

BASEBALL INSTRUCTORS

Joe Taylor - Joe is the president of Portland Baseball Club and head coach of the 18U Babe Ruth Summer Team. Joe has been giving private lessons for 6 years and opened up his own training facility in 2010. Joe played college ball at Lewis & Clark College.

Matt Wyckoff - Matt is a coach of the PBC 14U team and played at George Fox University where he was an first baseman, outfielder, and pitcher. Matt is originally from Olympia, WA where he was an all state selection. In college he played for coaches Pat Casey and Marty Hunter.

SPARQ INSTRUCTOR

Eric Trice - Eric was drafted by the Cleveland Indians and at the same time received a scholarship to run track for the University of Oregon. He accepted the scholarship and became a sprinter for the Ducks before eventually being drafted again by the New York Yankees in 1992. Eric became the Director of Baseball for SPARQ in 2006 where he focused on developing the baseball training business. He also SPARQ tested and trained with high school athletes and the best collegiate and professional baseball and football athletes in the nation.

PORTLAND BASEBALL CLUB

Portland Baseball Club was started in 2008 to give baseball players of all ages more opportunities to learn and play the game of baseball in the Portland metropolitan area. We conduct private, small group, and team training as well as hitting leagues, hitting, pitching, fielding, and catching camps, speed and quickness clinics, and much more.

In addition to the training, we also sponsor summer baseball teams at the 18U and 14U age levels. The teams work out year round with our knowledgeable coaching staffs. They play 40-60 games during the summer against the best competition the NW has to offer. They also play in numerous local and regional tournaments.

We also coordinate a fall baseball league for players in high school and junior high school. The league plays on Sundays to allow multi-sport athletes the ability to play. Teams play 10-12 games in an organized and competitive playing environment.

Contact Information

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www.portlandbaseballclub.com

PORTLAND BASEBALL CLUB



**Present a Brand New
Program Including
SpaRQ Training and
Baseball Training**

SPARQ
SPEED POWER AGILITY REACTION QUICKNESS

90 minute sessions

45 minutes of SPARQ Training

45 minutes of Baseball Training

Mondays and Wednesdays 4:00-5:30pm

**Monthly starting December 13th and
running January and February**

\$240 per Athlete per month

Portland Baseball Club and Trice Athletics are teaming up to offer the first SPARQ/Baseball Training class in Portland. These classes are designed for the high school athlete to prepare for the upcoming season. Players ages 14-18 are invited to participate. All sessions are done at the Portland Baseball Club training facility in Tigard.

Joe Taylor and Matt Wyckoff will run the baseball training component lasting 45 minutes and consisting of hitting and pitching work. Hitters will develop bat speed by learning the proper bat path and connection between the upper and lower half of the body. Pitchers will work on developing a consistent throwing motion and how to incorporate the lower body into the pitching motion.

Eric Trice will run the SPARQ training component lasting 45 minutes and consisting of an initial SPARQ test to provide you with a SPARQ rating to base your starting point. All speed and strength training will directly relate to the specific body movements baseball players make. Develop better strength, quickness, and most important mobility to become a better athlete.

90 minutes of training on Mondays and Wednesdays

Get Sparq tested

Open to ages 14-18

Training begins at 4:00pm and ends at 5:30pm

Athletes need to bring training shoes, wear training apparel, bat and glove

Cost is \$240 per athlete per month - breaks down to \$30 per session

Class size is limited to 12 athletes and space will be reserved on a first come first served basis.



REGISTRATION

Player Name: _____

Player Age: _____

Player School: _____

Player Positions: _____

Parent Names: _____

Parent Contact Phone 1: _____

Parent Contact Phone 2: _____

Parent Email: _____

I authorize Portland Baseball Club to act for me and arrange emergency attention if the need requires. Responsibility for treatment is covered by family insurance. The undersigned acknowledges that attendance and participation with Portland Baseball Club involves a certain risk and accepts full responsibility for those risks. In consideration of being permitted to participate, the undersigned agrees that neither the Portland Baseball Club, Tigard Industrial Park, or its agents, shall be liable on account of any claim arising out of personal injury, illness or death suffered by the undersigned while at attendance at a sponsored Portland Baseball Club activity. For consideration aforesaid, the undersigned waives, releases, and discharges any and all claims, whether anticipated or unanticipated including without limitation claims based on acts of Portland Baseball Club or any agent of Portland Baseball Club.

Cost: \$240 per Month

Please return form to:
Portland Baseball Club
22407 SW Meissinger Place
Sherwood, OR 97140

For questions, contact Joe Taylor at 503-380-5685 or email jtaylor@portlandbaseballclub.com