

# CRUSADERS

## Thanksgiving Hitting Camp

Muggeo Baseball Training Center  
49 Atwood Avenue, Tenafly, NJ 07670

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**NOVEMBER 29, 30, DEC 1**

**10– 12pm GRADES 6-8**

**COST \$250**

(Maximum 15 players per session)



*2017 Bergen County Champions*

### **Training Staff**

Bergen Catholic Varsity Head Coach: Bob Muggeo  
Bergen Catholic Freshman Head Coach: Tom McLaughlin  
Bergen Catholic Assistant Freshmen Coach: Mike Rucereto  
Bergen Catholic Assistant JV Coach: Alex Muggeo

### **Workouts include**

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|------------------|-----------------|
| *Dynamic stretch | *Drill work     |
| *Tee work        | *BP Hitting     |
| *Front toss      | *Video Analysis |

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### **Register by Mail, Email or Phone**

Players Name \_\_\_\_\_ Grade: \_\_\_\_\_  
Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Parent Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mail to: Muggeo Baseball Training Center 49 Atwood Avenue Tenafly, NJ 07670  
Bob Muggeo, Phone# 201-697-7911 Email: [Muggeobaseball@optonline.net](mailto:Muggeobaseball@optonline.net)