

Winter Workouts

The Mariners have proven to be an Organization committed to the development of young ball players on Long Island for over 17 years.

Open Winter Workouts

and

2010 Mariner Team Tryouts.

Ages 9-12

Saturdays 9:30-11am
starting January 9th.

Ages 13-15

Wednesdays 7:30 – 9pm.
Starting January 6th.

Ages 16-18

Saturdays 11-12:30pm
Starting January 9th.

Held at The Long Island Mariners Sports Academy
for 8 strait weeks, 1 and 1/2 hours each practice.

\$300 / Player (Ages 9+)

Family/Group Discounts Available

Our trained professional staff lead by Randy Caden. Head Coach at St. Josephs College in Patchogue will take your child through 8 weeks intensive off season training.

Strength and Conditioning
Position Specific Skills (Catchers, IF's, Pitchers)
Situational Practices
Hitting Sessions with Instruction

After School Baseball Academy

Ages 6-8

Wednesdays 4-5pm.

Starting Jan 13th, 8 weeks strait.

\$240 / Player

We guarantee you will see results by the end of our program.