

University High School Freshman Baseball Camp 2022

Camp Itinerary 2-4 pm each day

Stretch
Stations
Lecture
Contest

Monday, June 6- Hitting

Hitting - Instruction in the fundamental areas of:

Hitting mechanics
Bunting
Working the count
Mental approach and safety

Tuesday, June 7 - Pitching / Catching

Pitching - Instruction in the fundamental areas of:

Pitching mechanics
Pitches
Pitch selection
Mental approach

Catching - Instruction in the fundamental areas of:

Framing
Blocking
Throwing mechanics
Field and base coverage

Wednesday, June 8 - Infield / Outfield

Defense - Instruction in the fundamental areas of:

Ready Steps
Footwork
Positional throwing
Position Responsibilities

If any unforeseen time changes occur
you will be notified as soon as
possible.

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 freshman 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 youth-sized bats. Be sure to send water bottles with him as well. The camp will begin at 2 pm and end at 4 pm each day. Camp location will be held at ISU's Duffy Bass Field. Located at 601 Gregory St., Normal. Be sure to bring spikes and tennis shoes to each session. In case of inclement weather or change we will move into the University High School Gyms.

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

Each camper will 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, please contact
Coach Steve Paxson:
309 883-0606**