



# UW-La Crosse Baseball



## Winter Camps

**February 9, 16, 23, 29, March 7**

The coaching staff and players with UWL Baseball invite you to participate in our annual tradition of successful winter baseball camps! We will be offering our newly popular K-4 Academy, as well as our regular Hitting camps & Pitching/Catching/Infield Camps. The great success of our UWL Baseball Winter Camps start with the direct interaction with our players, while being led by our coaching staff. Please join us for the best camps in the area!

### **K-4 Academy – 12:30-2:00pm (Grades K-4)**

The UWL Baseball K-4 Academy is a fun and energizing environment for youth with interest in baseball. Camp focuses on skill development, aspects of game play, and repetition – all done through stations and fun games designed to improve abilities.

*\*Participants are encouraged to bring their own bat. Youth bats are not provided.*

### **Pitching/Catching/Infield Camp – 1:15-2:45pm (Grades 5-12)**

The UWL Baseball P/C/INF Camp separates these 3 positions, to work directly with our college coaches and players, specific to your position and age. Pitchers will focus primarily on mechanics, throwing off the mound, ways to improve velocity & accuracy, and injury prevention. Catchers learn blocking, receiving, set-up & stance, footwork and throwing to bases. Infielders will receive instruction on both general fielding concepts as well as position specific instruction.

*\*Catchers must bring their own gear – catcher’s gear not provided.*

*\*Participants must choose 1 area to focus on each camp date (Can’t be a pitcher & infielder on same date)*

### **Hitting Camp – 3:00-5:00pm (Grades 5-12)**

The UWL Baseball Hitting Camp, led by our college coaches and players, will break down each individual’s swing and teach proper ways to be successful at the plate. Age groups and skill levels are separated to optimize the overall experience. All participants receive a multitude of swings at different instructional stations.

*\*Participants are encouraged to bring their own bat & helmet to camp*

***All Camps are located in our Mitchell Hall Fieldhouse: 1810 Pine St, La Crosse, WI***

#### K-4 Academy

Any 1 session - \$25  
Any 2 sessions - \$40  
Any 3 sessions - \$55  
Any 4 sessions - \$70  
All 5 sessions - \$80

#### Hitting Camps & Pitching, Catching, Infield Camps

Any 1 session - \$50  
Any 2 sessions - \$90  
Any 4 sessions - \$170  
Any 5 sessions - \$200  
Any 6 sessions - \$235  
Any 8 sessions - \$300  
All 10 Sessions - \$350

*\*Any combination of sessions, between the 2 camps 5 dates – 10 sessions*

Sibling Discount: 2 siblings – 10% off total registration 3 siblings – 15% off total registration

*\*Any combination of these Winter Camps, as long as they are siblings, and register together*

Registration available online at: [www.uwlcamps.com](http://www.uwlcamps.com) OR

by filling out the paper registration and mailing in/dropping off

Online Registration is available thru the day before each camp date, unless camp fills up



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### REGISTRATION FORM

First Player's Name \_\_\_\_\_ Grade \_\_\_\_\_

**Circle Camp Dates Registering for:**

K-4 Academy	Feb 9	Feb 16	Feb 23	Feb 29	March 7
Hitting Camp	Feb 9	Feb 16	Feb 23	Feb 29	March 7
Pitching/Catching/Infield Camp	Feb 9	Feb 16	Feb 23	Feb 29	March 7

**Position** – For Pitching/Catching/Infield Camp only (*circle one*): Pitcher Catcher Infielder

Second Player's Name \_\_\_\_\_ Grade \_\_\_\_\_

**Circle Camp Dates Registering for:**

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**Position** – For Pitching/Catching/Infield Camp only (*circle one*): Pitcher Catcher Infielder

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Primary Email Address (*necessary for confirmation & communication*) \_\_\_\_\_

Secondary Email Address (*if applicable*) \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Check enclosed, made payable to: **UW-La Crosse**

Return to:

**UW-La Crosse Athletic Camps & Clinics**

**146 Mitchell Hall**

**1725 State St.**

**La Crosse, WI 54601**

If you have any questions, please contact our Athletic Camps Office by e-mail at: [athleticcamps@uwlax.edu](mailto:athleticcamps@uwlax.edu)

**WAIVER:** Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

visit [uwlax.com/camps](http://uwlax.com/camps) for online registration and more information!