

Lincoln-Way West Winter Baseball Camps

When: **December 23rd, 26th, 27th.**

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	Grades 5, 6, 7, & 8th
	December 23 rd – 8:30-10:30am	December 23 rd – 1:00-3:00pm
	December 26 th - 11:00-1:00pm	December 26 th - 3:30-5:30pm
	December 27 th – 8:30-10:30am	December 27 th – 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 23rd – 11:00-12:30pm
December 26th – 1:30-3:00pm
December 27th - 11:00-12:30pm

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 **2019-2020** 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:

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Head Baseball Coach
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