Dear Camper,

I would like to invite you to our 9th annual holiday baseball camp. We will be holding this camp over winter break. The dates for this camp will be December 26th, 27th, & 28th. 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 jzaic@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

REGISTER 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)

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

*PLEASE MAKE CHECKS PAYABLE TO LINCOLN-WAY WEST HS*

December 26th, 27th, 28th
LWW Field House

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

Details on the back
**Offensive & Defensive Skills Camp Agenda**

**Grades 1st- 4th**

- 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 #1:**

**Grades 5, 6, 7, 8th**

- 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 #2:**

- Pitchers- Live throwing and personal evaluation using video analysis.
- *Catchers– blocking, footwork drills, and personal 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.*

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**Pitching & Catching Camp Agenda**

**Grades 1st—8th**

- 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.