

INSTRUCTORS



JOEL HOLST
Head Coach

Coach Holst is entering his 15th season as Wartburg's head coach. He has guided the Knights to the Iowa Conference championship in 12 of the last 13 years. With a career record at Wartburg of 440-195,

Holst has been named Iowa Conference Coach of the Year eight of the last 13 seasons and was named the Four-Year College Coach of the Year in Iowa in 1998, 1999, 2000, 2005, and 2006. The 2000 Knights won a Regional Championship and finished fifth in the nation at the College World Series. The 2005 Knights won a Regional Championship and finished fourth at the College World Series.

Prior to arriving at Wartburg, Holst served as head coach at Loras College for five seasons. He compiled a 100-80 record at Loras and led the Duhawks to national rankings for the first time in school history. He earned his master's degree in health and physical education at Northwest Missouri State while serving for two seasons as recruiting coordinator and pitching coach for the nationally ranked NCAA Division II Bearcats.



DON SPORE
Pitching Coach

Coach Spore is entering his 10th season handling the pitchers and catchers for Knights baseball. He graduated from Waterloo East High School in 1965 and attended the University of Northern Iowa. He

has coached for more than 30 years at many different levels, most recently at Waterloo East High School (1995-98), Waterloo Columbus High School (1999-2001), and Waverly-Shell Rock High School (2002-2004). Retired from John Deere in Waterloo, he spends the off-seasons attending pitching clinics, learning from the best in baseball.

CASEY CHAPLIN
Catching Coach



Coach Chaplin begins his eighth year as an assistant coach at Wartburg. He has been with the Wartburg staff during Iowa Conference championships and two

regional championships accompanying the Knights on trips to the College World Series in 2000 and 2005.

Chaplin earned his B.A. and M.A. degrees from Buena Vista University, playing baseball from 1990-93. Chaplin was head coach Galva-Holstein High School (1998-99) and Waverly-Shell Rock High School (2001-04). In 2001, Chaplin led WSR to its first state tournament appearance in 24 years.

Instructors also include assistant coaches

Craig Denner and Spencer Stumpf,
and the

Iowa Conference Champion Knights Baseball Team

SCHOOL BENEFITS

- ✓ Develop self-confidence in your skills.
- ✓ Learn techniques professionals use.
- ✓ Maximize your potential.
- ✓ Have fun learning.
- ✓ Acquire a competitive edge.

TUITION

Costs are based on the number of sessions each student attends.

Attend any **one** session—\$55
Attend any **two** sessions—\$75
Attend any **three** sessions—\$90

Each school participant will receive:

- ✓ Quality instruction
- ✓ Supervised environment, including athletic trainer
- ✓ Personalized attention
- ✓ School T-shirt

REQUIREMENTS

A completed and signed participation agreement must be provided before any student will be allowed to participate. The agreement may be submitted with application on the day of school if the student has pre-enrolled over the phone.

In addition, each student must provide: tennis or gym shoes, glove, bat, athletic supporter or cup, and refreshments (other than water). Catchers must provide their own equipment.

CLASS SCHEDULE

SESSION ONE

Saturday, Jan. 23

9 a.m. to 1 p.m. (Registration at 8:15 a.m.)

PITCHING

- ✓ Proper Mechanics and Techniques
- ✓ Psychology of Pitching
- ✓ Arm Maintenance
- ✓ Fielding Your Position

CATCHING

- ✓ Proper Throwing Mechanics
- ✓ Proper Blocking Techniques
- ✓ Throwing to Bases
- ✓ Working with Pitchers

SESSION TWO

Saturday, Jan. 23

1:30 to 4:30 p.m. (Registration at 12:45 p.m.)

FIELDING (Infield and Outfield)

- ✓ Proper Throwing Techniques
- ✓ Specific Position Instruction
- ✓ Proper Practice Techniques

BASERUNNING

- ✓ Leading Off and Breaks
- ✓ Stealing Bases
- ✓ Rounding Bases

SESSION THREE

Sunday, Jan. 24

9 a.m. to 1 p.m. (Registration at 8:15 a.m.)

HITTING INSTRUCTION

- ✓ Proper Techniques
- ✓ Hitting for Power vs. Contact
- ✓ Psychology of Hitting
- ✓ Offensive Drill for improvement

2009 WARTBURG KNIGHTS INSTRUCTIONAL BASEBALL SCHOOL APPLICATION Jan. 23 & 24, 2010

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Cell _____ Grade _____ Age _____
E-mail address _____

School _____
T-shirt size (circle one): Small Medium Large X-Large (adult sizes)
I plan to attend (mark all that apply): Session 1 Session 2 Session 3
My check is enclosed for: \$55 (for 1 session) \$75 (for 2 sessions) \$90 (for 3 sessions)
Make checks payable to: Wartburg Baseball School.

Send registration and payment to:

Wartburg Knights Baseball School
c/o Joel Holst
100 Wartburg Blvd.
P.O. Box 1003
Waverly, IA 50677-0903
319-352-8532

Register Early! Space Is Limited!

PARENTAL RELEASE FORM

We (I) hereby give our (my) permission to Wartburg Baseball School to provide medical attention to our (my) child _____ in the event of injury or illness. We (I) hereby release Wartburg College, school workers, and all its employees from all claims (present and future) resulting from any injuries that may be sustained by our (my) child while attending the Wartburg Baseball School. We (I) also certify that our (my) child is medically fit to participate in the school and that we (I) will be responsible for any medical or other charges in connection with attendance at the school.

Date _____ Signed (parent/guardian) _____ (parent/guardian)
Where possible, BOTH parents/guardians must sign this release.

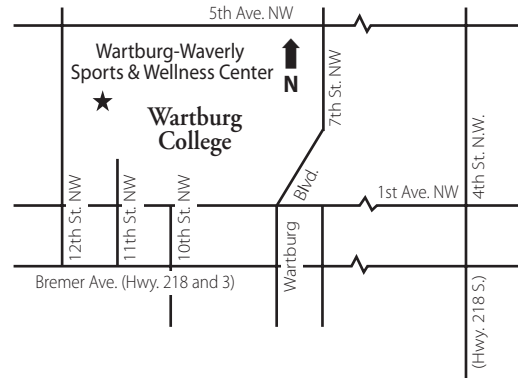
Address _____

City _____ State _____ Zip _____

Home phone _____ Business phone _____

SCHOOL LOCATION

This school will be held in the Wartburg-Waverly Sports & Wellness Center, 12th Street NW, on the Wartburg campus. See map below for further information.



MEALS AND LODGING

All meals and lodging (if staying overnight) are the responsibility of the student.

Concessions will be available during the school, including refreshments and lunch at a reasonable cost.

Lodging is available for students and parents desiring to stay overnight. Several motels are located in Waverly. Please call motels for reservations and rate information.

America's Best Value Inn & Suites 319-352-5330
Super 8 Motel 319-352-0888
Star Motel 319-352-4434
Comfort Inn 319-352-0399

Wartburg Knights Instructional Baseball School
c/o Joel Holst
100 Wartburg Blvd.
P.O. Box 1003
Waverly, IA 50677-0903

NONPROFIT ORG
US POSTAGE PAID
WARTBURG COLLEGE

CHANGE SERVICE REQUESTED

WARTBURG COLLEGE INSTRUCTIONAL BASEBALL SCHOOL



Saturday, Jan. 23,
Sunday, Jan. 24, 2010

Wartburg-Waverly
Sports & Wellness Center
Wartburg College Campus
Waverly, Iowa

*Home of 1997, 1998, 1999, 2000, 2001, 2002,
2003, 2004, 2005, 2006, 2007, and 2008
Iowa Conference Baseball Champions*

***Celebrating a Decade
of Diamond Dominance***

Open to Students in Grades 5-12