



The Playing Field

631-286-5144

Great Website... www.allprosportsacademy.com

Winter/Spring 2005

Volume XIV

January–April 2005

It is that time of the year again where we are busy preparing for the holiday season and also beginning making our plans for our off season training for the upcoming season. Each year the baseball on Long Island gets more competitive and the edge that each team and its players are looking for gets more important.

My staff and I at All Pro are continually stressing the importance of a balance of fun and learning as well. It is with this philosophy that we continue to prepare each of our players for their next season. There is no better way to learn than in a relaxed, fun atmosphere while getting the best instruction possible. I am looking forward to seeing you in one of our programs in the very near future.

I would like to take a moment to thank the people who took the time to answer my survey and give me feedback on our programs. The survey was random and I got a lot of great ideas from it. If you are receiving this newsletter and did not get the survey and would like to add your comments please feel free to call me and I will be glad to send you one right away.

WHAT'S NEW?

We have added a tremendous component to our facility this year! The workout room is now staffed by Infiniti Performance, who are dedicated to baseball specific training. Whether you are a pitcher, infielder, outfielder, or all of the above then you will certainly benefit from their program. Please take a moment to visit them and get an inside view at what they do.

WHAT TO EXPECT IN 2005?

Our customers and players can expect to get the same quality that they have enjoyed for over 10 years. Each day we make a concerted effort to give our players the very best in instruction and the opportunity to improve their skills.

I wish each of you a happy holiday season and the greatest of success in the New Year. Looking forward to seeing you real soon.

- Paul Gibson

DIRECTIONS:

Exit 56 off Sunrise Highway. North 1/8 mile on west side of Station Road.

All Pro Staff

PAUL GIBSON: Owner - 20 years professional baseball, 8 years with NY Yankees, NY Mets, Detroit Tigers. Private pitching instructor.

JOHN HABYAN: 8 years Major League experience with NY Yankees, Orioles, Cardinals and Royals. Private pitching instructor.

JOHN ANDRUSZKIEWICZ: Former player and Coach, St. Joseph's College.

JIM BUCKLEY: Player, Siena College, Boston Red Sox Triple A.

JIM CLARK: Pitching Coach, St. Bonaventure.

AL DESIDERIO: Former coach at Port Jefferson High School for 39 years. Catching, pitching and hitting instructor. Consultant, NY University and Brooklyn Dodgers. Ass't Coach, Adelphi University.

DENNIS DONOVAN: Director of Player Operations. 26 years experience coaching and administering youth baseball on Long Island.

TOM DOWNEY: All Region player, Suffolk Community College. School teacher.

KEITH FASCIANA: Director of Juniors Programs. Hitting, pitching and fielding instructor. Former Player/Coach, St. Joseph's College. Coach, William Floyd.

ROB GRABLE: Advanced Hitting Instructor. St. John's University, played Detroit Tigers and Philadelphia Phillies organizations.

SCOTT JUNE: Former Player, St. Joseph's College. Hitting and pitching instructor. Camp Director and Lead Instructor.

TED KOCHENMEISTER: Jacksonville Univ. 4-year Pitcher, San Diego Padres. Pitching and Hitting Instructor.

TIM LAYDEN: Duke University, Pitcher with Chicago Cubs.

MIKE LOPIPORO: Player, Misericordia College, 4-year starter.

ROB MACCONE: Player, Dowling College and St. Joseph's College, Coach at Riverhead School.

TOM MIGLIOZZI: Pitching Instructor. St. John's University, Texas Rangers organization.

KEITH OSIK: Consultant, Major League Player.

MEGAN PFAEFFLE: Softball Instructor/Player, Current Coach at Dowling College.

CHIP PIDGEON: Pitcher. Shoreham H.S. 1997 Suffolk County Pitcher of the Year. 2 years, NY Mets.

GEORGE RAINER: Pitching-Hitting Instructor. Blue Chip College Recruiting Services. Palm Beach Atlantic College. Coach, Alderson-Broadus College (West Virginia).

ERIK STROVINIK: Louisiana State University and CW Post, played Texas Ranger organization. Hitting Instructor.

TONY STUTZ: Player, Stony Brook University, California Angels Organization

ALL PRO SPORTS ACADEMY

Private Lessons

Our one on one private instruction is the ultimate edge in a youngster's progression. Our consistent approach to attention and detail is matched only by our own daily process of learning.

Having fun and learning at the same time is All Pro's concept. See below for rates.

The Starter	1 Lesson	\$45	☐ \$50
Single	6 Lessons	\$225	☐ \$300
Double	12 Lessons	\$440	☐ \$600
Triple	18 Lessons	\$630	☐ \$900
Home Run	24 Lessons	Call for Pricing	Call for Pricing
Grand Slam	30 Lessons	Call for Pricing	Call for Pricing

ALL LESSONS ARE ONE HALF HOUR

☐ Packages for Paul Gibson, John Habyan, Rob Grable, Tom Migliozi, Neal Heaton, or Jay Loviglio ☐

ALL LESSON PACKAGES MUST BE PAID IN FULL FOR LESSON PACKAGES TO BE BOOKED

Semi-Private	2-6 Players	1 Instructor	\$100 per hour
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Batting Cage & Turf Rental

Half-Hour Batting Cage Rental - \$25

One-Hour Batting Cage Rental - \$40

One Hour Turf Area Rental - \$75 (No Instructor) • \$100 with Instructor

Fall & Winter Camps

- | | |
|---|---|
| <ol style="list-style-type: none"> 1) Pitching Camp – 4 Saturdays, one full hour focusing on mechanics and throwing strikes, 4 1-hour sessions 2) Hitting Camp – 4 Saturdays, one hour filled with lots of swings with a fundamental approach to improving contact 3) Fielding Camp – 4 Saturdays, covering the basics of fielding and how to improve technique 4) Minor League Hitting LIVE – Stay sharp seeing fastball, curveball and change-ups from our instructors, 4 1-hour sessions 5) Major League Hitting LIVE – Stay sharp seeing fastball, curveball and change-ups from our instructors, 4 1-hour sessions | <ol style="list-style-type: none"> 6) Junior Development Program – A simple yet thorough approach to the foundation of baseball 7) J.V. Prospects – An advanced program that will challenge all who will join 8) Holiday Camp – A 5-day camp covering all the bases 9) February Break Camp – A 5-day camp covering all the bases 10) Spring Break Camp – A 5-day outdoor camp 11) Rookie League Camp – Learn the basics and good habits |
|---|---|

Ask Desi

CORRECTING BATTING FAULTS – Here are a few common batting faults:

1. **Fault: OVER STRIDER** - You shift your weight to the front too soon & stride is too long, leaving only the arms to hit, thus losing power.
Correction: A) No stride in practice; B) Widen stance to shorten stride (wide as your shoulders); C) Pick up front heel and place it down & then swing. Inward turn with your front hip to delay stride; D) Let arms do the work in swinging the bat; E) Step to hit – don't step & hit.
2. **Fault: STEPS IN THE BUCKET (bucket footer)** - Front foot is pulled away from home plate; Will have trouble hitting outside pitch; You are too anxious to pull ball & weight is not going into ball; Hitter has little or no rear leg pushoff or body drive; Back leg is locked – not pivoting on back foot (pick up back heel, squash the bug)
Correction: A) Start stance with open front foot (where you step to in the bucket); B) Bring front foot in to swing; C) Place front foot at right angle to back foot with your head directly at the pitcher and both eyes looking at the pitcher's release point, turn in and swing; D) Use arms more and turn toe of front foot in & turn front heel toward pitcher; E) Place more weight on balls of feet, bend knees slightly. *Keep in mind you may only try one of the corrections at time and see what works.*
3. **Fault: LUNGER** - The upper half of your body is ahead of the lower half; hitter is off balance and his hips cannot pivot properly, causing him to lose power and timing.
Correction: A) Inward turn & pick up front heel, more weight on rear foot; B) More ERECT STANCE, OPEN width of your shoulders; C) Do Drill 1,2,3: 1. Heel up place down; 2. Pivot back foot (squash the bug), keep bat over back foot; 3. Swing the bat & explode the bat as fast as you can. Once you feel you have the control of your body, keep weight back on rear foot and do steps 2 and 3 together.

Keep swinging – Remember to be a good hitter you must have confidence, concentration, & courage to attack the ball. If you can reach the ball, hit it – especially with 2 strikes. Walks don't make you a good hitter.

Call Desi 286-5144



- ☐ Customized Position Specific Programs
- ☐ Speed, Agility & Quickness Training
- ☐ Performance Nutritional Consultation
- ☐ Post Rehabilitation
- ☐ State-of-the-Art Athletic Facility

"The Desire to Succeed is Measured by the Will to Prepare."

CALL 631-286-2414



PLEASE
CHECK
ONE:

2005 Winter/Spring Camp Registration Form

- ROOKIE CAMP** – Ages 5-6 • 4 Saturdays per month • Time 3:00 pm-4:00 pm
- HITTING CAMP** – Ages 7-11 • 4 Saturdays per month • Time 11:00 am-12:00 pm
- PITCHING CAMP** – Ages 7-11 • 4 Saturdays per month • Time 12:00 pm-1:00 pm
- FIELDING CAMP** – Ages 7-11 • 4 Saturdays per month • Time 3:00 pm-4:00 pm
- MINOR LEAGUE LIVE HITTING** – Ages 12-14 • 4 Sundays per month • Time 2:00 pm-3:00 pm
- MAJOR LEAGUE LIVE HITTING** – Ages 15-18 • 4 Sundays per month • Time 11:00 am-12:00 pm
- JUNIOR DEVELOPMENT PROGRAM** – Ages 7-12 • 4 Mondays per month • Time 6:30 pm-7:30 pm
OR 4 Saturdays per month • Time 2:00 pm-3:00 pm
- J.V. PROSPECTS CAMP** – Ages 13-15 • 4 Mondays per month • Time 7:30 pm-8:30 pm
OR 4 Sundays per month • Time 10:00 am-11:00 pm
- SPRING BREAK CAMP** – Ages 5-13 • April 25-29 • Time 1:30 pm-4:30 pm • *Outdoor*
- HOLIDAY CAMP** – Ages 5-13 • December 27-31 • Time 10:00 am-12:30 pm, 1:00 pm-3:00 pm
- FEBRUARY BREAK CAMP** – Ages 5-13 • February 21-25 • Time 10:00 am-12:00 pm, 12:30 pm-2:30 pm

Name: _____

Address: _____

City, State, Zip: _____

Home or Nearest Phone: _____ Emergency Phone Number: _____

E-mail Address: _____ Age: _____ Date of Birth: _____

Method of Payment: Cash Check Charge Account # _____
 MasterCard Visa Exp. Date: _____



RATE SCHEDULE

Program	DATE(s)	Times	Rate	Package Rate	Age Level
Hitting Camp	Saturdays	11:00 am – 12:00 pm	\$110.00 per month	\$500 OFF Each Additional Month or Camp!	Ages 7-11
Pitching Camps	Saturdays	12:00 pm – 1:00 pm	\$110.00 per month		Ages 7-11
Fielding Camp	Saturdays	3:00 pm – 4:00 pm	\$110.00 per month		Ages 7-11
Minor League Hitting	Sundays	2:00 pm – 3:00 pm	\$110.00 per month		Ages 12-14
Major League Hitting	Sundays	11:00 am – 12:00 pm	\$110.00 per month		Ages 15-18
Junior Dev. Program	Saturdays <i>OR</i> Mondays	2:00 pm – 3:00 pm 6:30 pm – 7:30 pm	\$95.00 per month		Ages 7-12
J.V. Prospects	Monday Nights <i>OR</i> Sundays	7:30 pm – 8:30 pm 10:00 am – 11:00 pm	\$110.00 per month		Ages 13-15
Spring Break Camp	April 25-29	1:30 pm – 4:30 pm	\$129.00 per player		Ages 5-13
Holiday Camp	December 27-31	10:30 am – 12:30 pm 1:00 pm – 3:00 pm	\$139.00 per player		Ages 5-13
Rookie Camp	Saturdays	3:00 pm – 4:00 pm	\$110.00 per month		Ages 5-6
Feb. Break Camp	February 21-25	10:00 am – 12:00 pm 12:30 pm – 2:30 pm	\$139.00 per player		Ages 5-13

For more information visit our website at: www.allprosportsacademy.com or call: (631) 286-5144





CALENDAR OF EVENTS

R = Rookie Camps MA LH = Major League Hitting
 H = Hitting Camps MI LH = Minor League Hitting
 P = Pitching Camps
 F = Fielding Camps
 JDP = Junior Dev. Program
 JVP = J.V. Prospects Camp

Check Your Dates!
"We Touch All Bases."
"Call For Hit League."

ACADEMY HOURS:
 Mon.-Fri.: 3-9 p.m.
 Sat.: 9 am-9 p.m.
 Sun.: 9 am-8 p.m.

JANUARY 2005

S	M	T	W	T	F	S
HAPPY & HEALTHY NEW YEAR!						1 <i>New Year's Day</i>
2 JVP 10-11 MI LH 2-3 MA LH 11-12	3 JDP 6:30-7:30 JVP 7:30-8:30	4	5	6	7	8 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
9 JVP 10-11 MI LH 2-3 MA LH 11-12	10 JDP 6:30-7:30 JVP 7:30-8:30	11	12	13	14	15 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
16 JVP 10-11 MI LH 2-3 MA LH 11-12	17 JDP 6:30-7:30 JVP 7:30-8:30	CALL FOR PRIVATE LESSONS - 286-5144			21	22 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
23 JVP 10-11 MI LH 2-3 MA LH 11-12	24 JDP 6:30-7:30 JVP 7:30-8:30	25	26	27	28	29 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
30	31					

FEBRUARY 2005

S	M	T	W	T	F	S
		1	2	3	4	5 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
6 JVP 10-11 MI LH 2-3 MA LH 11-12	7 JDP 6:30-7:30 JVP 7:30-8:30	8	9	10	11	12 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
13 JVP 10-11 MI LH 2-3 MA LH 11-12	14 JDP 6:30-7:30 JVP 7:30-8:30	15	16	17	18	19 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
20 JVP 10-11 MI LH 2-3 MA LH 11-12	21 JDP 6:30-7:30 JVP 7:30-8:30	FEBRUARY BREAK CAMP (Monday to Friday)			25	26 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
27 JVP 10-11 MI LH 2-3 MA LH 11-12	28 JDP 6:30-7:30 JVP 7:30-8:30					

MARCH 2005

S	M	T	W	T	F	S
		1	2	3	4	5 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
6 JVP 10-11 MI LH 2-3 MA LH 11-12	7 JDP 6:30-7:30 JVP 7:30-8:30	8	9	10	11	12 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
13 JVP 10-11 MI LH 2-3 MA LH 11-12	14 JDP 6:30-7:30 JVP 7:30-8:30	15	16	17	18	19 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
20 JVP 10-11 MI LH 2-3 MA LH 11-12	21 JDP 6:30-7:30 JVP 7:30-8:30	22	23	24	25	26 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
27 <i>Easter</i>	28 JDP 6:30-7:30 JVP 7:30-8:30	29	30	31		

APRIL 2005

S	M	T	W	T	F	S
					1	2 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
3 JVP 10-11 MI LH 2-3 MA LH 11-12	4 JDP 6:30-7:30 JVP 7:30-8:30	5	6	7	8	9 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
10 JVP 10-11 MI LH 2-3 MA LH 11-12	11 JDP 6:30-7:30 JVP 7:30-8:30	12	13	14	15	16 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
17 JVP 10-11 MI LH 2-3 MA LH 11-12	18 JDP 6:30-7:30 JVP 7:30-8:30	19	20	21	22	23 R 3-4 H 11-12 F 3-4 P 12-1 JDP 2-3
24 JVP 10-11 MI LH 2-3 MA LH 11-12	25 JDP 6:30-7:30 JVP 7:30-8:30	SPRING BREAK CAMP (Monday to Friday)			29	30



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