

# NORTHLAND COLLEGE 2012 BASEBALL CAMPS

All camps will take place  
on March 17, 2012 at  
the Northland College  
Kendrigan Gymnasium.

**Cost: \$25/Camp**

**Age groups and skill levels will be  
separated to optimize the experience.**

## Camp Schedule

7:00 a.m. – Registration Open  
8:00-10:00 a.m. – Hitting Camp 1  
10:30-12:30 p.m. – Pitching Camp 1  
1:00-3:00 p.m. – Catching Camp  
3:30-5:30 p.m. – Hitting Camp 2  
6:00-8:00 p.m. – Pitching Camp 2

All clinics are open to grades  
5-12. Each camp is limited  
to the first 35 campers.

Learn more by calling  
(715) 682-1387 or email  
[srear@northland.edu](mailto:srear@northland.edu)

## Hitting Camps 1 & 2

Hitting Camps are a great way for ball players to hone their swing mechanics. We will introduce drills and learning cues that will facilitate understanding of the most important aspects of hitting (stance, load, stride, timing, swing path, & contact points). Age groups and skill levels will be separated to optimize the overall experience. All participants will practice a variety of swings at different instructional stations. Campers must provide their own bats for this camp.

## Pitching Camps 1 & 2

Pitching Camps are a great way for players to refine and develop their pitching skills. Emphasis will be placed on developing repeatable throwing mechanics through a series of drills and simulated bullpen sessions. Pitchers will receive specific instruction on the pitching sequence as well as pitch grips, arm care & strengthening, and holding runners/pickoff moves.

## Catching Camp

Catching Camp is a great way to develop the skills necessary to become a standout catcher. Catchers will receive instruction on framing, blocking, throws, fielding bunts and calling pitches. Catchers gear will NOT be provided. If you catch, you will need to bring your own gear.



Register online for Northland College's 2012 Baseball Camps at [northland.edu/baseball-camp](http://northland.edu/baseball-camp)

# Registration Form

Camper Name \_\_\_\_\_

Address \_\_\_\_\_

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

Name of Parent or Guardian \_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Current Grade \_\_\_\_\_ Position \_\_\_\_\_ Date of Birth \_\_\_\_\_

School \_\_\_\_\_

Camp Sessions Attending (check all that apply)

- Hitting Camp 1
- Pitching Camp 1
- Catching Camp
- Hitting Camp 2
- Pitching Camp 2

Cost per camp is \$25. Please make checks payable to Northland College and mail this registration form to:

Northland College  
2012 Baseball Camp  
1411 Ellis Avenue  
Ashland, WI 54806

Or, register online at [www.northland.edu/baseball-camp](http://www.northland.edu/baseball-camp)

**REQUIRED WAIVER:** Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. Northland College is not liable for medical expenses incurred that are not covered by this policy. By signing this form I agree to hold harmless and indemnify Northland College, their officers, agents, and employees from any and all liability, loss damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be preformed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Camp Staff



Stein Rear begins his second season as the head coach for the Northland College Baseball Program after being hired in November 2010.

Prior to his appointment at Northland, Rear was an assistant coach for the University of Wisconsin-Whitewater from 2006-2009. During his five year tenure, the Warhawks were 169-66 (.719 winning %). In that span they won four WIAC championships, appeared in three NCAA regionals, advancing to the College World Series in 2008. While at UW-Whitewater, Rear would coach eight players who would go on to sign contracts to play professional baseball.

During his playing career, Rear was a catcher at UW-Whitewater where he received his undergraduate degree in physical education in 1998, as well as his master's degree in physical education and coaching in 2007.



John Sopiwnik is entering his third year as pitching coach for the Northland College LumberJacks. Sopiwnik was a three time high school Heart O' the North Conference Selection and a Wisconsin

Baseball Coaches Association All-State Selection in 2004 at Cumberland High School, under the instruction of Hall of Fame Coach Mark Fuller. While at Cumberland, John set three schools records, ERA, Doubles, and Saves, and this spring will be inducted into their Baseball Hall of Fame. John continued his career with four outstanding seasons at St. Olaf College under Head Coach Matt McDonald (428-207, .674 win pct.), where the team had a combined record of 113 wins and only 47 losses, an impressive .706 winning percentage. John brings an enthusiastic, winning attitude to this program, as well as a wealth of baseball knowledge.

Cut along dashed line.

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