



UNIVERSITY OF MINNESOTA MORRIS



2023 Cougar Baseball Camps and Instructional Offerings

Register for camps @ <https://morriscougars.com/sports/2020/1/6/camps-clinics>

YOUTH HITTING LEAGUE

Opportunity to receive hitting instruction from Cougar Coaches and Players, learn new hitting drills, with fun competitions.

Wednesday Sessions

Ages (7-14)

Feb 8, 15, 22, March 1

6:15-7:00 p.m.

\$30 a session or \$100 for all four

Ages (7-14)

Feb 8, 15, 22, March 1

7:15 - 8:00 p.m.

\$30 a session or \$100 for all four



Sunday Sessions

Ages (7-14)

Feb 5, 12, 19, 26

10:30 - 11:15 am

\$30 a session or \$100 for all four



Pitching Camp (Ages 8-18)

Receive pitching instruction from Cougar coaches and players. Pitching mechanics, arm care, various pitch grips, drills, and metric testing (radar gun).

- Sunday Jan 29, Feb 5
- 10:00-11:30 a.m.
- \$70 for both dates, \$40 for one date.



Private Individual/Group Lessons Ages 8-18

Schedule lessons with current UMN Morris players and coaches. Contact Head Coach Matt O'Brien to schedule: obrien1@morris.umn.edu

- Individual lessons \$35 hour
- Group lessons \$20 per individual for an hour



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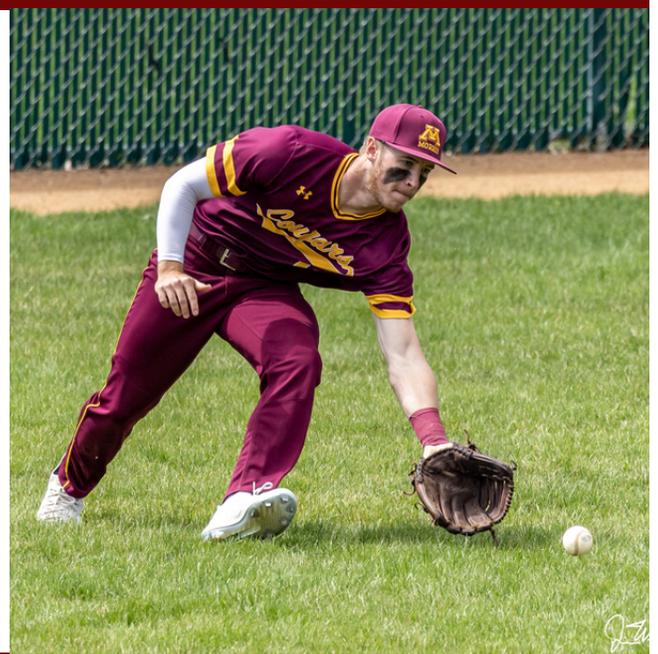


2023 Cougar Baseball High School Camps and Instructional Offerings
Register for camps @ <https://morriscougars.com/sports/2020/1/6/camps-clinics>

Prospect Camp

One day instruction on hitting, fielding specific (outfield, infield, catching), and pitching. Campers will also be evaluated by coaching staff and receive metrics such as exit velocity (mph/hitting), throwing velocity (mph/pitching/throwing), and catcher pop time.

- Saturday Feb 25
- \$50



Pitching Camp (Ages 8-18)

Receive pitching instruction from Cougar coaches and players. Pitching mechanics, arm care, various pitch grips, drills, and metric testing (radar gun).

- Sunday Jan 29, Feb 5
- 10:00-11:30 a.m.
- \$70 for both dates, \$40 for one date.



Private Individual/Group Lessons Ages 8-18

Schedule lessons with current UMN Morris players and coaches. Contact Head Coach Matt O'Brien to schedule:

obrien1@morris.umn.edu

- Individual lessons \$35/hr.
- Group lessons \$20 per individual for an hr.

HIGH SCHOOL LIVE HITTING/PITCHING CAGE LEAGUE

Sundays: February 19, 26, March 5
One Hour Time Limit Each Sunday (5-8 pm)
5-8 players on a team (\$300 per team)

- Face opposing high school teams pitchers/hitters before the high school season begins.
- Receive metrics (exit velocity, throwing velocity from radar gun readings)
- Work with UMN Morris Coaches/Players

How it works

- Pitcher and Catcher from the same team face hitters from opposing team in one batting cage
- Live counts, 5-6 hitters per inning.
- Teams supply their own catchers and pitchers.
- Second batting cage: pitching machine and tees available for use
- Play until the hour is up.