



**A Storied Tradition...**

***Conference Championships:***

'71, '72, '74, '75, '76, '77, '78, '79, '82, '83, '85,  
'92, '06, '10, '13, '16

***State Tournament Appearances:***

'88, '91(2nd), '92 (State Champs), '06, '07 (Consolation),  
'10 (State Champs), '13(2<sup>nd</sup>), '16

## **Future ROCORI Stars Baseball Camp**

**When: Sunday , April 2<sup>nd</sup> , 2017**

**Who: All Baseball Players Grades 3-8**

**Where: RHS/RMS Gyms**

**Cost: \$30 per player (session #1)**

Grades 3-8

**\$25 per player (session #2)**

Pitchers & Catchers

Grades 5-8 only

***Come be a part of the  
tradition of Excellence!!!***

● **Camp Information**

The ROCORI baseball program has been a tradition of excellence for several years. A direct reason for this success is because of the commitment to excelling at a young age. The purpose of this camp is to teach future ROCORI baseball stars the key ingredients towards helping them to become “Championship” baseball players.

● **The sessions over the course of the day will focus on the following components of baseball:**

- 1) Fundamentals of throwing
- 2) Fundamentals of pitching
- 3) Fundamentals of hitting
- 4) Fundamentals of catching
- 5) Fundamentals of fielding (IF & OF)
- 6) Proper baseball specific stretching techniques
- 7) Proper arm care
- 8) Limiting injuries down the road
- 9) Baseball specific strength and conditioning exercises (off-season specific)

● **Camp Clinicians**

- 1) Jeff Illies – ROCORI Varsity Baseball
- 2) Russ Huls – ROCORI Varsity Baseball
- 3) Gary Distel – ROCORI Varsity Baseball
- 4) Jon Czech – ROCORI Varsity Baseball
- 5) John Rausch – ROCORI Varsity Baseball
- 6) Brian Hansen – St. Cloud State University
- 7) Eric Loxtercamp – St. Cloud State Univ.
- 8) Kyle Lieser – St. Cloud State University
- 9) Chad Hess – Southwest State University
- 10) Grant Hess- North Dakota State Univ.
- 11) Todd Steil – St. Cloud State University
- 12) Andy Bauer – Cold Spring Legion Baseball
- 13) Dave Hinkemeyer-ROCORI JR Varsity
- 14) Derek Sauer – ROCORI JR Varsity
- 15) Aaron Scheider – ROCORI JR Varsity
- 16) Dean Kron – ROCORI 9<sup>th</sup> Grade
- 17) Greg Spanier – ROCORI 9<sup>th</sup> Grade
- 18) Current & Former ROCORI Varsity Players
- 19) Members of the Areas Amateur teams

● **The cost of the camp is based on each session. That cost will include:**

**Session #1: All players Grades 3<sup>rd</sup>-8<sup>th</sup>:  
=\$30.00**

- 1) Camp T-shirt
- 2) Camp Notes
- 3) Beverages and snacks during breaks

**Session #2: All Pitchers & Catchers  
Grades 5<sup>th</sup>-8<sup>th</sup> : = \$25.00**

- 4) Camp T-shirt
- 5) Camp Notes
- 6) Lunch

**Cost for both sessions is \$55.00**

● **Camp Itinerary**

An in depth breakdown of the camp including session and clinicians will be given the day of the camp. Times for the camp will be as follows:

Registration & Parent meeting:  
8:45 a.m. – 9:00 a.m.

- **Who:** All participants grades 3-8
- **Where:** RHS Commons

Session #1: 9:00 a.m. – 12:00 p.m.

- **Who:** All participants grades 3-8
- **Where:** RMS & RHS Gym
- **Focus:** Hitting, Fielding, Base running, Throwing

Session #2: 12:00 p.m. – 3:00 p.m.

- 12:00 Lunch (provided)
- 12:45 P & C Camp
- **Who:** All Pitchers & Catchers Grades 5-8
- **Where:** RMS & RHS Gym
- **Focus:** Pitching, Catching, Arm Care,  
\*\*\*NOTE\*\*\*

Session 2 is for Pitchers and Catchers Grades 5-8 only. If you are not a P or C in grades 5-8 you do not need to sign up for this session. Any player signed up for both sessions 1 & 2 will be provided with Lunch

**Player’s should bring proper work-out clothing and gloves. Also, please bring a bat if you own one.**

If you have any questions please contact  
Jeff Illies at 320-333-8622

**REGISTRATION DEADLINE**

**IS Monday, March 27<sup>th</sup>, 2017**



**Future Stars Camp  
Registration Form**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

email: \_\_\_\_\_

Position(s) Played (Place an x)

Pitcher \_\_\_\_\_ Catcher \_\_\_\_\_

Infield \_\_\_\_\_ Outfield \_\_\_\_\_

Shirt Size (Youth/Adult Sizes, specify): \_\_\_\_\_

Session #1: \$30.00

All Players grades 3-8 \_\_\_\_\_

Session #2: \$25.00

Grades 5-8 P & C only \_\_\_\_\_

Total Fee Enclosed: \_\_\_\_\_

**Make Checks Payable to ROCORI Baseball**

**Mail Registration Form & Fee to:**

**Jeff Illies**

**209 11<sup>th</sup> St. North**

**Cold Spring, MN 56320**

*Or*

**Drop Registration Form & Fee off at RHS  
Activities Desk**

*“How do you want to be remembered as a  
Baseball Player at ROCORI?”*