



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(2nd), '16

**Future ROCORI Stars
Baseball Camp**

When: Saturday, March 23rd

Who: All Baseball Players Grades 3-8

Where: RHS/RMS Gyms

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

Grades 3-8

\$30 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 9th Grade
- 17) Greg Spanier – ROCORI 9th 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 3rd-8th:
=\$30.00**

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

**Session #2: All Pitchers & Catchers
Grades 5th-8th : = \$30.00**

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

Cost for both sessions is \$60.00

● **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:

SATURDAY, March 23rd

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

**PLEASE REGISTER BY
WEDNESDAY, MARCH 20**



**Future Stars Camp
Saturday, March 23rd
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: \$30.00

Grades 5-8 P & C only _____

Total Fee Enclosed: _____

Make Checks Payable to ROCORI Baseball

Mail Registration Form & Fee to:

Jeff Illies

209 11th 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?”