



GIVE YOUR ATHLETE THE EDGE

(607) 786-EDGE (3343)

Baseball and Softball Academy

SPRING TRAINING PROGRAM

Small Group Baseball Lessons

(4) 1 Hour Lessons - \$99

Tuesdays 6:30pm - 7:30pm

- **Strong Emphasis on Hitting, Defense, Throwing and Game Play**
- **4 to 1 Instructor to Student Ratio! - Max 12 Students per Class**
- **Training Held on Regulation Infield and Full Size Batting Cages!**
- **Learn From the Pro's!**
- **Excellent Training for the Fast Approaching Season**

Goal

To teach a compact, explosive swing that maximizes the power from lower half of the body and takes the shortest, quickest path to the ball. This swing also gives the hitter the ability to handle all areas of the strike zone and minimizes strikeouts.

Method

- Frequent demonstration and group discussion on hitting
- Stations with various drills to teach different aspects of the swing
- Soft toss
- Live hitting

Goal

To teach proper throwing and fielding mechanics. Emphasis on creating balance, rhythm and quickness in fielding through proper use of legs, efficient footwork and effective glove work (soft hands). Will teach explosive first step, to increase fielder's range, and explain how to get a good hop.

Method

- Frequent demonstration and group discussion on fielding
- Stations with various drills to teach different aspects of throwing and fielding
- Detailed breakdown of how to make all of the plays that happen in games
- Lots of reps fielding/throwing balls

**Hurry Limited Space Please Email info@theedgesportscomplex.com
to Sign Up!**

Trainers:

Gregg Castaldo:

Gregg played for the University of Central Florida before being drafted by the Baltimore Orioles in 1992. Gregg played 4 seasons in the Oriole organization, finishing at Baltimore's Double A Bowie, MD Baysox. Gregg played his final season for Hal Lanier in the Northern League in Winnipeg, Canada for the Winnipeg Goldeyes.

Wilson Batista:

Wilson's second season with the Bluefish is also his second in the Atlantic League and ninth of professional baseball. Last year with Bridgeport, he compiled a career-high .313 batting average with 21 extra-base hits and 39 RBI in 56 games. Prior to 2008, the 28-year-old spent seven seasons in the Mets system. Batista made his first appearance at the Triple-A level with New Orleans of the Pacific Coast League.

Dustin Demars:

Dustin played the 2008 college season at Broome Community College after which he was invited to work out with the Mets in the Dominican Republic. In 12 games in the Dominican, Dustin hit .308 with 4 doubles, 1 triple and 7 RBI's. A elbow injury forced Dustin to miss to 2009 season. The 23 year old recently signed a contract with the New York Capitols of the New York State League .

Jeff Valent:

Jeff has trained and coached at the Little League and Senior League level over the last 8 years. Jeff is in his 4th year of running baseball instructional clinics for area youth. He is an excellent trainer for players of all ages and skill levels!

Aaron Weston:

Aaron has trained and coached at the High School, Senior League and Little League level for the past 12 years. He is an excellent trainer for players of all ages and skill levels!



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