

# 2019 YHS Summer Baseball for Incoming Freshmen



Are you planning to try out for baseball next spring? The YHS Baseball Program is looking for its next group of players to help us “raise the bar.” Get a leg up and learn the drills we use by participating in the YHS Baseball Camp for incoming freshmen.

Each baseball camp session will focus on individual skill development including catching, throwing, fielding, and hitting. Campers will have multiple opportunities to work on developing and improving their skills in a fun, learning environment using age-appropriate drills. Baseball camp will be run by YHS Varsity Baseball Coach Scott Luken, members of the coaching staff, and current varsity baseball players.

## BASEBALL CAMP DATES\*

**Tuesday, June 11 / Tuesday, June 18 / Tuesday, June 25**

**11:00 AM – 1:00 PM Varsity Baseball Field (119 W. Somonauk Street)**

**WHAT TO BRING/WEAR TO BASEBALL CAMP:** glove and bat, water bottle or sports drink, sweats or baseball pants, gym shoes and baseball cleats. Catchers should bring their catcher’s gear.

**\* Additional position-specific mini-camps are included at no additional cost and will be announced later and posted on the baseball program’s website at [leaguelineup.com/yorkville](http://leaguelineup.com/yorkville)**

## SUMMER STRENGTH & CONDITIONING DATES

**Monday, June 3 through Friday, July 26**

The YHS Summer Strength & Conditioning will be held in the **Main Campus Weight Room**. Freshmen will learn the proper technique for lifting and train to improve their strength, core, flexibility, and agility through a variety of indoor and outdoor activities. Strength & Conditioning will be run by YHS Applied Personal Fitness instructors and coaches from various YHS athletic programs. Exact dates/times will be announced.

**CAMP COST: \$60 (cash or check payable to “YHS”)** includes individual/small group baseball instruction, strength & conditioning training and supervision, and a baseball camp T-shirt.

For more information or for questions, contact Coach Scott Luken at 630-553-4544 x5790 or [sluken@y115.org](mailto:sluken@y115.org)

-----**(please cut and return the portion below with payment)**-----

## **FRESHMEN BASEBALL CAMP REGISTRATION FORM**

Camper Name \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Email \_\_\_\_\_ Cell/Emergency Phone \_\_\_\_\_

T-Shirt Size (circle one) Youth: M L Adult: S M L XL XXL

As the parent/guardian of \_\_\_\_\_, I hereby grant permission for my child to participate in the YHS Summer Baseball Camp. I also acknowledge that my child is physically able to participate in the camp activities. I realize that insurance is not provided, and therefore, I will assume all risk of injury. I agree that Yorkville High School and its directors and staff members shall not be liable for any accidents or injuries incurred at the camp by my child.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Drop off or mail completed form along with **\$60 payment** (cash or check payable to “YHS”) by Tuesday, June 4 to:

Scott Luken  
Yorkville High School  
797 Game Farm Road  
Yorkville, IL 60560

***Registration will be accepted through June 11 (first day of baseball camp); however, we cannot guarantee T-shirt size.***