

IF YOU HAVE ANY QUESTIONS
PLEASE CALL OR EMAIL
COACH CLEVELAND

mcleland@csc.us • 954-224-1391



CORAL SPRINGS CHRISTIAN ACADEMY

A Ministry of First Presbyterian Church of Coral Springs/Margate

Excellence in Academics, Character, and Service for God's Glory

Coaches Currently Committed

Infield, Hitting

Matt Cleveland: 10 years of Head Coaching experience, built CSCA into one of the best programs in Broward County. 140 Career victories. Played college baseball at Nova Southeastern University and Played Professionally with Kansas City Royals Organization.

Pitching

Steve Carp: 35 years of Coaching experience. Won two State Championships as pitching coach at Westminster Academy (1999, 2000). Played at University of Georgia and up to AAA with New York Yankees organization. Has had over 30 kids sign professional contracts

Outfield, Hitting

Ryan Groth: 2 years of coaching in high school. Played at Oral Roberts University and Professionally with Los Angeles Angels of Anaheim organization.

Catching

Darren DeBoer: 6 years of experience at the high school level: Played 4 years of college baseball at Trinity University in Chicago.

Speed and Explosion Training

Eddie Winslow: Eddie has excelled in the speed, strength and conditioning field for nearly a decade. During that time he has used his education and experience helping professional, collegiate, amateur and high school athletes excel in their sport. He received his B.S. in Exercise Physiology from Hofstra University, Long Island, NY, and completed his Masters in Science with a degree in Performance Enhancement and Injury Prevention from the California University of Pennsylvania. Eddie continued his career at Towson University, Baltimore MD as the Assistant Strength and Conditioning Coach heading the Baseball and Basketball Teams and assisting with all Towson's 23 Division I Men and Women Teams, primarily Football, Lacrosse and Volleyball. He developed innovative programs that provided accurate documentation of strength, flexibility, conditioning, plyometrics, agility, speed, and nutrition and exercise technique.

Broward Baseball Academy

The logo for EXTRA INNINGS, featuring a stylized blue figure of a baseball player swinging a bat, followed by the text 'EXTRA INNINGS' in a bold, blue, sans-serif font with a registered trademark symbol.

**EXTRA
INNINGS®**

Where the Game Never Ends



Broward Baseball Academy is a sport specific baseball training program created to partner with local travel programs. Our Comprehensive baseball training approach is geared toward high level High School players with college or pro aspirations to be prepared mentally and physically to succeed on the summer travel circuit. We have partnered with Extra Innings Margate and Coral Springs Christian Academy in the hope that we can help young men fulfill their lifelong dreams.

A Letter from the Founder

Parents,

In my 10 years of Coaching High School Baseball I have spent 5 summers as the head coach on 17U and 18U travel baseball teams. I have coached with some of the best programs in South Florida and the country (Florida Bombers 17U, Florida Pokers 18U, and most recently, 2 summers with the South Florida Elite Squad 17U). There is no doubt that the travel circuit is the key to getting recognized by college baseball programs. Travel baseball is a very high level of baseball, much higher than regular High School, and these kids need to be prepared. What I have found is that parents will pay a lot of money (\$1000-\$2500) for the summer in the hope that their son would get noticed. **Then, in the weeks they are home, the teams will practice once or twice, and kids will go to the gym on their own, and some parents also pay \$50-\$100 dollars an hour for private lessons. All this is done with the hope that their child would be in good form at these high level Tournaments. THIS IS NOT WORKING.** Many of the kids I have coached are not as sharp as they are during the High School Season (where they practice regularly), but are playing a higher level of baseball. One of my favorite quotes is **“Perfect Practice makes Perfect.”** We want to provide a more cost effective way of training your children that will provide him with perfect practice; Practice that will have them in the best shape mentally and physically for the most important summers of their careers. How do we do this? Through our regimented, 4 day training program each week.

Sincerely,
 Matt Cleveland
 Head Baseball Coach, Coral Springs Christian Academy

Services Provided

Monday - 10 AM-1 PM: Individual Position work, Hitting Stations, Baseball Specific Weight Training (At Coral Springs Christian Academy)

Tuesday - 11 AM-1 PM: Speed and Explosion Training, Indoor Hitting Instruction (At Extra Innings Margate)

Wednesday - 10 AM-1 PM: Individual Position work, Hitting Stations, Baseball Specific Weight Training (At Coral Springs Christian Academy)

Thursday - 11 AM-1 PM: Speed and Explosion Training, Indoor Hitting Instruction (At Extra Innings Margate)

-We Strive for a 5:1 coach to player ratio. The more people who sign up, the more coaches we will provide.

****We have tried to gear this program toward the kids. We will start no earlier than 10 AM so they can sleep in a bit, and we will only be outside for 3-4 hours a week. We want them to be fresh, rested, and look forward to working hard and getting better!!**



This Program is for boys entering Grades 8-12, or for 2012 summer the HS Classes of 2013-2017

Dates: This is an 8 week program Monday-Thursday of each week starting Monday, June 11 and ending Thursday, August 2

Payment Options

There are two payment options: please check one, fill out the Personal Information, and Remit Payment accordingly. PLEASE MAKE CHECKS PAYABLE TO MATT CLEVELAND

Payment Address:
 2251 Riverside Drive, Coral Springs, Florida 33065

- OPTION 1: Weekly Payment \$125 a week
 PLEASE WRITE THE DATE(s) OF THE MONDAY OF EACH WEEK YOU ARE PAYING FOR BELOW
 (EX. JUNE 11, 18, 25 , Check would be for \$375)

- OPTION 2: Monthly Payment \$425 a month
 (You save \$75 off the top if you sign up for a month)
 PLEASE WRITE THE MONTH(s) YOU ARE PAYING FOR BELOW (June, July, or both)

Personal Information

Players Name _____
 Grade (2012-13) _____

Players High School _____
 Players Travel Team _____

Players Primary Position _____
 Players Secondary Position _____

Parents Name (s) _____
 Parents Cell # _____

Players Cell # _____
 Emergency Contact # _____