

Inside the Community of Bianco School of Baseball & Pittsburgh Pride Cheer Gym

# BIANCO PRIDE

June 2019

*Insider*



**Camp Registrations  
Classes  
Tryout Dates & More!**

## From Our Family To Yours

**Welcome** to the premier issue of The Bianco Pride Insider. We are very excited to share this new publication with the families who participate in our programs, as well as the surrounding communities. While the medium of a print publication allows us to communicate news and events for our students, our real goal is much more than that.

Over the years we have each gained different experiences as athletes, teachers, coaches and as parents. So, while we initially had the idea to create a magazine to communicate events and programs within our schools, we quickly realized that we had so much more to tell our readers. We want The Bianco Pride Insider to be a platform for us to share some of our experiences and connect our readers with valuable professionals from the community. Valuable information is meant to be shared! So, every six weeks we plan to bring you advice from experts, helpful tips for our readers, and thought-provoking content. As the magazine continues to evolve, we ask you to provide us with feedback, so that we can exceed your expectations.

We are so thankful for the families who come to Bianco School of Baseball and Pride Cheer Gym. Our staff and family are grateful for the opportunity to work with so many talented kids. Connecting with so many families within our community is what drives us to continue to do what we do. It is our sincere hope that you enjoy our premier issue of The Bianco Pride Insider, and we look forward to bringing you many more issues to come.

*Sincerely,*

The Staff of Bianco Baseball & Pride Cheer



### Advertise with The Insider

Combined our facilities accommodate over 18,000 families from the South Hills area. Our magazine gives advertisers the opportunity to reach this valuable audience! Bianco School of Baseball and Pride Cheer Gym also has on-site opportunities such as television commercials and signage sponsorships. If you would like to partner with The Bianco Pride Insider, please contact Kara Logero at (724) 873-9215 or at [insidermarketing@yahoo.com](mailto:insidermarketing@yahoo.com)

### Send Us Your Ideas!

We'd love to hear from you! If you have suggestions on content or story ideas, email us at [insidermarketing@yahoo.com](mailto:insidermarketing@yahoo.com)

### SEND US Your Photos!!

We are looking to publish those special moments from Pride Cheer Gym and Bianco School of Baseball! Email them to [insidemarketing@yahoo.com](mailto:insidemarketing@yahoo.com)

# 2019 SUMMER BASEBALL CAMPS



*Covers Hitting, Fielding, Throwing, Pitching, Speed and Agility.*

**PLUS LIVE GAME EXPERIENCE!**

Designed for ages 12 & under

## BIANCO'S OUTDOOR FIELD CAMP DATES

**June 10th-13th ~ 9am-12 noon**

**June 17th-20th ~ 9am-12 noon**

**June 24th-27th ~ 9am-12 noon**

**July 8th-11th ~ 9am-12 noon**

**July 15th-18th ~ 9am-12 noon**



**Bianco's Address: 105 Springfield Drive ~ Canonsburg, Pa 15317**  
Our field is behind our building accessible from the upper parking lot!

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Week of Camp: \_\_\_\_\_

Second Child: \_\_\_\_\_ Age: \_\_\_\_\_ Week of Camp: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Phone (home): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Cell: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

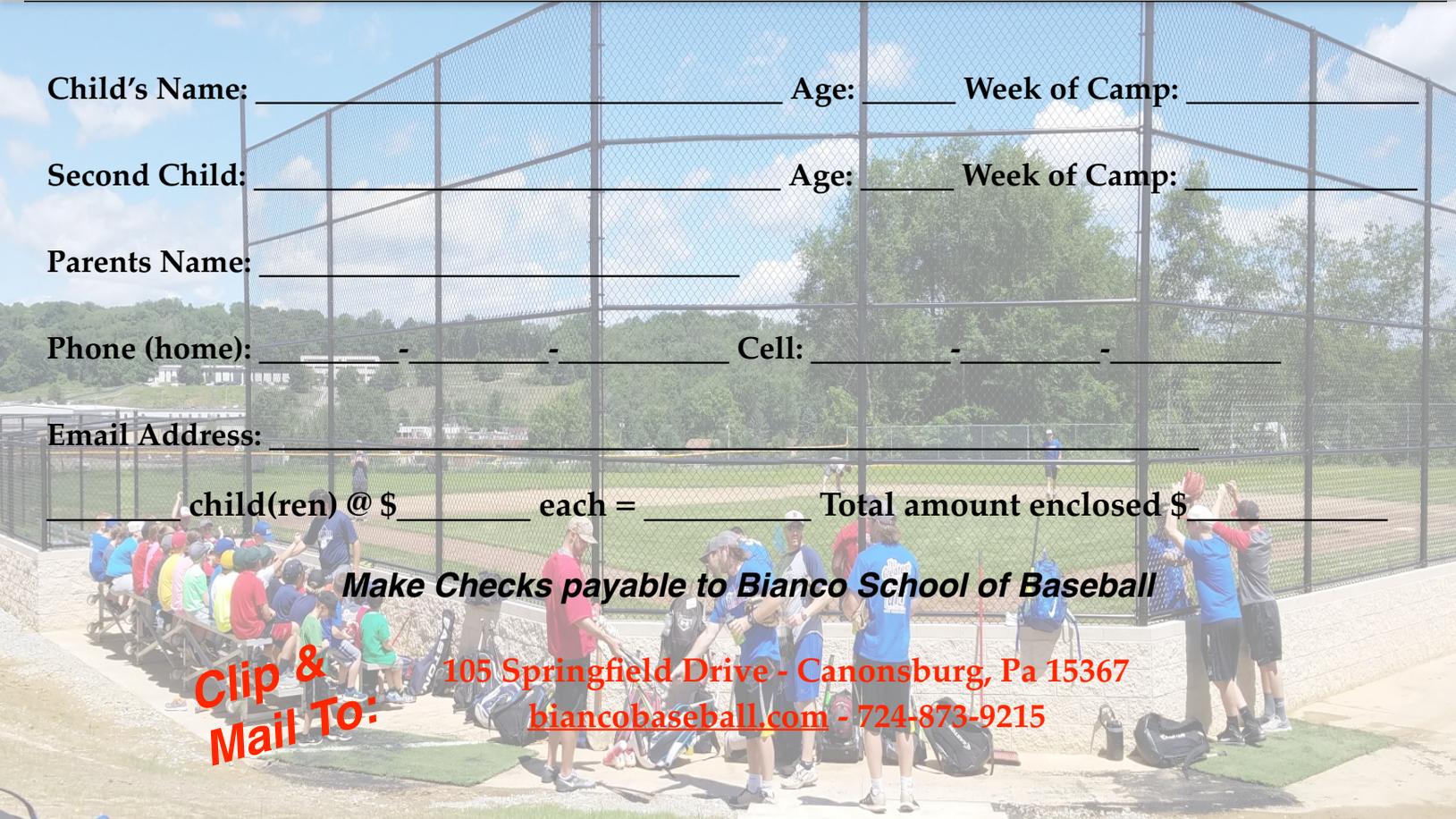
Email Address: \_\_\_\_\_

\_\_\_\_\_ child(ren) @ \$ \_\_\_\_\_ each = \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_

**Make Checks payable to Bianco School of Baseball**

**Clip & Mail To:**

**105 Springfield Drive - Canonsburg, Pa 15367  
biancobaseball.com - 724-873-9215**



# The Wish

By Matt Bianco

Your days are busy, your nights are long, and your kids seem to test your limits every chance they get. In the midst of daily life, it is hard to remember just how fast it all goes by. I'm sure you've been told not to blink, because your kids will be grown before you know it. However, there are so many day-to-day moments where we neglect to soak it all in. This story about my own experiences, is one I continue to share with my parents and students. We waste our whole life preparing for the future, not realizing that the only way to be happy is to embrace each moment.

When my son Justin was 8, I wished he would make the 8-year-old all-star team, but he didn't make it. He made the all-stars once he was 11-years-old. As Justin entered 9th grade

I wished he would make the varsity team, but he didn't until his 10th grade year. Once he was on the varsity team, I wished that he would be in the starting lineup, and he did. From there, I continued to "wish," and think ahead. I wished for him to get all-section, and he went on to earn three of them. Then, a baseball scholarship to The University of Pittsburgh, soon followed. This was just one more thing I had wished for. After a great senior baseball season, there was word that he may get drafted. My "wishes" and focus was for Justin to get this opportunity. Justin got drafted on a Tuesday and graduated high school that same Friday. By the following Friday, we were all at the airport, sending him off to Missoula, Montana to join the Arizona Diamondbacks. As he said his goodbyes, and I watched him walk away, I had only one wish....

I wished he was eight again, and I could go back. You see, it was in that moment that I finally realized that I missed so many moments living anxiously for the future. I neglected to enjoy each day, because I was preparing for the next. The time and experiences we have with our children are so fleeting. Don't wish away days waiting for better ones. Don't be so focused on the finish line that you forget about the journey. Tomorrow your child will be a little older. So, enjoy the gift of today. It will be over before you know it.



## GUARDIAN ANGELS

## Guardian Angels Tryouts Week of August 12th

We will fill at least one team from ages 8 to 14 years old  
Must preregister for the tryouts  
\$20 Fee



## Beta Elite Training Association

Beta is advanced training for the serious baseball player without all the extra expense.

This is a 90 minute Sunday program of advanced training only. Tryouts are handled as private lessons. We want to make sure this is a good fit for your child and family as well as our program.

Tryouts will begin in September.  
Beta begins January 5th and runs 13 weeks.  
Call for more details!



*Delivering Classic Italian Quality*

*Catering Available*



*Pep Rolls  
Salads  
Subs*



**MCMURRAY**

**3531 WASHINGTON RD.**

**724-941-2440**

**DAILY SPECIALS  
BOGO WEDNESDAY'S**

**Bianco Student  
Nico Popa:  
Pitt Player of the Week**



**A Great Week for Nico  
.538 average  
6 Doubles  
3 Homeruns  
11 RBIs**

**Popa & Associates, PC**

**CERTIFIED PUBLIC ACCOUNTANTS  
A PROFESSIONAL CORPORATION**

## Using Their Passion for Sports to Care for Athletes

**Dr. Michael Pezzone** is native to Upper St. Clair and was a student of Bianco Baseball since its inception. In high school, he was a two-sport athlete, playing baseball and soccer. He then attended Allegheny College in Meadville, Pennsylvania, where he earned his bachelor's degree in biology. During his time at Allegheny, he was a four-year varsity letter winner in baseball, and currently holds the school record for most doubles in a single season. Dr. Pezzone graduated from Palmer College of Chiropractic in Port Orange, Florida, in June 2018. Dr. Pezzone has attended the Pro Baseball Chiropractic Society's Baseball and Sports Performance Conference to learn more about treating overhead-throwing athletes.



Pezzone Earns ABCA All-Region Honor

**Dr. Shayna Birchfield** is a native of Eastern Kentucky, where she grew up participating in various sports throughout her childhood. She spent years as a competitive gymnast, cheerleader and softball player and continued her journey cheering in college. Growing up as an athlete, she knew she wanted to work in a profession that focused on the human body and how to stay healthy and recover from injuries/illnesses without invasive measures or medications. She went on to attend college at Morehead State University, where she received her bachelor's degree in exercise science. After graduating, she continued her post graduate studies in health and wellness promotion/physical education. While learning more about the health field and the different treatment options available for pain and injuries, she decided to pursue a career in the chiropractic profession. Dr. Birchfield graduated from Palmer College of Chiropractic in Port Orange, Florida, in September 2017.



### Conditions That We Treat

- Neck Pain
- Low Back Pain
- Concussion
- Sprain/Strains
- Tendinitis
- Elbow Pain
- Planter Fasciitis
- Knee Pain
- Shin Splints
- Headaches
- Muscle strains
- Sprained Ankle
- Shoulder/Arm Pain (Rotator Cuff)

## How Chiropractic Care Can Help Treat and Prevent Sport Injuries

### Treatments We Provide

**Chiropractic Adjustments-** The purpose of spinal manipulation is to restore joint mobility by manually applying a controlled force into joints that have become restricted in their movement as a result of a tissue injury. Chiropractic adjustments reduce pain, increase movement and improve athletic performance.

**Class IV Laser-** we use Class IV lasers that have the capacity to reach a power of 60 Watts and penetrate many centimeters below the skin's surface. Benefits include reduction of inflammation and swelling, pain reduction, Increased tissue repair and healing, Increased vascular activity.

**Cryotherapy-** is a method of briefly exposing the body to subzero temperatures — and with our equipment, that's as low as -220°F. This modality has been shown to reduce pain, muscular fatigue, and aid in recovery in athletes.

**IASTM-** Instrument assisted soft tissue mobilization is a technique that makes use of a metal scraping tool to break up abnormalities within the muscles and ligaments, such as excessive or problematic scar tissue that restricts motion.

**Fascial Stretch Therapy-** FST is a research-based stretching technique that focuses on the bigger picture of fascial continuities. The technique involves contract-relax patterns and the use of traction on the limb being stretched to achieve a deeper and more beneficial stretch.

**Concussion Treatment-** One of the specialty services that Legacy Medical Centers provides is free baseline concussion screening for all athletes 10 years of age or older. We at Legacy Medical Centers want everyone to be aware of the serious dangers of concussions.

*If you are interested in learning more about what we do or some of the services we provide, please feel free to reach out to us!  
We look forward to helping keeping you in the game and help you to perform at your at your highest potential.*



**DESIGNING FINANCIAL STRATEGIES FOR PROFESSIONALS,  
BUSINESS OWNERS, AND FAMILIES WITH SPECIAL NEEDS**

**Tom Hoffrage**  
Financial Representative

**Jim McGovern, CFP®, ChFC®, CExP®**  
Wealth Management Advisor  
and Business Exit Planner

Lifetime Financial Growth  
244 Boulevard of the Allies  
Pittsburgh, PA 15222  
Office: 412-391-6700



# GUARDIAN ANGELS

## 2019 Guardian Angels Elite Prospect Camp

*This program is designed for the  
ADVANCED player looking for competitive  
play through the summer!*

**7 Week Program ~ 3 Days per Week**

**June 17th - August 2nd**

**Cost ~ \$299**

*Johnny Leonard*

*Run by former Arizona Diamondback Players  
Johnny Leonard and Justin Bianco*



**Monday ~ Practice Day**

*Hit, Field, Throw, Pitch*

7/8U ~ 2-3:00 pm

9/10U ~ 3-4:00 pm

**Tuesday & Thursday**

*Game Day*

7/8U ~ 2-3:30 pm

9/10U ~ 3:30-5:00 pm

**Wednesday & Friday**

*Game Day*

11/12U ~ 2-3:30 pm

## Justin Bianco Speed & Agility Camp!

*Improve foot speed, quickness, speed changes, and directional change. Learn acceleration, deceleration, reaction time and coordination techniques. Better your 60 yd dash starts and run times!*

**9 Sessions of Training ~ 3 Classes per Week**

**1 Quick Fix Video Analysis on players running form**

**Speed & Agility Camp T-Shirt**

*Justin Bianco*

**Ages 7-12: 12:00-1:00 pm**

**Ages 13 and up: 1:00-2:00 pm**

**Session 1:**

**Monday ~ Wednesday ~ Thursday**

**June 10, 12, 13, 17, 19, 20, 24, 26, 27**



**Cost:  
\$199**

# The Tools To Soar

By Christine Parker  
Owner of FitHouse



## Help Them Develop a Stronger Tool Through Strength Training

When my kids get discouraged about a performance or when they feel like they are not good at something I remind them that their body is their tool and that it can be strengthened. They need to keep working to strengthen their tool...once again focusing on the process. It takes discipline and hard work to build a stronger body and it doesn't happen overnight. This is a great thing for a child to learn and strive for. It helps build confidence and belief in oneself. They begin to understand that their positive actions can create positive outcomes.

Many times a stronger athlete is a better athlete. Sometimes parents and coaches get hyper-focused on sport-specific training when in actuality, greater benefits can often be seen with a well-rounded program, especially in the case of younger athletes. Strength training for young athletes supports optimal mobility, stability, coordination, strength, and movement efficiency. In the sports arena, this results in improved speed, agility, strength and quickness. Building a strong body at a young age has many other benefits like reducing the risk of injury, teaching proper technique and form, building self esteem and laying a foundation for good physical and mental health. Our focus at FitHouse is to help kids build stronger bodies by understanding proper technique, challenging them at their individual levels and creating an atmosphere that is motivating.



## Help Them Understand the Impact of Healthy Habits

We have the opportunity to give our children some very powerful tools for sport and life...healthy habits! Our habits impact every area of our life. What we eat, how we exercise, sleep, recovery and our attitude are all habits that greatly affect our performance in sport and in life. The same holds true for our children! When we are looking for a competitive edge in life this is one of the most overlooked areas and it's one that we can all not only use to our advantage but benefit from as well. Children have so many influences around them so instilling healthy habits can definitely be challenging and not so fun for us parents.

Helping your children understand the why behind eating better, cross training, recovery exercises, better sleep etc. can make a difference and may eventually even sink in. My oldest had no interest in my nutrition tips until she read an article that I conveniently left lying around about the impact certain foods have on acne. Sometimes we experiment with different habits to see what the outcome will be! Let's all get to bed by 10 pm this week and see how we feel. Let's try to limit sugar this week and see if it makes any difference. It's fun to help them realize the things that they have control over and how it affects them.

Like with everything, developing healthy habits is a process and it is different for everyone. Children need to make their own self discoveries. It is easier to keep good habits than it is to kick bad habits so the more positive habits that our children have in childhood the more likely they will be able to use those assist in soaring in life!

## Provide Environments Where Kids Can Build Confidence and Self Esteem

As parents we need to provide opportunities for our children to be great, to grow and to get better at something. That opportunity may not always be on the field, on the court or on a stage. Let's face it not every kid is going to be the star of the team and that's ok. Although never having the opportunity to be "the star" can sometimes be discouraging to a child. Confidence and self image are very important. Studies have shown an increase in positive self image through regular exercise and strength training in children. One of my kids who isn't always the strongest on stage can outshine her sisters in the gym. I see how proud it makes her. Quite possibly one of the greatest benefits of strength training for young athletes is the impact on self-esteem and self-confidence. Look for ways to provide your child with opportunities to gain confidence. Do they have someone who believes in them, a coach, an aunt or uncle or a parent? This gained confidence and self esteem can help them in their sport as well as in many areas in life.

Sports, strength training and athletics can be a platform to provide children with some of the greatest tools to help them soar in life. As parents we have the responsibility to help our children develop these tools to their greatest potential.

When our children grow older it is most likely that the trophies will sit on the shelves and collect dust. It is the experiences, the lessons learned and the memories made that will carry one and leave an everlasting impact.



Article written by:

**Christine Parker**  
Owner of FitHouse  
3450 Washington Rd. McMurray

NASM-ISSA-AFAA Certified  
Corrective Exercise Specialist  
BFA Dance

As parents we all want the best for our kids.

Although we have the best intentions sometimes our actions cause more harm than good when it comes to helping our kids succeed. How we act, what we say and our own examples can all leave a mark on our child's experience and how they relate to sport in the future. Competition is fun and I believe that it can teach us a lot in life about ourselves and our potential. I myself was a competitive gymnast and dancer. Some of the habits that I developed through my training have made a big impact on who I am today.

I attended Point Park University where I earned a BFA in Dance and then continued on with a professional dance career in Los Angeles. When I was in LA, I met one of my biggest mentors named Todd Durkin from San Diego, CA. Todd has trained dozens of professional athletes including NFL quarterbacks Drew Brees and Aaron Rodgers, former NFL MVP LaDainian Tomlinson, Olympic Gold Medalists, MLB players and a host of other college and pro athletes. I have had the privilege to train at Todd's facility with his pro athletes as well as spend years exposed to Todd's philosophy and training protocol with his athletes. Todd has 4 children of his own and is dialed in to helping them soar not only as athletes but as people.

I now have 4 daughters of my own, 3 who are in competitive dance and I am also the owner of FitHouse in McMurray. One of my most important missions right now is to help my children develop the tools to soar not only in their sport but in life. There are many roads that can lead to happy, healthy, successful kids with good values. Through my own experience and education as a professional dancer, a coach and fitness professional and most of all as a parent these are some of the top ways that I believe we can help our children use the power of sport to soar in life.

## Teach Them to Focus on the Process

Children all develop differently and peak at different ages. We have to be careful not to teach our kids to focus entirely on the results and be careful not to focus on this ourselves. At this stage of the game the focus should be on building solid physical and tactical skills, positive attitudes and healthy habits. Encourage your kids to talk, to share their perspective and their feelings. Ask them essential questions.

Focusing on the process gives children the chance to develop discipline and understand teamwork and it gives them an opportunity to learn and grow. Sport enables new fun experiences like friendship and travel. It is through the process that they will develop a love and a passion for their sport and that will elevate them to other areas either in their sport or in life. There is no doubt that the discipline, time management and persistence that I developed through dance helped me transition into many roles in life including my current role as the owner of FitHouse. Whether in sport, school or business later in life, focusing on the process will lead to success.

# BIANCO Winter Rental Program

With our latest expansion Bianco's has become the premier place for your team to practice. Teams rent for 90 minutes taking cages, bull pens and field.

- Minimum of 12 weeks
  - Instructors available
  - Access to Practice Plans
- Best Price Around!**

Call Matt for Details: 412-860-2255



**KIDS**  
summer  
camps

www.fithousepa.com  
724-941-4119



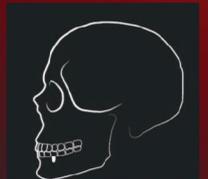
JUNE 17-21ST FITNESS AND NINJA  
JUNE 24TH-27TH- FITNESS AND SPORTS  
JULY 15-19- FITNESS AND NINJA  
JULY 22-26 FITNESS AND SPORTS  
AUGUST 12-16 NINJA AND SPORTS

AGES 8-11  
11AM-12  
AGES 12 +  
12PM- 1PM

**Michael M. Bianco, D.M.D**  
**Oral & Maxillofacial Surgeon**

**Dental Extractions**  
**Wisdom Teeth**  
**Dental Implants**  
**Corrective Jaw Surgery**

**88 Fort Couch Road**  
**Pittsburgh, Pa 15241**  
**(412) 835-1111**



**SIGN UP NOW!!!**  
**\*SPORTS\* FITNESS\***  
**NINJA \***  
**TEEN LIFT \***  
**GIRLS POWER HOUR \***





# Pittsburgh Pride Success...

## DISNEY DAYS!

### 13 Teams to Finals

Pittsburgh Pride All Stars is one of the few competitive programs that offers both cheer and dance divisions at their gym. They had a stellar season with ALL 13 eligible teams heading off to Disney, Orlando FL, and then topped it off by having those 13 teams ALL make finals in their divisions.

The oldest and elite divisions received bids to *The Cheerleading and Dance Worlds*. They were:

- Ambush (division Small Hip Hop) - SILVER MEDAL 2nd place
- Vixens (division Open Elite Hip Hop) - Finalist 4th place
- Mane 5, (division Small Level 5 cheer) - Finalist 7th place

The younger divisions earned bids to the prestigious event, *The Summit*.

Cheer:

- Majesty Senior L4 - Finalist 4th place
- Beast Mode Junior L5 - Finalist 5th place
- Ferocious Youth L2 -Finalist 7th place
- Triple Threat Junior L3 -Finalist 8th place
- Lady Royals Senior L4.2 - Finalist 11th place
- Roar Youth L1 - Finalist 11th place
- Untamed Junior L2 - Finalist 15th place

Dance:

- Youth Hip Hop Lg- 3rd place
- Junior Hip Hop Lg - Finalist 4th place
- Mini Hip Hop - Finalist 6th place



### Teams can plan ahead SAVE THE DATES:

- OFF WEEKS for teams: June 29-July 6 and August 3-10
- cheer stunt clinics
- cheer choreo camp July 13-21
- dance choreo camp August 11-25

### Summer Class

Begins June 17th  
Enrollment Online

# Indoor Wooden Bat League

- Runs 10 Weeks
- October-December
- Age Groups: 6U 8U 10U 12U 13U
- Cost: \$99 per player
- Enter your team (min of 8)



**Best League in Town!!**

# Don's Appliances

*Exceptional Brands and Service Since 1971*

**(866) 544-1711**



## Bianco School of Fish

Aquarium Fish Tank Service

Mitchell Bianco

412-849-3482

biancosfish@gmail.com

www.biancosfish.com

Want a Fish  
Tank at your  
Home or Office  
with ZERO  
Upkeep?!?

For Aquarium  
Installations &  
Maintenance



# BIRTHDAYS AT BIANCOS!

## Cheer & Baseball Parties

724-873-1232

pridecheergym.com



724-873-9215

biancobaseball.com