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**VITERBO V-HAWKS**

Viterbo University  
900 Viterbo Drive  
La Crosse, WI 54601

**VITERBO BASEBALL**  
**2018 Fall Camps**

VITERBO UNIVERSITY

2018

**BASEBALL**

FALL CAMP



**SUNDAYS**  
**Sept. 9, 16, 23, 30**  
**Oct. 7, 14**

**VITERBO**  
**V-HAWKS**



## Baseball Instructional Camp

**Dates:** Sundays, Sept. 9, 16, 23, 30, and Oct. 7, 14

**Time:** noon–2:30 p.m.

**Ages:** 8–12

**Cost:** \$130

**Location:** Viterbo University Outdoor Athletics Complex

Come and get quality instruction on all aspects of the game—hitting, fielding, pitching and game situations. This is a great camp for someone just learning the game or someone trying to take their game to the next level. The camp will be led by college coaches and former players that have succeeded at all levels.

## Typical Camp Session

**Dynamic warm-up:** 5–10 minutes

**Throwing progressions:** 10 minutes

**Instructional work:** 45 minutes, fielding, hitting, pitching, base running

**Game play:** 60–90 minutes

**Register online at**

[www.viterbobaseballcamps.com](http://www.viterbobaseballcamps.com)

## Camp Coaching Staff



**Brian Lewis** begins his third year as the baseball head coach for the V-Hawks. Lewis was an assistant coach for three years for the La Crosse Loggers before taking over the role of manager in 2016. During the 2014–15 school year, he was the head coach at La Crosse Central High School. In addition to his

collegiate experience, Lewis spent time in the Independent Professional Frontier League as the director of baseball operations and hitting coach for the River City Rascals from 2003–06. During his coaching career, Lewis has coached four players who moved on to the Major Leagues including Joe Tatcher, Cory Wade, Jeff Gray, and Justin Christian.

**R.J. Seidel**, a La Crosse native, was a University of Arkansas commit in 2005 before signing a professional contract with the Milwaukee Brewers organization. Seidel was drafted as a right-handed pitcher out of La Crosse Central High School in 2006 by the Milwaukee Brewers and played for eight seasons, reaching the AAA Level. In 2007 and 2008, Seidel was voted as having the “best changeup” in the Brewers organization by Baseball America. After retiring from baseball in November 2015, he began his studies with Viterbo University in 2016, providing private pitching lessons and camps to youth throughout the Coulee Region.



**Ryan DeLong** is the Viterbo women’s volleyball coach where he has one of the most successful programs in the NAIA. He is also an assistant baseball coach. He has coached several other sports at the collegiate and youth levels including softball and basketball. DeLong also coaches youth baseball and

provides lessons for youth in the Coulee Region.

## 2018 Fall Baseball Camp

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Home Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_

Grade Entering \_\_\_\_\_

T-shirt Size (adult sizes):  S  M  L  XL

### 2018 Fall Baseball Camp

Cost \$130

■ Baseball Instructional Camp—noon–2:30 p. m.

I request that you accept the application for enrollment of my son in the 2018 Viterbo Baseball Camp, held at Viterbo University Outdoor Athletics Complex, for the dates specified above. In consideration of your acceptance of his application, I hereby release Viterbo University, its employees and board of directors from all claims on the account of any injuries which may be sustained by my son while attending the camp. I agree to indemnify and hold Viterbo University and its employees harmless for injury and expense, including costs of defense, which may result from activities associated with participation in baseball camp. If medical attention is required for injury or illness for the above named applicant, I give my permission for such medical care; and I take full responsibility for payment of such medical care.

\_\_\_\_\_  
PARENT/GUARDIAN NAME PRINTED

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

Enclosed Check, amount \$ \_\_\_\_\_  
Make check payable to “Viterbo University Baseball.”  
Mail to: Ryan DeLong, Viterbo University, 900 Viterbo Drive,  
La Crosse, WI 54601

Charge my credit card:  
 MasterCard  Visa  Discover

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_