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**MAIL CHECK TO:**

2425 HAMPTON ST  
EAST MEADOW, NY 11554

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**EMERGENCY PHONE:**  
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**ALLERGIES/MEDICAL  
CONDITIONS:** \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

**EAST MEADOW JETS**

**BASEBALL**



**TRADITION**

NYS Champs  
1997  
Long Island Champs  
1997  
Long Island Finals  
1991, 1997, 2005  
Nassau County Champs  
1969, 1991, 1997, 2005  
Nassau County Finals  
1968, 1969, 1991, 1996, 1997, 1999, 2001, 2002, 2005 Conference  
Champs  
1959, 1967, 1968, 1969, 1976, 1978, 1982, 1985, 1987, 1988, 1991,  
1992, 1993, 1996, 1997, 1999, 2002, 2005, 2006, 2009

**EAST MEADOW JETS**

**WINTER BASEBALL ACADEMY**



**DIRECTED BY THE  
ENTIRE  
EAST MEADOW HIGH  
SCHOOL STAFF**

**Five Sundays from  
Jan 8 - Feb 5**

**AT EAST MEADOW  
HIGH SCHOOL**

**3 SESSIONS FROM 9AM-1PM**

**Instructional Baseball for  
Children Ages 6 – 13.**

## **ABOUT THE DIRECTORS:**

**KEN SICOLI** - is one of the most decorated coaches in the history of Nassau County - winning Nassau Coach of the Year Award 15 times. He guided the first large school from Nassau to win the NYS championship. He has had 3 appearances in the LI Championship, 3 Nassau Championships, 7 County Finals, 14 League Championships. He has amassed a record of 481-219-9 in his 29 years as the varsity head coach at EMHS. He has coached the Empire State Team 11 times.

**VIN MASCIA** - has been coaching baseball for over 29 years - 25 of those years have been dedicated to the East Meadow Jets. As the JV Jets skipper, he recorded a remarkable 117 - 8 record (94% win pct). He is the current third base coach for the varsity Jets along with being their catching instructor. He has been a part of 1 NYS championship, 2 county championships, and 4 county final teams.

**JOHN MARCIANTE** - has been the Jets varsity pitching coach for the past 5 seasons. The team has been to 2 County Semi -Finals under his instruction. Previously, he had 3 consecutive undefeated seasons and compiled an astounding 67-8 record as the Jets JV coach. He was named Nassau JV Coach of the Year in 2006. He was also a captain on the 1991 County Championship team.

**BILL O'CONNOR** - JVB coach. Drafted by the **Minnesota Twins** after being an NCAA **ALL-AMERICAN** outfielder and setting numerous hitting records at Adelphi. Coach O'Connor has been teaching baseball privately for over ten plus years and has coached in countless camps. Bill continues to do many private hitting lessons.

## **SUNDAY CLINICS**

Jan 8, Jan 15, Jan 22, Jan 29  
Feb 5

# **JETS CLINIC**

*\* 1st day, - players should arrive 20 minutes before start time for check-in.*

**Dynamic** warm-up and stretch

**Speed and base running** principles

**Throwing** - fundamentals of throwing to get proper rotation. (\*\*One of the most common problems with high school players today). This clinic will prepare each player for the upcoming season by instilling the proper throwing mechanics into their muscle memory.

**Defensive Drills** - learn the "correct" mechanics for fielding ground balls by performing various drills each day. Learn the proper footwork for optimum out-field play.

**Hitting Drills** - various stations will be setup to focus on the different aspects of the swing. Swing plane, hip rotation, and hand position will be focused on in these stations.

***This camp is a must for the youngster interested in improving their total baseball game.***

Our camp is directed and run by the entire **East Meadow High School** coaching staff.

Fundamental skills such as hitting, throwing, catching, bunting, pitching, and defensive play are the focus of the camp. The camp is dedicated to helping the young player educate themselves on proper mechanics and skills to enhance their overall game. Campers will be taught the "correct" way to play baseball by our professional staff in a **fun and high energy** environment!

*The spirit of this camp is to allow the players in this community to attain their maximum potential by ingraining the fundamentals skills at an early age. **ALLOW YOUR CHILD TO GET TO KNOW THE ENTIRE STAFF UP CLOSE AND PERSONAL!!***