



CAPE COD PRO WEEKLY TRAINING

July 2009

Week 1: July 7-13, Week 2: July 14-20, Week 3: July 21-27

Cape Cod, MA

This training event provides players with the opportunity to train all day with our experienced staff and watch the Cape Cod Baseball League rising stars during their evening games.

Players will not only see what it takes to play at the highest level of collegiate baseball but also have the chance to make mechanical adjustments to improve their game. This is a great experience that will let you improve as a player through extensive on-field training.

Take your game to the next level! Train with the best coaches in the country!

Cape Cod Pro Weekly Training Offers Players:

◆ The opportunity to enhance their skills while performing in Cape Cod, Massachusetts, home of the prestigious Cape Cod Baseball League (CCBL). The CCBL has been the premier summer baseball league for collegiate players since 1885. The CCBL has produced thousands of Major League Baseball players including 198 who played in the big leagues in 2006 alone. Former Cape Cod Baseball League players include:

Jeff Bagwell	Jason Bay	Lance Berkman
Craig Biggio	Darin Erstad	Nomar Garciaparra
Khalil Greene	Todd Helton	Jeff Kent
Matt Morris	Mark Mulder	Brian Roberts
Ben Sheets	Mark Teixeira	Frank Thomas
Jason Varitek	Billy Wagner	Barry Zito



◆ The opportunity to learn techniques in conditioning, speed and strength, and weight training.

◆ Daily baseball training through skill-specific drills. Our experienced staff includes professional scouts, former professional players and former college coaches. These coaches will work one-on-one with every player to make adjustments that will lead to success in future games.

◆ The chance to attend Cape Cod Baseball League games in the evening and see the stars of the future first hand.

◆ You will receive a **Mattingly Baseball V-Grip wood bat.**



A PREMIER SCOUTING PARTNER FOR
Baseball America

Baden
PASSION FOR A BETTER GAME

MATTINGLY

9176 Red Branch Road, Suite M,
Columbia, MD 21045

p.800.641.4487
p.410.715.5080
f.410.715.1975

www.baseballfactory.com

the leader in
player development +
college placement



CAPE COD PRO WEEKLY TRAINING

Itinerary & Information

Dates:

Week 1: July 7-13, 2009
Week 2: July 14-20, 2009
Week 3: July 21-27, 2009

Location:

Training will take place at Spillane Field, Home of the Wareham Gatemen. The Gatemen have won five CCBL championships in the past 25 years, most recently in 2001 and 2002.

Lodging Info:

Baseball Factory Training Headquarters

Hampton Inn New Bedford/Fairhaven
1 Hampton Way
Fairhaven, MA 02719
508-990-8500

Flight Info/Itinerary:

Arrival: At the Providence/TF Green Airport

Players will participate in daily position specific workouts, weight training, simulated game play and additional drills and instruction and will have the opportunity to watch Cape Cod League games in the evening.

Departure: At the Providence/TF Green Airport

Past Coaches have Included:

Steve Sclafani: Baseball Factory Founder/CEO, former collegiate player at the University of Pennsylvania

Steve Bernhardt: Executive Vice President of Baseball Operations at Baseball Factory, current professional scout, played professionally in the Colorado Rockies organization

Rick Sofield: former manager of the Colorado Rockies AAA affiliate, former major league player with the Minnesota Twins

Mike Zolecki: former professional player and current head coach at Cardinal Stritch University

Important Training Info:

- ◆ Players will meet Baseball Factory coaches at baggage claim
- ◆ Players are transported in team vans/buses from site to site
- ◆ Players are fully supervised 24 hours a day
- ◆ Players will eat three sit down meals a day
- ◆ No spending money needed
- ◆ Players should bring all necessary baseball equipment for training
- ◆ Players will receive a **Mattingly Baseball V-grip wood bat.**
- ◆ Players receive a detailed player info pack upon registration
- ◆ Parents welcome

A PREMIER SCOUTING PARTNER FOR
Baseball America

