



ATHLETIC TRAINING CENTER

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Summer Camp was a blast! Now ProSwing looks ahead to the fall, where Mini-Sluggers, After-School, and the new 3-Con Camp are shaping up to be the best programs ever!

ProSwing Newsletter

Fall Newsletter

October 2010

Yankee Legend Bernie Williams on hand for Grand Celebration

Get ready for some fun! ProSwing is planning to hit a home run at their grand celebration, slated for Saturday, October 23rd, from 11:00a.m. to 4:00 p.m. Former World Champion Yankee Bernie Williams will be in attendance to give free baseball tips to all of ProSwing's young athletes. Free gifts and instruction will be provided to all in attendance by the certified ProSwing instructors. "I wanted to give something back to our athletes, but more importantly, I wanted to give back to the community," Says owner Dan Gray. All the proceeds of the event will be donated to the Hillside Food Outreach Program, a charity that helps to feed those in need.



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BERNIE WILLIAMS

Sign up!

- Mini-Sluggers
- After School Programs
- 3-Con Camps
- Individual Lessons
- Small Group Lessons
- Performance Enhancement
 - Speed, Quickness, Agility
 - Boot Camp
- Soccer Classes

Westchester's Largest Athletic Training Center Opens Doors

Hillside Food Outreach has helped to feed over 1,650 people who are in need or unable to access food pantries. They are a non-profit organization that has spent almost a decade helping those in Westchester and Putnam Counties.

Games, instruction and fun will be plentiful on October 23rd, where any and all athletes will have access to the entire ProSwing facility, including Westchester's first regulation size turf infield. Different stations will be set up with our certified instructors, complete will skills training and games! Learn about some of our programs, hop in and take a few swings in our brand new batting cages, or just come and shake the hand of Former Yankee All-Star Bernie Williams!

This day is for YOU! Bring a friend, bring your family, bring everyone, and enjoy a fun-filled day at ProSwing!



Sam Colon named Director of Operations

Dan Gray named Sam Colon his director of operations at the Port Chester facility. Sam has been around the game for a long-time, coaching and instructing all over New York. He spent time as the assistant coach at Harrison High School and ran the baseball operations at the Diamond Buddies Baseball Organization. He now runs one of the Pride Select Teams based out of ProSwing.

"Sam possesses great knowledge of the game, but has an even better set of skills for teaching," says ProSwing Owner Dan Gray. Next time you visit ProSwing, stop in and say "Hey!" to Sam.



Pride Select Fall Teams

For the first time in its existence, ProSwing of Port Chester have a tournament-based fall travel teams, as announced by Director of Operations Sam Colon.

"We're going to have seven teams, some select, and some facility based," says Colon. "The goal of these teams are to further our athlete's development as baseball players by playing some of the best competition in the tri-state area."

The ProSwing Pride Travel Teams will be playing on weekends throughout September and October, traveling all over the New York / Connecticut Area.

"This is just the beginning," says Colon. "We are hoping to have a great fall season, and use the momentum to eventually develop summer teams that will be available to all of our athletes."

ProSwing had Fall Team Tryouts on August 16th and 17th, thanks to all our athletes who tried out!

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