



# **COMPLETE PERFORMANCE BASEBALL ACADEMY**

Located in the NJ Sports House  
12 Wright Way, Oakland, NJ

## **CPBA - PRE-SEASON TEAM CAMP**

### **8 WEEK SATURDAY TEAM CAMP**

***JANUARY DATES (4/11/18/25) FEBRUARY DATES (1/8/15/22)***

**Time:** Camp is 1 hour and 30 minutes

**Cost:** \$300 per player

**Additional information:** Call (201) 741-1035

Email: Completeperformancebaseball@gmail.com

#### **Camp Highlights:**

Week	Hitters	Time
1	Lower body hitting mechanics Front and rear side Building the base	10:30 AM – 12:30 PM
2	Upper body hitting mechanics	
3	Connecting the upper and lower body Building the swing	
4	Vision and mental approach	
5	Zones and timing	
6	Zones and timing	
7	Situational hitting Count hitting	
8	Building an offense In game adjustments Routines Personal practice plans	

***Speed / Strength / Agility  
Training Option***



Fast Twitch Training  
2x week (Tues/Fri)  
\$100 month or \$250 for 3 months.  
All packages must be purchased up  
front.

**Please mail payment and a COMPLETED PLAYER REGISTRATION FORM.  
Balance of payment due on the first day of camp.**

8 Week (CPBA)TEAM Camp SATURDAY - **\$150 NON-REFUNDABLE DEPOSIT DUE November 30<sup>th</sup>.**

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Positions played \_\_\_\_\_

Street Address \_\_\_\_\_ Town \_\_\_\_\_

Phone # \_\_\_\_\_ High School Attending \_\_\_\_\_

Email \_\_\_\_\_

#### **Fast Twitch Option:**

**Registering for Fast Twitch (Please circle the camp you are registering for):**

1 month (Choose: December / January / February) or 3 months (December-February)

**Make checks payable to COMPLETE PERFORMANCE BASEBALL ACADEMY.**

Send payment and registration to MAILING ADDRESS:

Complete Performance Baseball Academy  
31 Edgar Place  
Nutley, NJ 07110

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_