

## Program Overview

### Mission Statement

**Lower East Side Sports Academy, a non-profit under the umbrella of Two Bridges Neighborhood Council, offers sports programming in partnership with schools, non-profit organizations, and the community to help kids of the Lower East Side, especially those from low-income families, become “Healthy, Safe, Smart” through sports.**

### Spring Leagues

- **March 30<sup>th</sup> – June 29<sup>th</sup>.**
- **\$40 for entire season (per player).**
- **Ages 4-12.**
- **Includes uniforms (except gloves and cleats), coaches, and umpires.**
- **5 weeks of practice and 8 weeks of games.**
- **Participation in MLB’s national Pitch, Hit and Run competition.**
- **Non-Profits and local teams are invited to play (15 player rosters).**

This spring, the academy will host its 3<sup>rd</sup> season of league play.

Participants will play in our

**Pamper Division (Ages 4-5)**

**Rookie (Ages 6-8),**

**Minors’ (Ages 9-10)**

**JV Majors (Ages 11-12)**

Register Online @  
[www.LESports.org](http://www.LESports.org)

### SPONSOR A TEAM FOR THE SEASON

Join Our Academy! *Lower East Side Sports Academy* depends on Team Sponsors to provide baseball, softball and tee-ball teams with uniforms, equipment, transportation, umpires, league fees, field maintenance and trophies. Being a Team Sponsor is a fun, tangible way to make a difference.

*Lower East Side Sports Academy* is a non-profit organization established for children living in the Eastside of Manhattan. *LES Baseball Academy* staff has been working with kids in the East Side since 1993, providing sports programs for the children in this community.

Children between 4 and 14 years of age play in **4 baseball divisions**. This spring will be very exciting for us as we expect the number of children participating to grow to about 200 kids, on approximately 20 teams. Each team needs a sponsor, and this is where you can help.

### An official Team Sponsor Receives:

- Personal name or company name or logo printed on your team’s uniforms
- Personal name or company name prominently displayed in all *Lower East Side Sports Academy* promotional material
- A team schedule and an invitation to Sponsor Day and all home games
- A team photo and jersey
- The knowledge that you or your company have positively affected the lives of the Lower East Side youth and enabled them to be Healthy, Safe, and Smart.

**TO SPONSOR A TEAM, VISIT**

**[LESsports.org](http://LESsports.org) or call 917-440-6381**

**SPONSOR A TEAM FOR  
\$500**

**[www.LESports.org](http://www.LESports.org)**

# 2014



**[www.LESports.org](http://www.LESports.org)**



**WHAT IS THE "FIVE TOOL PLAYER?"**

The "five-tool player" evaluation is the gold standard by which players are measured. However, most talent scouts agree that all five tools can only be found in a handful of players within professional baseball. Most of the game's players don't have all five tools. Even still, every player who desires to excel in the game (no matter what level) must work hard at all five tools of the game. *The Five-Tool Baseball Camp* isn't about identifying whether or not a player is a "five-tool" caliber player. Rather, it is about challenging players to work hard on the essential tools that make baseball the most challenging game you'll ever love.

**RUNNING SPEED** is the most "innate" (genetically predisposed) of the 5 Tools. It is possible to enhance a ballplayer's speed, but substantial gains are dependent upon the athlete himself. Players with speed are counted on to make things happen and are catalysts both offensively and defensively in the game of baseball. Scouts look at speed, and know that if a player has it he is well on the way to becoming a possible asset. *ESBA* instructors improve running speed by improving form. If a player understands the physics behind the body, their efficiency of movement and first-step quickness becomes instinctual.



**ARM STRENGTH** is often rated as the "least important" of the 5 Tools, but arm strength can be a lethal weapon in any defensive position. Along with arm strength, muscle endurance is an often overlooked area for baseball players. Pitchers realize the importance of muscle endurance - being able to throw hundreds of pitches weekly - but what about the shortstop who needs to make plays day in and day out, or the outfielder looking to gun down a base runner at the plate? Arm strength AND endurance are two critical areas emphasized by *ESBA* instructors.



**HITTING FOR AVERAGE** requires the ability to hit to all fields and assess defensive situations - knowing when to hit to the right side, when to bunt, or being able to make contact when the hit and run is on. Hitting for average requires good decision-making ability and good pitch selection at the plate, foundational skills that are highly emphasized by *ESBA* instructors.



**HITTING FOR POWER** increases a team's chances of scoring. Power hitters have recently emerged because athletes recognize the importance of strength and conditioning programs, and the fact that power hitters generally demand the best contracts. Home runs and doubles off the wall are a fan, and scout, favorite. *ESBA* instructors work to refine the athlete's swing and maximize his physical abilities to hit the long ball.



**FIELDING.** is the result of a number of factors working together that make difficult plays look simple. Middle infielders, catchers, and outfielders must have the defensive skills required to take away base hits, know how to "read" a hitter, and know how to react and position themselves for the best chance for success. *ESBA* fielding instructors start with the basics and work to develop a functional approach to fielding fundamentals at all positions.



**Schedule: March 30<sup>th</sup> -June 29<sup>th</sup>**

**Field 7 – East River Park 10st FDR**

<b>Pamper Div</b> (Ages 4-5) Baseball 101	<b>Sundays</b> 8:30am-10am
<b>Rookie League</b> (Ages 6-8) TEE- Ball	<b>Sundays</b> 9am- 10:30am
<b>Minors Div</b> (Ages 9 to 10) Baseball	<b>Sundays</b> 10:45am -1:00pm
<b>Majors Div,</b> (Ages 11-12) JV Baseball	<b>TBA</b>