

CB East Baseball Off Season update



Schedule for January and February:

Monday – Starting 1/8 - Open Facility – PDC Baseball Wrightstown 6pm – 8pm (Sign Up Details on Next Page)
Tuesday – Starting 1/2 - Team Training at Intensity, 3:00pm – 5:00pm ([Register Here.](#))
Wednesday – Starting 1/3 - Weight Room 3:00pm – 4:30pm; Team Stretching and Flexibility 4:30 – 5:30 (library)
Thursday – Starting 1/4 - Team Training at Intensity, 3:00pm – 5:00pm ([Register Here.](#))
Friday – Starting 1/5 - Weight Room 3:00pm – 4:30pm
Saturday / Sunday – Rest and Recovery – *This is a great time to do more stretching and flexibility from Wednesday.*



OPEN FACILITY – PDC BASEBALL WRIGHTSTOWN

Monday – 6pm – 8pm – PDC Baseball Indoor Facility

576 Penns Park Rd, Newtown, PA 18940

Starting: January 8th

Ending: February 26th.

Cost of these 8 sessions is \$240 per athlete. Registration Details on next page.

Mondays are an environment for athletes to independently train on a specific skill, with supervision from a coach. PDC has a large facility that can be opened to offer large scale fielding work, ample cages for hitters, and bullpen mounds for pitching work. These sessions are offered for self-driven athletes that already have developed their own plan, or those that want additional space to implement the work they do with private trainers. A coach will be available to help facilitate, hit fungos, feed machines, offer feedback, etc., but they are not overly structuring the workouts. Opportunities to throw bullpens will be offered. Tuesdays and Thursdays at Intensity will be highly organized, coach directed sessions, with specific focuses on tasks and skills.



TEAM STRETCHING and FLEXIBILITY [with Naime Jezeny](#)

Wednesday 4:30 to 5:30 – CB East Library

There is NO COST for these sessions and no registration is needed. Yoga mats are provided.

We are continuing our partnership with Dig Yoga for our off-season stretching and flexibility work. Naime has been working with our athletes for the past 2 seasons, and he does a tremendous job of helping our guys loosen up tight areas and work to improve their flexibility. This is not traditional yoga; it is athlete and rotational sport specific movements in a challenging but fun atmosphere. You will learn something, you will feel better, and you will move better.

TEAM TRAINING AT INSTENSITY:



Tuesday and Thursdays – 3:00pm – 5:00pm – Intensity Sports Training

3633 Old Easton Rd, Doylestown, PA 18902

Starting: January 2nd

Ending: February 29th

Cost of these 18 sessions is \$200 per athlete. [Register Here.](#)

These optional workouts are for any player in 9 – 12th grade that does not have a way to prepare for the upcoming season. If you are working out with a private instructor or summer team, that is perfectly fine. It makes no difference to any member of the coaching staff where a player prepares for the upcoming season. We all want our athletes to improve their skills in the off-season and to have their bodies prepared for the spring. If you have a plan that addresses those needs, then I encourage you to continue with it. If you do not have a plan or want additional work, this is for you. My goal is to offer an opportunity to players without access to instruction in the off-season or that are looking for additional work. These workouts will primarily focus on arm care and hitting, but will also implement other baseball movements like baserunning and defensive work.

IMPORTANT NOTES:

All of these workouts are completely optional. We have cut players that have attended these workouts, as well as kept players who chose not to attend these workouts. These workouts are simply an opportunity for players to prepare their bodies and improve prior to March tryouts.

Additionally, no family should go through a hardship of finances to attend these workouts. Should your family be experiencing a financial hardship, please communicate with Coach Dennis.



OPEN FACILITY – PDC BASEBALL WRIGHTSTOWN – REGISTRATION INFO

Monday – 6pm – 8pm – PDC Baseball Indoor Facility

576 Penns Park Rd, Newtown, PA 18940

Starting: January 8th

Ending: February 26th

Cost of these 8 sessions is \$240 per athlete.

Player Registration Information:

- \$240 per player
- To Register: Please go to our secure payment link: <https://mxmerchant.com/mxcustomer/d/66989775-420a-4202-a9d4-67b6b6b21478/v3>

***Under Event Name:** Please Enter: *CB EAST BASEBALL*

***Under Team Name:** Please Enter your *participating child's name*

****If you would like to pay with a check please email: info@pdcbaseball.com and we'll take care of you.***

Player Waiver Form

- The waiver form must be signed by a parent or guardian. It will be sent via Remind following these instructions.
- Please email signed waiver for to: info@pdcbaseball.com or your child can turn in before the first workout.

Facility Policies/Rules

Rules/Policies:

- **Plyo balls/Bands/Medicine Balls:**
 - THERE IS A SPECIFIC AREA WITH TWO PLYO/MEDICINE BALL WALLS AND A BAND WORK AREA
 - DO NOT THROW PLYO/MED BALLS INTO ANY OTHER WALLS OR THE NETTING, USE THE DESIGNATED AREA ONLY
 - DO NOT ATTACH HOOKS FOR BANDS OR ANYTHING ELSE TO THE NETTING, USE THE DESIGNATED AREA ONLY
- **PLAYERS MUST WEAR A HELMET WHEN HITTING IN TUNNELS – NO EXCEPTIONS**
- **Spectators:**
 - Our facility is a place for players to work hard to get better and focus on what their coaches are teaching. Because we maximized the space to be used for baseball/training activities there is not room for parents/spectators to watch. Please ask your parents to drop off and pick up. The players will need room for their equipment and to utilize workout areas outside of the netting which doesn't leave room for spectators.
- **Food & Drinks:**
 - NO FOOD INCLUDING GUM & SUNFLOWER SEEDS ALLOWED IN BUILDING
 - NO DRINKS INSIDE THE NETTED PRACTICE AREA/TUNNELS
 - PLEASE ASK YOUR PLAYERS NOT TO BRING RED GATORADE OR RED DRINKS INTO BUILDING
 - Players/Coaches will have plenty of room to store their equipment and drinks outside of the netted practice area.
- **Equipment:**
 - Teams should bring their own baseballs & tees. If you need baseballs and/or tees please let Joe know and we'll have them out for you.
 - If you use our baseballs, do not bring your own we don't want balls mixed up.
 - If you use our tees, please leave them in the tunnels when you are finished.
- **Waiver Form:**
 - The waiver form must be signed by a parent/legal guardian for every player and all coaches.
 - The completed waiver form can be emailed to: info@pdcbaseball.com or turned in before your first practice.
- **Entrance/Exit:** Please use the main entrance door only, do not open the side double emergency exit doors.
OUR FACILITY IS NOT OPEN TO THE PUBLIC, WE ARE A SMALL GROUP OF PEOPLE THAT LOVE THE GAME AND WANT TO HELP PLAYERS ACHIEVE THEIR GOALS. PLEASE HELP US KEEP OUR FACILITY CLEAN AND SAFE.

Feel free to get in touch with us if you have any questions or need anything at all.

Thank you,
PDC INDOOR



www.pdcbaseball.com

267-304-1318