

University High School Pioneer Baseball Camp 2017



Camp Itinerary

- I. Stretch
- II. Stations
- III. Lecture
- IV. Contest

Hitting Monday, May 29

Hitting Emphasis - Instruction in the fundamental areas of:
Hitting mechanics
Bunting
Working the count
Mental approach and safety

Pitching and Catching Tuesday, May 30

Pitching Emphasis - Instruction in the fundamental areas of:
Pitching mechanics
Pitches
Pitch selection
Mental approach

Catching Emphasis - Instruction in the fundamental areas of:
Framing
Blocking
Throwing mechanics
Field and base coverage

Defensive Skills Wednesday, May 31

Infield and Outfield Play- Instruction in the fundamental areas of:
Ready Steps
Footwork
Positional throwing

The coaches and players of University High School Baseball would like to extend your son an invitation to a camp designed for all current incoming 9th grade baseball players. Both U-High coaches and players will teach each camp session. Your son will need to bring a bat (if he has one) and glove. We will be somewhat limited on the number of bats. The camp will begin at 8:00 AM and finish at about 11:00 AM each morning. Camp location will be at University High School. We will introduce each freshman to the U-High Baseball summer strength training program. Please bring both tennis shoes and spikes.

This camp is designed to help those players interested in learning and excelling in the game of Baseball.

Each camper will also receive a U-High Baseball Hat

"There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do - and I believe that." -

Derek Jeter

Any questions call Coach Steve Paxson at : 438-8913



Name: _____

Phone #: _____

Emergency Phone (if different):

Age: _____ Grade: _____

T-shirt Size: YM YL S M L XL

Participation in the 2017 U-high Pioneer Baseball Camp is dependent upon the following conditions:

- I authorize the directors of the U-High Pioneer Baseball Camp to administer first aid in case of emergency.
- We have adequate insurance protection to cover treatment of injuries while our son is participating in the camp.

My son is physically fit according to our family physician.

Parent or Guardian Signature

Please cut and return this portion with payment of \$50.00 as soon as possible to the address below. Make checks payable to **University High School.**

All signups must be received by 5/19/17.

Mail To:
Coach Steve Paxson
University High School
Campus Box 7100
Normal, IL
61790