

# University High School Freshman Baseball Camp 2023

Camp Itinerary    8am-10:30 AM each day

Stretch  
Stations  
Lecture  
Contest

## Monday, May 29 Hitting

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

## Tuesday, May 30- 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, May 31 - 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.

Any questions, please contact  
Coach Steve Paxson:  
309 883-0606

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 bats. Be sure to send water bottles with him as well. The camp will begin at **8 am and end at 10:30 am 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