



## College Prospect Program

Designed for the College Bound Athlete

### Ages 15-17

High School Graduates  
2013, 2014 & 2015

**July 3rd 9:30 AM-4:00PM**  
(Limited Enrollment)

Director:

**Jamie Apicella**  
Head Softball Coach, C.W. Post

**An excellent selection of  
College Coaches in attendance!**

New York Institute of Technology  
Old Westbury Campus

For further information Call: **516.404.5052**

[www.nysoftballacademy.com](http://www.nysoftballacademy.com)

**College Prospect Program (Ages 15-17)**

**July 3rd, 2012**

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (as of July '12) \_\_\_\_\_  
Address \_\_\_\_\_ High School \_\_\_\_\_ Graduation year \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact Name \_\_\_\_\_ Emergency Phone \_\_\_\_\_ Summer Team \_\_\_\_\_  
Email \_\_\_\_\_ 1st Position \_\_\_\_\_ 2nd Position \_\_\_\_\_

**July 3rd (9:30AM - 4 PM)**  
**Tuition \$175** Includes Lunch

**For Office Use**  
Payment \_\_\_\_\_  
CK# \_\_\_\_\_  
Date \_\_\_\_\_

**Parent or Guardian must sign:** As parent or legal guardian of above applicant, I authorize the New York Softball Academy to request medical treatment as necessary to insure the well-being of the applicant. Permission is hereby granted on rainy days to transport my child to indoor facilities on and off campus as needed. We, the undersigned, for ourselves, our heirs, executors and administrators, waiver and release and forever discharge, R&R Athletic Enterprises LTD., New York Softball School, Ltd., New York Softball Academy, New York Baseball Academy, New York Sports Academy, Horizon Program and New York Institute of Technology, its staff, officers, agents, representatives, employees, successors and assigns of and from any and all rights and claims for damages to person or property which may be sustained or occur during participation in activities, to or from program, whether paid damages, injury or loss are due to negligence or any other cause. Photos of participants may be used by the NYSA for publicity purposes.

**Make check payable to:**  
New York Softball Academy

**Mail application & non refundable full payment to:**  
New York Softball Academy

P.O. Box 512  
Jericho, N.Y. 11753

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Or, register online at  
[www.nysoftballacademy.com](http://www.nysoftballacademy.com)

For more information call: **516.404.5052**

## ADMINISTRATION



**JAMIE APICELLA - DIRECTOR**  
C.W. POST CAMPUS OF LONG ISLAND UNIVERSITY

- C.W. Post Head Softball Coach (14th year)
- Associate Athletic Director C.W. Post
- M.S.– Education C.W. Post
- Coached team to 12 NCAA appearances
- Played professional baseball w/ San Francisco Giants



**KIMBERLY APICELLA**  
Physical Education Teacher William Floyd School District  
M.S.– Education C.W. Post College  
C.W. Post Assistant Softball Coach (1998)  
Former director of USA Futures Field Hockey for L.I.

## COORDINATORS



**ANGEL MANGUAL**  
• 20 yrs. of coaching experience in baseball and softball  
• Presently coaches elite travel softball (11 years BP Allstars and 5 years Team Long Island)  
• In 2006 & 2007 served as the hitting coach to the Puerto Rican National team  
• Private hitting and fielding instructor  
• His teaching techniques have helped many of his students achieve college scholarships



**JACKIE SASKO**  
• Director of Softball for Gametime Performance of Hamilton, New Jersey  
• 2-year standout pitcher at Rowan, 2009 All-American  
• Five years of pitching instruction experience

## PROGRAM OUTLINE

### SHOWCASE YOUR SKILLS

Under the direction of Jamie Apicella and the coordinators of the program players can take advantage of a unique opportunity to showcase their skills. Many Long Island high school players use this program as a stepping stone into College Softball. The College Prospect Program is specifically designed for the serious player (ages 15-17) that has aspirations of playing Collegiate Softball. Enrollment in this program is limited. This is an excellent introduction to any college coach.

## FACILITIES



- Specialty Position Evaluation
- Competitive Games
- Batting Cages
- Live Batting Practice

## HITTING CLINIC

Your hitting skills will be challenged & evaluated during various stations:

- Simulated live games off of live pitching
- Competitive games
- Front toss in batting cages
- Pitching machine hitting in batting cages and on field
- Various tee stations



## PITCHING CLINIC

- Mechanics of your pitching motion
- Pitches evaluated on proper movement
- Ability to locate pitches on consistent basis
- Pitching velocity measured and evaluated for each pitch (JUGS radar gun)

## CATCHING CLINIC

- Blocking and framing skills
- Defensive skills (i.e. bunts, pop ups)
- Leadership qualities and game management
- Pop-to-pop time measured and evaluated (H – 2nd)



## DEFENSIVE POSITION SPECIALTIES CLINIC

- Ground ball mechanics
- Double play feeds & pivots
- Simulated game situations
- Arm strength velocity measured with mechanics (JUGS radar gun)
- Measurements of foot speed & running mechanics evaluated (H-1st, H-H)
- Reactions to batted balls
- Relays & cutoffs
- Fielding footwork mechanics

## COLLEGE COACHES WHO HAVE ATTENDED

### Division I:

- Bill Edwards** - Hofstra University      **Jeff Franquet** - Central CT State Univ.  
**Megan Bryant** - Stony Brook University      **Wallace King** - Syracuse University

### Division II:

- Paige Smith** - Adelphi University      **Dean Johnson** - Caldwell College  
**Jamie Apicella** - C.W. Post      **Deb Dejong** - Dowling College  
**Joe Burbidge** - Dominican College      **Susan Cassidy** - Molloy College  
**Stephen Christianson** - NYIT      **Claudia Stabile** - Pace University  
**Brian DeMasters** - Queens College      **Barbara Vano** - St. Thomas Aquinas  
**Lisa Barbaro** - Southern Connecticut

### Division III:

- Ed Jusino** - Briarcliffe College      **Chris Mooney** - Farmingdale State