



# UW-La Crosse Baseball – Fall Leagues

Sept 11, 18, 25, Oct 2, 9 (rain date Oct 16)



After a 2 year hiatus, the coaching staff and players with UWL Baseball invite you to participate in our 11<sup>th</sup> year of successful fall baseball! We will be offering our traditional leagues for 5-6<sup>th</sup> grades, 7-8<sup>th</sup> grades, and 9-12<sup>th</sup> grades. (Other camps for grades K-2 and 3-4 offered separately) The great success of our UWL Baseball Fall League starts with the direct interaction with our players for both instruction and game-play, while being directed by our coaching staff. **Each game has paid umpires, and all UWL Coaches and Players are held to high standards of instruction & interaction.**

## High School League

Grades 9-12  
Copeland Park & UWL Campus Field  
Cost - \$195  
Assign players from same school, to same team  
Regulation bases (90') and mound (60'6")

## Middle School League

Two divisions: Grades 5-6 & 7-8  
Shelby Fields (Hillview)  
Cost - \$170  
Can request teammates  
5-6<sup>th</sup> grade – 70' bases & 50' mound  
7-8<sup>th</sup> grade – 80' bases & 55' mound

## High School Session Format

Warm-up / Throwing	15-20 min
Skill / Drill / Instruction <i>and/or</i>	40-60 min
*Speed Ball / Simulation Game	
Game Prep	10 min
6-7 inn Game (w/ time limits)	1.5-2 hrs

## Middle School Session Format

Warm-up / Throwing	15-20 min
Skill / Drill / Instruction <i>and/or</i>	35-55 min
*Speed Ball / Simulation Game	
Game Prep	10 min
5-6 inn Game (w/ time limits)	1.5-1.75 hrs

***\*Speed Ball is a simulation game with coach pitching behind a screen, with live defense and baserunners. This significantly increases the number of at-bats per player and creates a ton of live game situations with teachable moments. It is a fun, fast paced game, that increases player baseball IQ. Each date/session will not be the same – some with more stations/skill work, and some with more speed ball. We are committed to creating a fun environment, while also competing and learning, while all players progress in both skill and game play.***

3 High School Sessions:	10:05am–1:25pm	<i>Session times</i>
	12:35pm–3:55pm	<i>may alter</i>
	3:05pm–6:25pm	<i>slightly</i>

3 Middle School Sessions:	10:00am–1:05pm
	12:30pm–3:35pm
	3:15pm–6:20pm

## **Session times will rotate, and are assigned as part of the master schedule - Individuals do not register by session**

Each player registers as an individual, and teams are formed based on school and requested teammates

Assigned teams will have no more than 12 Players

Local umpires will work each game, and are paid for their services

Each team will play one game each Sunday, as well as warm-up, instruction, speed ball, and game prep prior to each game. Depending on total teams in each age group, each team may play a double-header, once.

## **Please pay special attention to the registration deadline of August 24<sup>th</sup>**

Team rosters, game & practice schedules, will be emailed no later than Aug 30  
Please be sure to provide a clear & valid email address & check junk/spam folders  
Rosters and Schedules will also be posted online at: [www.uwlcamps.com](http://www.uwlcamps.com)

Reduced price for catchers - \$170 for high school & \$150 for middle school  
*Will be assigned as primary catcher for team & asked to catch at least half of the time*

Family discounts are available for multiple siblings

Registration available online at: [www.uwlcamps.com](http://www.uwlcamps.com)  
Registration is available through August 24 or until spots are filled