POWER PERFORMANCE PITCHING

Power Performance Pitching returns to Hitter's Club in January 2027 for our 17th year! Inspired by legendary MacArthur High School coach and 2025 inductee into the Nassau County High School Athletics Hall of Fame Steve Costello, Hitter's Club continues to develop young pitchers throughout this six-week clinic.

Over the years, Coach Costello has developed an innovative and effective program designed to build arm strength, increase velocity, reduce the risk of injury, and enhance every aspect of a pitcher's game. Hitter's Club's own Randy Leek and Rob Cafiero continue this tradition as they have worked alongside Costello for the first 15 years of this clinic.

Be assured that this presentation will be unlike anything you've ever seen. This program was built around the idea that every pitcher is different. Unlike so many other pitching "gurus," we do not attempt to force young pitchers to change their mechanics in order to conform to a "cookie cutter" philosophy of pitching. Through our years of experience, we have developed a philosophy of allowing each pitcher to deliver the baseball in the way most suited for his body.

Be assured that we do not guarantee a certain number of gains in velocity like some clinics; we don't believe this is possible to put a number on what each pitcher can do. We do, however, guarantee that each athlete will leave with a multitude of knowledge and various exercises that will help improve their performance if they continue to work on their own.

"My philosophy of developing pitchers is built on the concept that every athlete's body works in different ways. Cam Schlittler does not deliver the baseball in the same way as Tarik Skubal. My program focuses on the keys to long term success as a pitcher – building athleticism and arm strength."

Coach Steve Costello
MacArthur High School

Leading the seminar will be Randy Leek and Rob Cafiero, co-owners of Hitter's Club. Randy was the 1995 recipient of the Diamond Award while playing for MacArthur High School under Coach Costello and had a 24-0 record in his varsity career. He pitched for 4 years at the College of William and Mary and was an 18th round draft pick of the Detroit Tigers in 1999. In his 12 years of playing professionally, Randy reached the AAA level with the Tigers, St. Louis Cardinals, and Toronto Blue Jays, and currently has the second most wins in Long Island Ducks history. He was a Texas League All-Star in 2005 and an Atlantic League All-Star in 2008 and 2010, and has also played professionally in the Dominican Republic and Taiwan. In addition, he has been named to the Long Island Ducks 10th Anniversary, 15th Anniversary, and 20th Anniversary teams.

Rob Cafiero was a 4-year starter at Massapequa High School, earning All-County 3 years, MVP of Nassau County 3 times, All-State 2 times, and All-American his senior year. He played 4 years at Villanova University, earning All-American honors his freshman year, and was drafted by the Philadelphia Phillies in 2002; he was inducted into the Villanova University Athletic Hall of Fame in 2018. After 7 years playing professional baseball, he began his coaching career in 2008 with the Long Island Ducks. Rob has been coaching in the Hampton Collegiate Baseball League, a premier college summer league, since 2009. His Westhampton Aviators won the ACBL championship that year and were ranked the 24th best college baseball team in the country. In 2010 Rob took over the Southampton Breakers and won the Hamptons League Championship in 2012, 2014, 2021, and 2024. Rob was an assistant coach at St. Joseph's College in Patchogue from 2010-2012, Hofstra University in 2013-14, and LIU Post from 2015-2019. He is currently in his second year as an assistant coach at Adelphi University.

Hitter's Club is offering this unique experience for any pitcher, grade 7-12, who wants to maximize their potential. This clinic focuses on pitcher-specific strength development, and each athlete will learn how to improve when they are not pitching. Proper warm up, conditioning, throwing drills, shoulder strengthening and stabilization, core body strength, and other exercises and drills will be explained and performed. Equally important but often overlooked, the mental aspect of pitching will be incorporated in this clinic as well, using both Randy's and Rob's experience at the professional level to help understand the thought process that should go into each pitch. Finally, each pitcher will also get a video analysis of his mechanics emailed to him with commentary, so he knows exactly where he needs to focus when working out on his own. This opportunity is one you don't want to miss.

To sign up for this exciting experience, please go to www.hittersclubinc.com and follow the link to Power Performance Pitching as soon as possible, as **enrollment is limited**. This is a 6-week program that starts on Sunday mornings in January 2027. Once again we will have two sessions, so make sure you sign up early to reserve the time that works best for you. You don't want to miss out on this incredible opportunity to learn from the best!

*****Please bring a 4-5 lb medicine ball with you to each session, as they are an integral part of our workouts**