

THE READING BASEBALL SCHOOL - 2010 -



Choice of 1 or 2 Weeks
for Players Ages 6 - 13!

Players may choose the Morning Clinic or
Full-Day Clinic for one or more weeks

Morning Clinic: 9:00 am - 12:30 pm each day

Full-Day Clinic: 9:00 am - 3:00 pm each day

Week A: 5 days: Monday, June 28 - Friday, July 2

Week B: 5 days: Monday, July 12 - Friday, July 16

at
Hawkes Field House
and
Birch Meadow Fields

**Also -- See Inside:
Reading Recreation
Summer Baseball
4-week program for players
in grades K-4**

Peter Moscariello
15 Woodward Avenue
Reading, MA 01867

PRESORTED
STANDARD
U.S. POSTAGE PAID
READING, MA
PERMIT NO. 1

FEE STRUCTURE FOR READING BASEBALL SCHOOL

To register for the Reading Baseball School, please fill out the attached form and mail to:

Peter Moscariello
The Reading Baseball School
15 Woodward Avenue
Reading, MA 01867

Include check, made payable to:
The Town of Reading

Fee Structure:

Choose any combination of 1, 2, or 3 Weeks!

Week A: (5 days): Morning Clinic 9 AM - 12:30 PM - \$189

Week A: (5 days): Full-Day Clinic 9 AM - 3:00 PM - \$289

Week B: (5 days): Morning Clinic 9 AM - 12:30 PM - \$189

Week B: (5 days): Full-Day Clinic 9 AM - 3:00 PM - \$289

Discounts: For two players from the same family take 10% off total fee. For three or more players from the same family take 15% off total fee.

Check made payable to **Town of Reading.**

**You may also register or receive more information
by calling Pete Moscariello at 781-942-1362
Enrollment is limited at all programs!**

APPLICATION FOR THE READING BASEBALL SCHOOL

Name _____ Age _____

Street _____

Town _____ Zip _____

Home Phone _____

Alternate Phone _____

Check One or More:

Week A: Morning Clinic Full-Day Clinic

Week B: Morning Clinic Full-Day Clinic

APPLICATION FOR READING RECREATION SUMMER BASEBALL

Name _____ Age _____

Address _____

Home Telephone _____

Emergency Telephone _____

Grade Fall 2010 _____

Check One: Pre-Rookie Division
 Rookie Division
 Rocket Division

WAIVER

I/We, _____, parent/guardian of _____, a minor, do hereby consent to his/her participation in the Reading, Massachusetts Recreation Programs and do forever release, acquit, discharge and covenant to hold harmless the Town of Reading and its successors, employees, agents, servants and officers from any and all actions, causes of action, and claims, demands, damages, costs, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I/we may have now or hereafter have as the parent or guardian of said minor and also all claims or right of action for damages which said minor has or hereafter may acquire, either before or after reaching majority resulting from her/his participation of the Reading Recreations Programs and/or receiving medical attention as provided herein; furthermore, I/we hereby agree to indemnify, reimburse or make good to the Town of Reading or its successors, employees, agents, servants and officers any loss or damage or costs, including attorney's fees, the Town or its representatives may incur if any litigation arises from said minor's intentional, grossly negligent, or reckless acts or omissions while participating in said recreation programs. I understand that this program involves physical activity and hereby state that to my/our knowledge such minor is in proper physical condition for participation in such program. I/we also agree to provide such minor with all the proper and required equipment to participate in such programs. In the event of an emergency requiring medical attention, beyond first aid, I/we hereby grant permission to a physician or hospital personnel designated by the Reading Recreation Division to attend to such minor. I have fully read and understand the terms of this release and waiver.

Signature of Parent/Guardian Date

DIRECTIONS

The Hawkes field House is on the campus of Reading Memorial High School off Rt. 28 (Main Street). From Rt. 95 (128) North or South, take Exit 38B (Rt. 28 N). Continue North on Rt. 28 for 1.3 miles to Reading Center. Continue through center and rapid succession of traffic lights. As you leave the center, see big white church on left, then shortly you will pass through flashing yellow light (fire station on right). Continue 1/2 mile to first set of lights. Go left at lights onto Birch Meadow Drive. Continue 200 yards, take first left, then quick right to Field House entrance.

THE PROGRAM

The Reading Baseball School, sponsored by the Reading Recreation Department, will provide **intensive instruction in the proper baseball fundamentals and mechanics** for players of ages 6 to 13 this summer. The program provides players with the option of **one or two weeks** of camp. Players also have the option of choosing the Morning Clinic from 9:00 AM - 12:30 PM or the Full-Day clinic from 9:00 AM - 3:00 PM each week.

PLEASE NOTE: LOCATIONS

Weeks A & B will be indoor/outdoor clinics where we can take advantage of the Hawkes Field House's indoor batting cages and nets, while still having access to the outdoor fields. We can also use the Field House in case of rain, so no "rain date" is necessary for those weeks.

Daily "**Drop-off**" and "**Pick-up**" each day will be at the Hawkes Field House for Weeks A & B.

All participants must submit up-to-date immunization records and proof of physical within the last two years. Please submit with registration form and fee.

INSTRUCTION

Each clinic includes intensive instruction in the proper fundamentals of hitting, throwing, fielding, pitching, base running, bunting, infield play, and outfield play. Players will improve specific skills through drills, demonstrations, videotape sessions, and scrimmages. The school is directed by Pete Moscariello, Varsity Baseball Coach at Reading Memorial High School.

Players will be divided into smaller groups, by age and ability, and emphasis will be placed on individual instruction and improvement. Participants will learn from an outstanding staff and will enjoy the use of excellent facilities and equipment.

HITTING DRILLS

The majority of the instruction time will focus on hitting, where players will get as many as 1,000 swings each week. The hitting portion of the clinic is based on demonstration and practice of proven hitting drills appropriate for beginning through advanced players (many are the same drills used at Reading High School). Repetition of the proper swing is essential in making good mechanics become automatic. Regular practice of these drills will guarantee improvement in each player's hitting mechanics and performance.

WHAT TO BRING

Players should wear sneakers and workout clothes and bring baseball gloves. Batting gloves are recommended due to the great number of swings each player will receive. Players may bring their own bat, if they desire.

We recommend that players use sun protection (sun screen, baseball cap) and bring a water bottle. Full-day participants should bring a lunch each day and all players may, if they wish, bring a mid-morning snack.

STAFF

The staff at *The Reading Baseball School* is the same group of coaches who has led Reading High School's Baseball Team to many years of success. At the school, players will do the same drills and learn the same fundamentals that we teach to Reading High School's players each spring. Former *Reading Baseball School* attendees have gone on to excellent high school careers at area high schools such as Reading, Stoneham, Wakefield, Melrose, Winchester, Burlington, Woburn, Lexington, Wilmington, North Reading, Medford, and others. Many have continued on to play college baseball and some have even played professional ball! So join us and learn the same pitching, hitting, and defensive techniques as many of the area's most successful players!

Pete Moscariello, Director

- Head Coach, Reading High School
- 12 Middlesex League Championships
- 25 MIAA Tournament appearances
- Over 490 wins at Reading High School
- 1996 Mass. State Champions
- 2007, 1996 Boston Globe Coach of the Year
- 8 Times Middlesex League Coach of the Year
- Mass. Baseball Coaches Hall of Fame 2002
- Reading Memorial H.S. Athletic Hall of Fame 2005

Additional high school coaches will be added to maintain a favorable instructor to player ratio.

*Please note: We will call you **only if we cannot enroll you in the program/session that you choose. Advance registration, by mail or phone is still required. We will take new registrations "at the door" only if openings still exist.***

HIGHLIGHTS

- choose from up to 60 hours of intensive instruction
- individualized attention and evaluation
- effective, proven drills
- up to 1,000 swings per player!
- all aspects of game covered
- small groups by age and ability
- experienced, successful staff
- videotaping sessions
- outdoor scrimmage games
- excellent for softball players, too
- packet of Reading Baseball School instructional notes included

Mental Toughness Training For Parents, Coaches, Athletes

Reading Baseball School and Reading High School Baseball Coaches Pete Moscariello and Scott Farris are pleased to offer an exciting course:

Mental Toughness Training for Parents, Coaches and Athletes. In the last three years we have conducted Mental Toughness programs for college baseball and softball teams, high school baseball, softball, and volleyball teams, and to parents, coaches and teachers. We have received extremely positive feedback from all groups. Participants will learn techniques and strategies that are applicable to athletics, performances, business, education and to any area of life. Thus, the course will help participants develop positive and healthy life skills through **deliberate and practiced mental toughness.**

During this course, participants will learn how to:

- * Stay relaxed and use breathing techniques in stressful situations
- * Play the game one pitch at a time
- * Use visualization techniques
- * Use positive self-talk
- * Release negative thoughts & replace with positive
- * Respond to adversity
- * Do set routines for each pitch/play/point
- * Increase confidence
- * Set and accomplish goals
- * Play (live) at Peak Performance Level more frequently

Please contact us at 781-942-1362 to learn how to arrange for a course for your team or group.

READING RECREATION SUMMER BASEBALL

This is a 4-week program for boys and girls who will enter grades K through 4 next fall. The program will include three games and one practice each week. The purpose of Reading Recreation Summer Baseball is to provide a format for instruction and games, in an atmosphere of fun and encouragement. While daily instruction is a key part of this program, players who desire more intensive and complete instruction should consider the Reading Recreation Division Summer Baseball program, which is overseen by Tom Zaya, Director of Health & Wellness at Reading High School.

Pre-Rookie Division:

For boys and girls entering Kindergarten: Basic fundamentals, positions, and rules will be stressed. Hitting in games will be soft toss from coaches.

Rookie Division:

For players entering grades 1 or 2: Basic fundamentals will be stressed. Hitting in games will be soft toss from coaches.

Rocket Division:

For players entering grades 3 or 4: Mechanics of hitting, fielding, throwing, and base running will be emphasized. Hitting in games will be from live pitching (coaches pitch).

For All Divisions:

Location: Birch Meadow Street Field

Dates: Monday - Thursday (4 days each week)
July 19th - August 12th

Times: Pre-Rookie Division: 9:00 AM - 10:20 AM
Rookie Division: 9:00 AM - 10:20 AM
Rocket Division: 10:30 AM - 11:50 AM

Fee: \$115 per player.



**Please visit our website:
www.readingbaseballschool.com**