



**APPLICATION FOR
THE READING BASEBALL SCHOOL**

Name _____ Age _____
 Street _____
 Town _____ Zip _____
 Home Phone _____
 Alternate Phone _____

Check one or more:

- A. Hitting-Pitching-Defense Clinic Session 1 Session 2
 B. Advanced Player Clinic Session 1 Session 2
 C. February Vacation School

Please Note:

Checks must be made payable to: **Town of Reading**
 Checks and registration form should be mailed to:
Peter Moscariello
The Reading Baseball School
15 Woodward Avenue
Reading, MA 01867

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 _____

FEE STRUCTURE

- A. Hitting-Pitching-Defense Clinic: \$125.00
 B. Advanced Player Clinic: \$ 95.00
 C. February Vacation School: \$139.00

Discounts:

Please take a 10% discount off total fee if either:

- a player is enrolled in more than one program
- two or more players from the same family are enrolled in one or more programs.

Participants must provide their own insurance.

Enrollment is limited!

For further information, please call

Pete Moscariello at 781-942-1362

Please note: We will call you only if we cannot enroll you in the program/session that you choose. Advance registration, including payment of fees, is required to guarantee enrollment.

We will take new registrations "at the door" only if openings still exist.



Visit our website at:

www.readingbaseballschoo.com

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**Peter Moscariello
15 Woodward Avenue
Reading, MA 01867**

**THE READING
BASEBALL SCHOOL
2010**

Now in our 23rd year!



**Introducing Three Exciting Programs
January - February
for Players Ages 6 - 15**

**A: Hitting, Pitching, & Defense Clinic:
for players of ages 6-12**

4 consecutive Sundays-Choose one or both sessions
 Session 1: January 3, 10, 17, 24 9:30 - 11:30 am
 Session 2: Jan. 31, Feb. 7, 14, 21 9:30 - 11:30 am

**B: Advanced Player Clinic
for players of ages 12-15**

4 consecutive Sundays-Choose one or both sessions
 Session 1: January 3, 10, 17, 24 8:00 - 9:30 am
 Session 2: Jan. 31, Feb. 7, 14, 21 8:00 - 9:30 am

**C: February Vacation School
for players of ages 6-13**

Monday, February 15th - Thursday, February 18th
 One Session Only: 12:30 - 3:00 pm each day

Also introducing:

Mental Toughness Training:
a course for Parents, Coaches and Athletes

All programs at Hawkes Field House, Reading H.S.

all programs are sponsored by the
Reading Recreation Department

THE READING BASEBALL SCHOOL

The Reading Baseball School, now in its 23rd year, is pleased to offer four exciting programs for boys and girls of ages 6-15.

A: HITTING-PITCHING-DEFENSE CLINIC

This program provides intensive instruction in Hitting, Pitching, and Defense for 4 consecutive Sunday mornings (choose Session 1 and/or Session 2). **We have expanded the time this year, with each weekly session now lasting two hours.** This will allow players to receive **8 total hours of instruction.**

H-P-D Clinic: Hitting Instruction

The majority of each week's session will be devoted to hitting, where each player will receive intensive, comprehensive, and individualized instruction in the mechanics of hitting.

The program is designed to increase each player's ability to hit the ball harder, more consistently, and with greater confidence. Players will be taught proper bat selection, grip, stance, stride, swing, and follow-through. Players will perform numerous drills that teach proper bat speed, balance, stride, use of top hand, use of bottom hand, follow through, and how to: hit the high pitch, low pitch, pull the ball, hit to the opposite field. These are the same proven drills that Reading High School players learn and use so successfully. In addition, each player will be videotaped and then view the tape with a coach.

H-P-D Clinic: Pitching Instruction

Each week, players will be taught the mechanics of pitching, including correct grip, balance position, stride, arm action, leg drive, release, and follow through. Proper warm-up exercises and pitching drills are designed to help young pitchers throw with greater velocity and control without injury to the arm.

H-P-D Clinic: Defensive Instruction

Players will learn important defensive skills, including throwing, catching the ball, fielding ground balls, and catching fly balls.

B: ADVANCED PLAYER CLINIC

We initiated this program last year, with great success, and are pleased to again offer this clinic designed for players of **ages 12-15.** The program offers 90 minutes of instruction for 4 consecutive Sundays (choose Session 1 and/or Session 2). Players will receive intensive instruction in hitting, throwing, baserunning, defensive play, and pitching. We will use the same drills techniques, and terminology that we use with our Reading High School players, all geared for players who are on the full-sized diamond. ***This is for serious players who want to work hard to improve their skills and mental approach to baseball.***

Note: Players ages 13 or older who participate in the Advanced Player Clinic are invited to help (for pay) at the Hitting-Pitching-Defense Clinic (which follow on the same Sundays). Please contact Coach Moscariello if you are interested in helping.

C: THE FEBRUARY VACATION SCHOOL

The February Vacation School provides 10 hours of instruction in the proper baseball fundamentals and mechanics for players ages 6-13. Instruction will include hitting, throwing, fielding, baserunning, and pitching. Players will be divided into groups, by age/ability so emphasis can be placed on individual instruction and improvement. Participants will learn from an outstanding staff and enjoy the use of excellent facilities and equipment.

Feb. Vacation School: Hitting Drills

The majority of the instruction time will focus on hitting, where players will get as many as 1,000 swings. The hitting portion of the clinic is based on demonstration and practice of proven hitting drills appropriate for beginning through advanced players (these 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.

Our instructional program is based on the belief that young players need frequent practice and repetition of baseball skills. Our daily schedule of drills and activities is designed to make each player an active and constant participant throughout each daily session.

OPPORTUNITIES FOR OLDER PLAYERS

Although our winter programs are for players up to age 13, we always welcome "older players" (grades 8-12) who might like to help out at *The Reading Baseball School.* These players will be instructed in proper supervision techniques and will assist the coaches by tossing tennis balls to the hitters, catch their throws, etc. They will also provide additional supervision, for safety purposes. We also try to arrange time, before or after the regular sessions, for these "helpers" to get some free hitting of their own. *If you have a responsible player who is interested, please call us to get more details.*

HIGHLIGHTS

- individualized attention and evaluation
- effective, proven drills
- up to 1,000 swings per player!
- bat speed measured for each player
- all aspects of game covered
- small groups by age and ability
- experienced, successful staff
- excellent facilities
- excellent for softball players, too
- packet of RBS instructional notes included

STAFF

The staff at *The Reading Baseball School* is the same group of coaches who has led Reading High School's Baseball teams 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 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
- Inducted Mass. Baseball Coaches Hall of Fame
- Inducted Reading H.S. Athletic Hall of Fame
- over 490 career victories
- 12 Middlesex League Championships
- 25 MIAA Tournament appearances
- Mass. State Champions, 1996
- Boston Globe Coach of the Year, 2007, 1996
- 8-time Middlesex League Coach of the Year
- Mass. Alliance for the Promotion of Sportsmanship Team Award, 2009, 2003

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

Mental Toughness Training For Parents, Coaches, Athletes

Reading Baseball School and Reading High School Baseball Coaches Pete Moscariello and Scott Farris are pleased to announce an exciting course: **Mental Toughness for Parents, Coaches, and Athletes.** Last winter we conducted an initial course on Mental Toughness and received extremely positive feedback. We are excited to again offer the course for parents, coaches, and **athletes.** While the course may have a baseball/softball theme, the techniques and strategies presented are applicable to any sport and to any area of life. Thus, the course will help participants develop positive and healthy life skills.

Research shows that successful and fulfilled people, in athletics, entertainment, business, the arts, and personal relationships, all have one thing in common -- **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 ones
- *Respond to adversity
- *Do set routines for each pitch (hitter, pitcher, fielder)
- *Increase confidence
- *Set and accomplish goals
- *Play (Live) at Peak Performance Level more frequently

For complete details, contact Pete Moscariello.
