

PLAY BALL!

Our facility recently has undergone extensive renovations and upgrades, to bring players the best in equipment and instruction, in a clean, safe environment.

In the Swing features six Master Pitch Iron Mike automatic pitching machines (four baseball, two softball) to give players more choices for batting practice. Our baseball machines throw at 45, 55 and 65 mph to help all batters hone their skills, with a Master Cage throwing pitches at 80+ mph to more experienced players. Our softball cages offer both slow-pitch arc-style and fast-pitch softball.

We offer a live pitching and hitting cage, a pitching alley and a triangular training area for more focused instruction for all players in more positions, from young

rookies mastering their first double play to veteran teens looking to make the traveling team.



MEET OUR MAJOR LEAGUE COACHING STAFF

Our Baseball and Softball Academy boasts an all-star roster of instructors not found anywhere else. In fact, we're the only place where students are coached and evaluated by professional scouts!

Since 1990, our Academy has been under the direction of Joe Rigoli, Northeast and Mid-Atlantic Regional Scouting Director for the St. Louis Cardinals. Coach Rigoli has been in pro ball for over twenty-six years as a player, hitting instructor and scout. His carefully chosen staff coaches players in all aspects of the game, with a mission to bring the ultimate baseball experience to each student. Our coaching roster includes:

Chuck Schnabel, former baseball coach at Cresskill H.S. and scout for the Philadelphia Phillies for over twenty years.

Eric Lindstrom, head boys baseball coach at Midland Park H.S. and St. Louis Cardinals associate scout.

Steve Dembowski, associate scout for the Cincinnati Reds.

Tom Hodgson, former Ramapo H.S. baseball coach and college pitching instructor.

Ani Ramos, hitting instructor for the NJ Jackals.



OUR ACADEMY'S PROGRAM LINEUP

Our Baseball and Softball Academy offers a variety of programs for everyone on the playing field, from sandlot sluggers to farm team hopefuls.

From Training . . .

Our professional instruction in batting, hitting and fielding is offered in small groups with a student-teacher ratio of 5:1. We take care to ensure players are never overworked yet are encouraged to stretch their limits and improve their abilities. Training classes are given in 6–8 hour blocks over a four-week period. Players are matched up in groups according to skill level.

We also rent our individual cages and training areas on a one-time or repeat basis for area coaches and teams to train together; individual players may also work privately with one of our instructors. Ask our front office for more information and schedules.

NEW THIS YEAR!

. . . To Conditioning

Our strength and conditioning program puts players at the top of their game, with classes offered in conjunction with the Elite Athletic Performance Institute (EAPI) of Ramsey. We're proud to say, this program is an "In the Swing" exclusive.

Under the direction of Evan Chait, P.T., our conditioning classes are baseball specific, designed to maximize body function, flexibility and performance potential, while preventing injury. We emphasize safety to keep players on the field and off the disabled list.

The one-hour workouts are led by a certified physical therapist from EAPI, and include targeted flexibility and strength training, and fitness maximization. Come check out a class and see why our conditioning program is such a big hit with players and coaches alike.



WELCOME

to Bergen County's original baseball & softball training facility. Since 1990, In The Swing has been helping all levels of players achieve their true potential. Our baseball & softball specific conditioning & our small group lessons provide the greatest opportunity for players to learn together—from each other & from our staff of professional instructors.

OUR MISSION

“In The Swing” is the premiere facility in New Jersey where athletes at all levels may perfect their baseball or softball game. We do this by providing the finest equipment and highly skilled instructors to train players in all aspects of the game, through a program of proprietary sports conditioning that focuses on fitness strength training specific to the sport of baseball and softball.



145 Hopper Avenue,
Waldwick, NJ 07463

201.444.3556

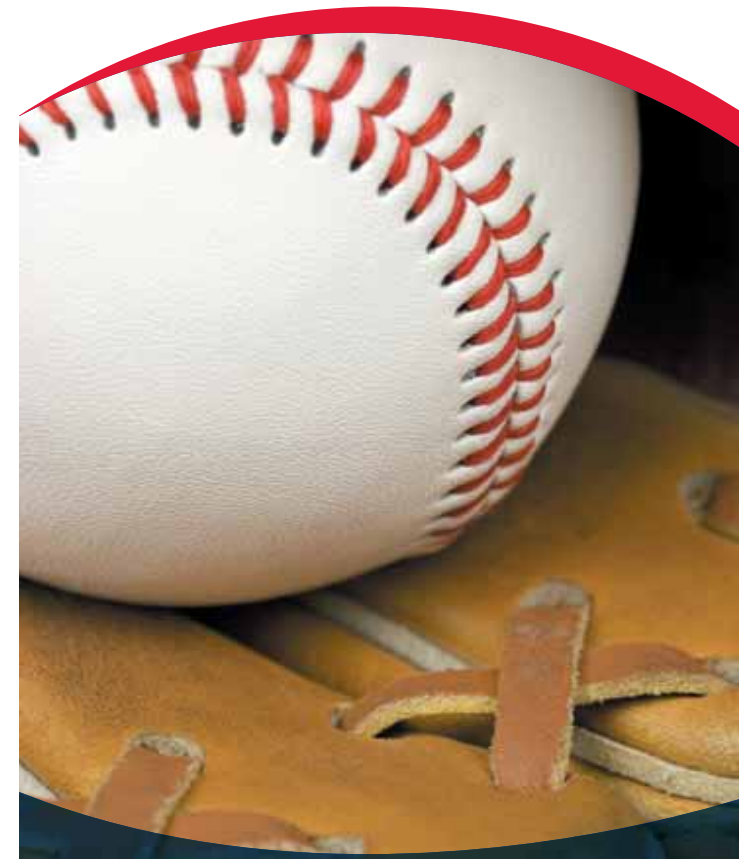
www.intheswing.biz

Thank you for your interest in our
Baseball and Softball Programs.

We're sure you'll find something for everyone,
with classes designed to get players off the
bench and onto the field—and have fun doing it!

Place
Stamp
Here

Take Them Out To ...



145 Hopper Avenue • Waldwick, NJ 07463
201.444.3556 • www.intheswing.biz