

## WARTBURG BASEBALL INSTRUCTIONAL WINTER PITCHING/CATCHING LEAGUE

The Wartburg Knight's indoor **Pitching/Catching League** is forming now! Each team is comprised of three pitchers and one catcher (catchers need to provide their own gear) and will compete against other teams within their division. You may register as an individual and be placed on a team. Divisions are formed according to grades of the players. Division A – 5th and 6th graders, Division AA – 7th, 8th, and 9th graders, and Division AAA – 10th, 11th, and 12th graders. Each pitcher will rotate through three 25-minute stations with a live bullpen segment consisting of each pitcher throwing three innings of 12 pitches a piece. Points will be given based on the number of strikes thrown in locations identified. The pitchers will complete their work by rotating through a station focused on mechanics development and a station directed toward pitch development, arm care, functional strength, pitching strategies, and video analysis of mechanics. Catchers will catch live bullpens and rotate through drill segments focusing on all catching fundamentals.

Wartburg's Pitching/Catching League will have an emphasis toward quality instruction while using team and individual competition as a tool for motivation. **Cost of the league is \$95 per individual.** We encourage individuals as well as teams to sign up. Prizes will be awarded to the top teams in each division and recognition will be given to the outstanding pitching leaders in each division. The league will run on the following **Sunday afternoons: Nov. 15 and 22; Dec. 6, 13, and 20; Jan. 3, 10, and 17.** The league will consist of one session. It will run from **2:45 to 4:30 p.m.** Because we want to keep the quality of instruction at a high level, we will limit the number of teams per session to nine or 27 pitchers and 9 catchers.

### The Knights Baseball Winter Pitching/Catching League offers:

- One convenient location – The Wartburg-Waverly Sports & Wellness Center located on the campus of Wartburg College. We will be using the field house in this \$35 million facility.
- Personalized instruction by Wartburg baseball staff and players.
- Weekly posting of updated team and personal standings.
- Each player will receive a league T-shirt.
- A chance to be involved in hitting league also, because divisions for both camps will run at opposite times.

**Registration deadline is Wednesday, Nov. 11.**

Please send completed registration along with \$95 per player to:

**Joel Holst – Head Baseball Coach**

**Wartburg College**

**100 Wartburg Blvd**

**PO Box 1003**

**Waverly, IA 50677-0903**

If you have any questions, call the Wartburg Baseball Office at 319-352-8532.

### KNIGHTS BASEBALL WINTER PITCHING/CATCHING LEAGUE REGISTRATION

Name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Registering as:  Individual (Pitcher or Catcher)  Team Team Name \_\_\_\_\_

Members of Your Team: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

(IF REGISTERING AS AN INDIVIDUAL YOU WILL BE ASSIGNED TO THREE OTHER INDIVIDUALS OF SAME AGE TO MAKE UP A TEAM)  
(ALL INDIVIDUALS OF TEAMS NEED TO COMPLETE THIS REGISTRATION FORM!)

T-shirt size (adult sizes) please circle one: Small Medium Large X-Large

### PARENT RELEASE

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

Date \_\_\_\_\_ Signed (parent/guardian) \_\_\_\_\_ (parent/guardian) \_\_\_\_\_

Home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

