



**UND FIGHTING SIOUX BASEBALL**  
**“PRETENDERS TO CONTENDERS” HITTING SCHOOL**

**WHERE:** Hyslop Sports Arena (UND)  
\*\*\*\* East Entrance

**When:** Sunday(s), November 11 & 25  
December 2

**Time:** 12-1 pm.  
1-2 pm.  
2-3 pm.

***FIRST COME FIRST SERVE REGISTRATION***

(3 separate time slots to choose from. Maximum 8 kids per time slot)

\*\* Minimum of 3 Fighting Sioux coaches per time slot/females are welcome but groups will not be separated by gender! All instruction will be baseball specific.

**What:** Come dressed in workout attire ready to take batting practice  
\*\* Players provide their own bats and batting gloves  
\*\*UND will provide batting helmets & baseballs

**Cost:** \$70.00 per player (3 sessions)

**Deadline:** Registration forms with payment due by November 2, 2007. (Check are non-refundable after November 5, 2007. Make checks payable to: UND.

Please note the information provided on the form enclosed and if you have any questions, call us at anytime. This is a great opportunity for personal hitting instruction with the University of North Dakota Baseball Coaching Staff.

**Co-Directors**

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**APPLICATION-UND FIGHTING SIOUX BASEBALL**  
**“PRETENDERS TO CONTENDERS”**  
**HITTING SCHOOL**

Name \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

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

Preferred Time Slot (Circle)	12p.m	1p.m	2p.m
Alternate Time Slot (Circle)	12p.m	1p.m	2p.m

Age: \_\_\_\_\_

T-shirt size: \_\_\_\_\_

**## Make checks payable to UND##**

Send completed application and check to:  
Timm Pint: UND Baseball Camps  
PO Box 9013  
Grand Forks, ND 58202-9013

\_\_\_\_\_ Check No. \_\_\_\_\_  
Parent/Guardian Signature

In case of emergency, please contact: \_\_\_\_\_

Phone # \_\_\_\_\_

**\*\*ALL PLAYERS MUST PROVIDE OWN MEDICAL INSURANCE COVERAGE\*\***

# **UND FIGHTING SIOUX BASEBALL** **“PRETENDERS TO CONTENDERS** **HITTING SCHOOL CHECKLIST**

## **\*\*HITTING SCHOOL AGENDA\*\***

### I. Hitting School Physical Checklist

- A. Selecting a bat
- B. Grip
- C. Stance
  - a. Location of bat
  - b. Angle of bat
- D. Position of body parts –(pre pitch –launching position)-(waist down)
  - a. open
  - b. closed
  - c. square
  - d. balance
  - e. position in batters box
- E. Position of body parts – (pre pitch – launching position)-(waist up)
  - a. hands
  - b. shoulders
  - c. elbows
- F. Loading – pre pitch (trigger)
  - a. Lead knee
  - b. Lead Shoulder
  - c. Hips
  - d. Hands
- G. Stride (Step)
  - a. Direction
  - b. Length
  - c. Foot/toe position
  - d. Knee position
  - e. Upper body movement
  - f. Power triangle
- H. Swing (Bat delivery)(Plate Coverage)
  - a. Pitch away
  - b. Pitch in
  - c. Pitch middle
  - d. Swing delivery/checklist
  - e. Ball/bat impact

- I. Follow Thru
  - a. Hands
  - b. Shoulders
  - c. Hips
  - d. Feet
  - e. Head
- II. Drills for Hitting Perfection(Corrections)
  - a. Trigger Drills
  - b. Pivot Drills
  - c. Stride Drills
  - d. Short Toss Drills
  - e. Live Toss Drills
    - 1) video analysis
  - f. Situational Drills
  - f. Bunting drills
  - g. Etc
- III. Video Tape Analysis
  - a. Live Hitting
- IV. Final Hitting Evaluation (Written)
  - a. Completed by coaching staff
- V. Preparing to Hit (Time Permitting)
  - a. Classroom instruction and hitting preparation
  - b. Using a proper hitting approach
  - c. Understanding counts and thinking one pitch ahead