

Lancer Baseball Camp

The Mount Marty Lancer Baseball team has a proud tradition of putting competitive teams on the field and training quality student-athletes off the field.

The program was started in the mid 1980s as a club team and flourished in the late '80s and '90s under the direction of Bob Tereshinski.

The Lancer baseball team was a perennial power in District 12 and dominated the South Dakota – Iowa Conference, winning several championships and remaining undefeated in 1999 to win the South Dakota Men's Collegiate Team of the Year Award.

The Lancers now compete in the Great Plains Athletic Conference (GPAC), considered one of the top NAIA conferences in the country. The GPAC has proven to be an exciting opportunity for the team. In 2007 & 2009, the Lancers finished the season as runners up in the GPAC Conference Tournament.

The Lancers had a landmark year for the spring 2010 season. The Lancers were GPAC Regular Season Champions with a 20-4 conference record. The Lancers amassed a school record 39 wins and finished just one game short of the NAIA World Series. The Lancer's accolades on the season included GPAC Player of the Year, GPAC Pitcher of the Year, and GPAC Coach of the Year. The 2011 season again provided the Lancers with another GPAC Player of the Year recipient.

Academically, the Lancers have also set a strong tradition in the classroom. The Lancers hold the record for recording the most Daktronics Scholar Athletes in a season with 10 for the 2006-07 school year. The Lancers have also been named an NAIA Baseball Scholar team the last eight seasons in which they have led the nation in four of those years for team GPA.

Through programs like the Lancer Baseball Hitting and Pitching Camps, Mount Marty is able to provide a link between the college, the community and the surrounding area.

The purpose of this program is to provide fundamental baseball instruction for area youth and to help advance area baseball programs. The camps are designed to enhance their skills and to provide a unique opportunity for area youth to receive collegiate-level instruction from college baseball coaches.

CAMP/LEAGUE SCHEDULE

Fall Hitting Camp Dates - \$50

Oct. 23, 30; Nov. 6, 13, 27; Dec. 4, 11
All Dates are One Comprehensive Camp
18 Player Cap for each Group

High School Schedule

Sundays from 9:00 p.m. – 10:00 p.m.

Middle School Schedule

Sundays from 8:00 p.m. – 9:00 p.m.

Upper Elementary (4-5 Grade) School Schedule

Sundays from 7:00 p.m. – 8:00 p.m.
Held in Library Gym

Fall Pitching & Catching Dates - \$45

Oct. 30; Nov. 6, 13, 27; Dec. 4, 11
All Dates are One Comprehensive Camp
Held in the Main Gym and Library Gym
6:00 - 7:00 p.m.

Pitching Camps

10-12 Pitcher Cap

Catching Camps

4-6 Catcher Cap

Winter Camp Dates - \$30

Hitting Camps

15 Player Cap

Pitching Camps

12 Player Cap

High School Camp

Saturday Jan. 21
3:00 - 5:45 p.m.

High School Camp

Sunday Jan. 29
1:00 - 4:30 p.m.

Middle School Camp

Saturday Jan. 21
11:00 - 2:45 p.m.

Middle School Camp

Sunday Jan. 22
1:00 - 4:30 p.m.

Preseason Hitting League Dates - \$45

Jan. 31; Feb. 7, 14, 21, 28; March 6
All Dates are One Comprehensive Camp
18 Player Cap for Each Group

High School Hitting League

9:00 - 10:00 p.m.

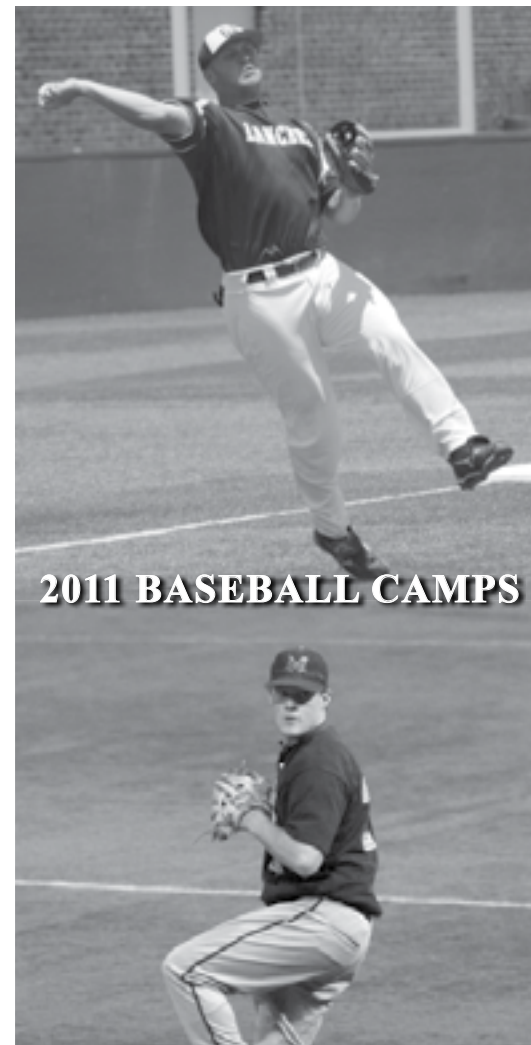
Middle School Hitting League

8:00 - 9:00 p.m.

Upper Elementary League

7:00-8:00 p.m.

For more information
contact Andy Bernatow at (605) 668-1601
or abernatow@mtmc.edu



www.mtmc.edu | 1-855-686-2789



All activities are held on the campus of
Mount Marty College... Home of the Lancers.

Lancer Baseball Camp – Sponsored by the MMC Athletic Department

Participants

Upper Elementary, Middle School and High School age boys from Yankton and surrounding communities.

Lancer Camp Coaches

Andy Bernatow, Mount Marty Head Coach

Trey Krier, Assistant Coach

Jason Nelson, Assistant Coach

Mount Marty Baseball Players

Cost

\$50 for Fall Hitting Camp

\$45 for Fall Pitching/Catching Camp

\$30 for 1 Day Winter Hitting Camp

\$30 for 1 Day Winter Pitching Camp

\$45 for Preseason Hitting League

Equipment

Participants will need to bring gloves, running shoes for indoor use (no cleats) and bats, if available. Mount Marty will provide other necessities.

Location

Laddie E. Cimpr Arena and former library gym, on the campus of Mount Marty College, 1105 West 8th Street, Yankton, SD.

Lancer Baseball Camp Overview

The Mount Marty Lancer Baseball Hitting and Pitching Camps and League will cover in-depth fundamental baseball skills.

Fall Camps

The Fall Hitting Camp is devised to cover offensive topics. Offensive drills will be provided to match each topic that has been covered. This camp segment is great to develop and polish your offensive skills during the off-season.

The Fall Pitching/Catching Camp is set-up to provide quality pitching instruction for development of each pitcher. Pitchers will be given instructions on proper mechanics of the throwing motion, mechanic drills, and video analysis of their throwing motion.

The catching portion of the camp is set-up to provide catcher specific drills in regards to footwork, framing, blocking, and throwing.

Winter Camps

One Day Hitting and Pitching Camp

The Hitting Camp is set up to provide instruction on several important topics to develop as an offensive player. The camp will provide instruction and drills on the following topics:

- Hitting basics
- Power of the bunt
- Creating bat control
- Common flaws of the swing
- Hitting breaking pitches
- Generating bat speed

The Pitching Camp will deliver advanced instruction to provide pitchers the opportunity to reach their maximum potential. Instruction topics include:

- Arm care
- Proper warm-up
- Mechanic drills
- Mental mindset
- Injury prevention
- Pitching-specific training
- Progressive throwing routine
- Developing off-speed pitches

The Preseason Hitting League is set up to allow players to work on their swing before the season starts. Players will be able to develop offensive skills through a hitting station format each week. Each station will provide different drills to prepare the players for the upcoming season.

The camps will also give participants a chance to ask questions and get demonstrations from some of the area's premier baseball coaches. It also offers younger players some direction if they are interested in playing baseball after high school.

SEE SCHEDULE ON BACK PANEL

Lancer Baseball Camp Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Parents' Names _____

Home Phone _____

School Attending _____ Grade _____

Are you playing on an organized team? Y N

Team Name _____

Coach's Name _____

Planning to attend (please check):

- High School Fall Hitting Camp - \$50
- Middle School Fall Hitting Camp - \$50
- Upper Elementary Fall Hitting Camp - \$50
- Middle/High School Fall Pitching/Catching Camp - \$45
- High School Winter Hitting Camp - \$30
- Middle School Winter Hitting Camp - \$30
- High School Winter Pitching Camp - \$30
- Middle School Winter Pitching Camp - \$30
- High School Preseason League - \$45
- Middle School Preseason League - \$45
- Upper Elementary School Preseason League - \$45

Adult T-Shirt Size _____

Please make checks payable to Mount Marty College Baseball and send to:

Mount Marty College Baseball

1105 West Eighth Street, Yankton, SD 57078

Parent Release and Indemnity Agreement

We/I hereby request that you accept the application for enrollment of

_____ in the Lancer Baseball Camp during the dates set forth in the application and in consideration of your acceptance of the application, we/I release the Lancer Baseball Camp staff, coaches and players from the claims on account of injuries which may be sustained by our/my son while participating in the Lancer Baseball Camp. In addition, we/I hereby give the medical staff at the Lancer Baseball Camp permission to admit our/my son for emergency care at the local hospital should an injury deem this necessary.

Date _____

Signed _____

Insurance Co. _____

Policy Number _____

