

SWB WINTER CAMP

TRAIN
WHERE THE
PROS
TRAIN



PROUDLY
PRESENTED
BY
Geisinger
Orthopaedics
and Sports Medicine

SESSION A-MONDAYS (HITTING)

January: 5, 12, 19 & 26
February: 2 & 9

Time:
5:30pm-7:00pm

SESSION B-TUESDAYS (HITTING / CONDITIONING)

January: 6, 13, 20 & 27
February: 3 & 10

Time:
5:30pm-7:00pm

SESSION C-WEDNESDAYS (HITTING)

January: 7, 14, 21 & 28
February: 4 & 11

Time:
5:30pm-7:00pm

SESSION D-THURSDAYS (HITTING / CONDITIONING)

January: 8, 15, 22 & 29
February: 5 & 12

Time:
5:30pm-7:00pm

MEET THE TRAINERS



JAMIE HIGGINS

Championship winning Scranton High head baseball coach. 2010 Times Tribune Coach of the Year and former coach of Joe and Jake McCarthy.



BILLY ZALEWSKI

Championship winning longtime Abington Heights High School varsity baseball coach. Former King's College player.



BRIAN JARDINE

Record-holding former college shortstop at Moravian College, now longtime North Pocono High baseball coach.



RYAN KROPA

Former 4-year King's College player, now head varsity baseball coach at Mid Valley.



TODD PETERS

Head coach at Lackawanna Trail High School Baseball. Peters played at Lackawanna College and Jacksonville University for Baseball.



COLLEEN ROSS

Scranton Central Softball all-star and starter at the University of Scranton with 30+ years of coaching experience.



SARAH ROSS

Former Dunmore Lady Bucks and Concordia College softball standout. Current assistant softball coach for Mid Valley.



HEIDI PETERS

Dr. Heidi Peters is a licensed athletic trainer and Director of Clinical Education at Cumberland University, as well as the founder of Armory Performance Therapy, where she specializes in athlete development and injury prevention.

REGISTER TODAY!

AGES: 6-14 (Girls & Boys)

Similar ages will be grouped together for training.

BENEFITS:

- High quality coaching
- 6-24 available sessions of training at PNC Field's indoor facility
- T-shirt and gift
- Tickets for a future 2026 RailRiders game: ONE CAMP: 4 Tickets | TWO CAMPS: 8 Tickets | THREE CAMPS: 12 Tickets
- Two hitting stations equipped with Hittrax and expert instruction
- Conditioning in new facility

Hitting: ONE CAMP: \$180 | TWO CAMPS: \$340 | THREE CAMPS: \$500

Sibling Discount (ONE CAMP):

\$340: 2 siblings (includes 8 tickets) | \$500: 3 siblings (includes 12 tickets)

Hitting & Conditioning: ONE CAMP: \$200 | TWO CAMPS: \$380 | THREE CAMPS: \$560

Sibling Discount (ONE CAMP):

\$380: 2 siblings (includes 8 tickets) | \$560: 3 siblings (includes 12 tickets)

***Choose Session(s):** ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday

FORMS DUE:
JANUARY 2, 2026

Number of Players (for Sibling Discount): _____

T-SHIRT: Youth- S: ___ M: ___ L: ___ Adult- S: ___ M: ___ L: ___ XL: ___

(One FREE t-shirt per participant. Additional t-shirts \$10 each)

Name: _____ Age: _____

Address: _____

City: _____ ST: _____ Zip Code: _____

Email: _____ Phone: _____

Payment: Visa Discover Mastercard American Express

Card #: _____ Expiration: _____ Security Code: _____

Check # _____ (Make payable to the SWB RailRiders)

Robby Judge P: 570.558.4612 F: 570.963.6564

Email: rjudge@swbrailriders.com

***NO REFUNDS**

SWBRILRIDERS.com



PNC FIELD 235 Montage Mountain Rd. | Moosic, PA 18507