



To register visit us online at
www.peakeathletictraining.com
or send checks payable to
Peake Athletic Training
1546 Chapman Road
Crofton, MD 21114



Our Mission

To provide year round education, evaluation, development, competition, and exposure to our young athletes under the supervision, experiences, knowledge and direction of our outstanding staff. In short, we are 100% dedicated to help you succeed!

Our Purpose

To advance the level of play in each of our student athletes and also teach life lessons through sports that help shape young athletes into productive members of society.



1ST ANNUAL COACHES AND PLAYERS CLINIC



**SATURDAY, JAN 30TH 2010
9:00 AM - 3:15 PM
ARCHBISHOP SPALDING
HIGH SCHOOL, SEVERN MD**



**\$75 INDIVIDUAL COACHES
\$60 GROUP OF COACHES 4 OR MORE
\$45 INDIVIDUAL PLAYERS UNDER 21
\$35 FOR TEAMS OF 10 OR MORE**

www.peakeathletictraining.com

1ST ANNUAL COACHES AND PLAYERS CLINIC

SATURDAY, JAN 30TH 2010 | 9:00 AM – 3:15 PM | ARCHBISHOP SPALDING HIGH SCHOOL, SEVERN MD
\$75 INDIVIDUAL COACHES | \$60 GROUP OF COACHES 4 OR MORE | \$45 INDIVIDUAL PLAYERS UNDER 21 | \$35 FOR TEAMS OF 10 OR MORE

MORNING SESSION

AFTERNOON SESSION



Tim Kurkjian – ESPN Baseball Analyst

Topic: How MLB Has Changed the Last 20 years
9:10 AM – 9:30 AM



**Dana Cavalea – Strength & Conditioning Coach
for World Champion New York Yankees**

Topic: Position Specific Training Techniques (Do's and Don'ts) Major League Baseball Drills for Speed & Agility
1:00 PM – 1:45 PM



Steve Bernhardt – Baseball Factory EVP

Topic: Marketing Yourself To Play at the Next Level
High School to College
9:40 AM – 10:15 AM



**Steve Lombardozzi – Former Infielder
Minnesota Twins**

Topic: Basics of Middle Infield Techniques & Drills
1:50 PM – 2:30 PM



**Jim Farr – Kansas City Royals
Mid-Atlantic Scouting Supervisor**

Topic: MLB Pitching Mechanics and Techniques
10:30 – 11:10



**Mark Harris – Infielder Coordinator
Kansas City Royals**

Topic: Basics of Middle Infield Techniques & Drills
1:50 PM – 2:30 PM



**Kevin Schnall – Catching Coach &
Recruiting Coordinator
Coastal Carolina University**

Topic: Catching Mechanics and Techniques
11:10 – 11:45



**Mike Toomey – Assistant General
Manager Kansas City Royals**

Topic: Hitting Mechanics & Basics with
Faults and Fix Hitting Drills
2:30 PM – 3:15 PM