

Lincoln-Way West Winter Baseball Camps

When: **December 26th, 27th, 28th.**

Location: **Lincoln-Way West High School - Field House**

Camp Instructors: **Lincoln-Way West Baseball Coaching Staff**

Offensive & Defensive Skills Camp

- Offensive Philosophy & Approach to Hitting
- Hitting Stations & Evaluations
- Infield, Outfield & Base running Drills
- Defensive Philosophy & Drill Stations

Times: Grades 1, 2, 3, & 4th

December 26th – 11:00-1:00pm

December 27th & 28th – 8:30-10:30am

Grades 5, 6, 7, & 8th

December 26th – 3:30 & 5:30pm

December 27th & 28th – 1:00-3:00pm

Pitching and Catching Camps *(these camps are separate but run at the same time)*

- Pitching Philosophy & Mechanics Breakdown
- Pitching Drill Stations & Evaluation (video evaluation)

- Catching Fundamentals & Drill Work (video analysis)
- Please bring your own set of catcher's equipment if you are attending the catching camp

Times:

Grades 1st -8th

December 26th – 1:30-3:00pm

December 27th & 28th - 11:00am-12:30pm

If you plan to attend these camps, please fill out the camp brochure or register online on our Lincoln-Way West High School Website.

To print out the Baseball Camp Flyer

- **lwathletics.com**
- Click on the “More” tab and You will find the link in the **2018-2019** column

Online Registration for our Winter Baseball Camps

Registering online instructions

- Go to: “**lwathletics.com**”
- Click on “**More**” tab & Choose “**Register an Athlete**”
- Click “**Create An Account**” and enter your own email & password. *(You can use the account you already have from previous camps)*
- Remember this account information as you will be able to use this account for the years to come for all of the L-W West camps
- Click on “**Begin Registration**”
- Choose “**Baseball Winter Camps**”

If you have any questions about the camps please contact:

Jake Zajc
Head Baseball Coach
815-717-3521
jzajc@lw210.org