



**A Storied Tradition...**

***Conference Championships:***  
'71, '72, '74, '75, '76, '77, '78, '79, '82, '83, '85,  
'92, '06, '10, '13, '16

***State Tournament Appearances:***  
'88, '91(2nd), '92 (State Champs), '06, '07 (Consolation),  
'10 (State Champs), '13(2nd), '16, '18 (2nd)

## **Future ROCORI Stars Baseball Camp**

**When: Saturday, March 21st**

**Who:** All Baseball Players Grades 3-8

**Where:** RHS/RMS Gyms

**Cost:** \$45 per player (session #1)  
Grades 3-8

\$40 per player (session #2)  
Pitchers & Catchers  
Grades 5-8 only

***Come be a part of the  
tradition of Excellence!!!***

## • Camp Information

The ROCORI baseball program has been a tradition of excellence for several years. A direct reason for this success is because of the commitment to excelling at a young age. The purpose of this camp is to teach future ROCORI baseball stars the key ingredients towards helping them to become "Championship" baseball players.

## • The sessions over the course of the day will focus on the following components of baseball:

- 1) Fundamentals of throwing
- 2) Fundamentals of pitching
- 3) Fundamentals of hitting
- 4) Fundamentals of catching
- 5) Fundamentals of fielding (IF & OF)
- 6) Proper baseball specific stretching techniques
- 7) Proper arm care
- 8) Limiting injuries down the road
- 9) Baseball specific strength and conditioning exercises (off-season specific)

## • Camp Clinicians

- 1) Jeff Illies – ROCORI Varsity Baseball
- 2) Gary Distel – ROCORI Varsity Baseball
- 3) Jon Czech – ROCORI Varsity Baseball
- 4) John Rausch – ROCORI Varsity Baseball
- 5) Aaron Schneider-ROCORI Varsity Baseball
- 6) Chad Hess – Southwest State University
- 7) Kyle Lieser- RHS Varsity / SCSU
- 8) Chris Butala – ROCORI Varsity Baseball
- 9) Austin Athmann- Univ. Minn/Detroit Tigers
- 10) Brady Leverington-Bethel/ROCORI Varsity
- 11) Greg Spanier – ROCORI Varsity Baseball
- 12) David Jonas – ROCORI Varsity Baseball
- 13) Sean Terres – ROCORI Varsity Baseball
- 14) Ben Griffin – University of Minnesota
- 15) Current & Former ROCORI Varsity Players
- 16) Current ROCORI Baseball Coaches
- 17) Members of the Areas Amateur teams

- The cost of the camp is based on each session. That cost will include:

**Session #1: All players Grades 3<sup>rd</sup>-8<sup>th</sup>:**

**=\$45.00**

- 1) Camp T-shirt
- 2) Camp Notes
- 3) Beverages and snacks during breaks

**Session #2: All Pitchers & Catchers**

**Grades 5<sup>th</sup>-8<sup>th</sup> : = \$40.00**

- 4) Camp T-shirt
- 5) Camp Notes
- 6) Lunch

**Cost for both sessions is \$85.00**

## • Camp Itinerary

An in depth breakdown of the camp including session and clinicians will be given the day of the camp. Times for the camp will be as follows:

**SATURDAY, March 21st**

**Registration & Parent meeting:**

8:45 a.m. – 9:00 a.m.

- **Who:** All participants grades 3-8
- **Where:** RHS Commons
- **Session #1:** 9:00 a.m. – 12:00 p.m.
- **Who:** All participants grades 3-8
- **Where:** RMS & RHS Gym
- **Focus:** Hitting, Fielding, Base running, Throwing

**Session #2: 12:00 p.m. – 3:00 p.m.**

- 12:00 Lunch (provided)
- 12:45 P & C Camp
- **Who:** All Pitchers & Catchers Grades 5-8
- **Where:** RMS & RHS Gym
- **Focus:** Pitching, Catching, Arm Care, **\*\*\*NOTE\*\*\***

Session 2 is for Pitchers and Catchers Grades 5-8 only. If you are not a P or C in grades 5-8 you do not need to sign up for this session. Any player signed up for both sessions 1 & 2 will be provided with Lunch

**Player's should bring proper work-out clothing and gloves. Also, please bring a bat if you own one.**

If you have any questions please contact

Jeff Illies at 320-333-8622

**PLEASE REGISTER BY  
FRIDAY, MARCH 20TH**

**ROCORI  
BASEBALL**

**Future Stars Camp**

**Saturday, March 21, 2026  
Registration Form**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

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

Address: \_\_\_\_\_

email: \_\_\_\_\_

For Those attending the Pitchers and Catchers clinic. Please select which Position is preferred: P \_\_\_\_\_ or C \_\_\_\_\_

Shirt Size (Youth/Adult Sizes, specify): \_\_\_\_\_

**Session #1: \$45.00**

All Players grades 3-8 \_\_\_\_\_

**Session #2: \$40.00**

Grades 5-8 P & C only \_\_\_\_\_

Total Fee Enclosed: \_\_\_\_\_

**Make Checks Payable to ROCORI Baseball**

**Mail Registration Form & Fee to:**

**Jeff Illies**

**209 11<sup>th</sup> St. North**

**Cold Spring, MN 56320**

**Or**

**Drop Registration Form & Fee off at RHS  
Activities Desk**

**"How do you want to be remembered as a  
Baseball Player at ROCORI?"**