

Lincoln-Way



B A S E B A L L

2016 Winter Baseball Camps

December 27th, 28th, 29th

LWW Field House

Register online on our Lincoln-Way West Athletics Website. <http://il.8to18.com/lww/>

Details on the back

Lincoln Way West Baseball

WE WILL RUN.

WE WILL BUNT.

WE WILL GET DIRTY.

Dear Camper,

I would like to invite you to our 8th annual holiday baseball camp. We will be holding this camp over winter break. The dates for this camp will be December 27th, 28th, & 29th. The skills camp that we offer focuses on hitting, bunting, base running, and defensive fielding skills. We have our L-W West High School coaching staff leading large group teaching sessions; followed by small group breakout sessions where players can practice what they are learning. This camp is a two hour session each day.

We will also have a pitching camp and a catching camp, that is open to grades 1st-8th. These camps will feature large group teaching sessions on fundamental mechanics; followed by small group practice sessions and individual & video evaluations. Our pitching and catching are separate camps that last one and a half hours each day.

The goal of these camps is to teach all of the skills and fundamentals that we feel will help you become a better baseball player. This camp is a great way for you to get ready for your upcoming season. We encourage parents to come and see the type of routines that we use, so that they may take some of this back to their teams, or use with players at home.

We will have use of the entire Lincoln-Way West Field House. This will also give you a chance to see what great things are going on at Lincoln-Way West High School. If you have any questions feel free to give me a call at 815-717-3521, or send an email to jzajc@lw210.org, or call the LWW Athletic Office at 815-717-3524. I hope to see you in December.

WORK HARD. GIVE MORE.

BE PROUD TO BE A WARRIOR!

Sincerely,

Jake Zajc

Head Baseball Coach

Lincoln-Way West High School



B A S E B A L L

REGISTER BY MAIL

Please send registration and payment:

Lincoln-Way West Baseball

c/o Jake Zajc

21701 S. Gougar Rd.

New Lenox, IL 60451

Walk-ups welcome. (t-shirt sizes are limited to walk-ups)

***PLEASE MAKE CHECKS PAYABLE TO**

LINCOLN-WAY WEST HS*

REGISTERING ONLINE

- Go to: "<http://il.8to18.com/lww/>" (no www.)
- Click on "Registration" tab
- Click "Create An Account" and enter your own email & password. (unless you already have an existing account from previous camps)
- Remember this account information as you will be able to use this account for the years to come for all of your children
- Click on "Begin Registration" (right column)
- Choose "Baseball Winter Camps"

Registration Form

Name _____

Grade _____

Address _____

Phone # _____

Emergency Contact Person _____ Emergency Contact Phone # _____

Parent Email: _____

Signature of Parent or Guardian _____

T-shirt size (adult sizes) S M L XL XXL

(youth) YS YM YL

Please Circle One: **Offensive & Defensive Skills Only-\$85** **Pitching Only-\$75** **Catching Only-\$75**

Offensive & Defensive Skills & Pitching—\$150 **Offensive & Defensive Skills & Catching—\$150**

QUESTIONS—CONTACT COACH ZAJC @ 815-717-3521 or jzajc@lw210.org

Offensive & Defensive Skills Camp
Agenda



Grades 1st- 4th

December 27th-28th-29th
8:30-10:30am

Grades 5, 6, 7, 8th

December 27th-28th-29th
1:00-3:00pm

- *Players will be divided into groups by grade levels for this camp.*

Day #1:

- West hitting & offensive philosophy. What makes you a consistent hitter? Discussion with L-W West coaching staff.
- Large group teaching stations on fundamentals of hitting and fielding.
- Small group practice stations & hitting competitions

Day #2:

- West defensive philosophy. What are the absolutes of being a good defensive player?
- Large group teaching stations on bunting, base running, and fielding skills.
- Small group practice stations— focusing on specifics of hitting— including individual & video evaluations.



Day #3:

- Small group practice stations— completion of hitting drills and personal evaluations.
- Competitions utilizing skills learned.



The Lincoln-Way West coaching staff will be on hand for *personal* instruction.

Pitching & Catching Camp Agenda



Grades 1st—8th

December 27th-28th-29th
11:00-12:30 each day

Players will be divided into groups by grade levels for this camp. These camps are at the same time but are separate from each other.

Day #1:

- Throwing Mechanics (pitchers & catchers)
- Pitchers—Wind-up & Stretch Mechanics
- LWW pitching/catching philosophy & program



Day #2:

- Discussion and breakdown of various pitching drills used in our program.
- Pitchers- Live throwing and personal evaluation using video analysis.
- *Catchers— Blocking, footwork drills, and personal evaluations.

Day #3:

- Pitchers- Live throwing and personal evaluation using video analysis.
- *Catchers— blocking & situational throwing drills; personal evaluations, catching bullpens

*Catchers— please bring your own gear if you have it. You could also look into borrowing a set from your team to use during the camp.



The Coaching Staff will show you the ins and outs of being an LWW pitcher; as well as some tips on how to improve your game.

I understand that an athletic camp carries with it certain risks. There is always a chance of injury. I hereby authorize the directors of the Lincoln-Way West Winter Camps to act for me according to their best judgment in any emergency requiring medical attention.

NOTE:

The school nurse and athletic trainers are not available for these winter programs.