 North

From Somerville Circle **10.91 miles**

Turn **RIGHT** onto RIVER RD. **1.50 miles**

RIVER RD becomes RIVER RD/CR-523. **0.87 miles**

Turn **LEFT** onto CR-612/BARTLES CORNER RD **0.60 miles**

Turn **RIGHT** into Hunterdon Regional Community Health

Cross over small bridge - The Jack Cust Baseball Academy is on right.

## Rt. 78 East or West

Exit for NJ-31 S. **7.80 miles**

Turn **LEFT** onto CR-612/BARTLES CORNER RD

Make first left into Hunterdon Regional Community Health

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