

2009 WASHINGTON UNIVERSITY BASEBALL SUMMER CAMP

HITTING, PITCHING, INFIELD/OUTFIELD & CATCHER INSTRUCTION IN A GAME FORMAT

- When** HITTING CAMP: Monday-Friday, June 15-19, 2009 • 9:15 a.m. - 11:45 a.m., daily
PITCHERS CAMP: Monday-Friday, June 22-26, 2009 • 9:15 a.m. - 11:15 a.m., daily
FIELDING/CATCHERS CAMP: Monday-Friday, June 29-July 3, 2009 • 9:15 a.m. - 11:15 a.m., daily
- Purpose** To improve the hitting, pitching and fielding skills of young players (ages 7-14)
- Equipment** Bat, glove and helmet (bats and helmets are available, but it is to the advantage of the player to have his or her own). Bring water and a snack.
- Focus** These camps are different because the total focus and activities are directed toward improving the hitting, pitching and fielding skills of each player. Some of the pitching camp instruction includes arm preparation schedule, proper warm-up techniques, proper use of arm during season, how to throw correctly and pitching mechanics. Infield and outfield play will focus on the fundamental skills of each position. The mechanics and fundamentals of each position will be taught in detail. (Example: Pivot play for second basemen and shortstops; receiving, throwing for catchers.)
- Activities** Batting practice thrown by coaches with instruction is a daily routine. Also, games are played daily in a league format. Awards will be presented (Most Improved Hitter, etc.)
- Staff** Ric Lessmann and Washington University players and staff; special guest coaches, including the head coach at Saint Louis University, Darin Hendrickson.
- Expectations** To visibly improve the player's hitting, pitching, infield/outfield and catcher's skills.
- Cost** \$95 (Hitting Camp) • \$75 (Pitchers and Fielders/Catchers Camps)
- Where** Washington U.'s Kelly Baseball Field (located 150 yards east of the Big Bend and Forsyth intersection and across from Francis Field.) Participants should be dropped off and picked up on Shepley Drive, directly behind the baseball and softball fields, where instructors will be in plain view to direct campers to the playing fields. Players should bring a snack, plenty of cold water, glove, bat and helmet. Parents are welcome to watch and listen for the purpose of helping their young player practice their skills at home.

NAME _____ **TELEPHONE** _____

ADDRESS _____ **CITY/STATE/ZIP** _____

AGE _____ **BASEBALL ASSOCIATION OR TOWNSHIP** _____

Mail the lower half of this form, the medical release form (opposite), and check or money order for \$95 (hitting camp) or \$75 (pitchers, fielders, and catchers camp) payable to:

Washington University in St. Louis
Campus Box 1067, One Brookings Drive
St. Louis, MO 63130-4899
ATTN: Ric Lessmann, Head Baseball Coach
TELEPHONE: (314) 935-5220



Please complete the other side of this form.



Ric LESSMANN

CAMP DIRECTOR & HEAD COACH AT WASHINGTON UNIVERSITY

Ric Lessmann—entering his 45th year as a baseball coach and 15th at Washington University in St. Louis—is one of St. Louis’ most renowned baseball instructors.

In the 27 years before his Washington U. hiring in August 1993, Lessmann built a national reputation for teaching excellence while leading St. Louis Community College at Meramec to a 963-318 composite record. Lessmann, the nation’s third winningest junior college coach, never experienced a losing season and guided the Warriors to the National Junior College World Series nine times. In 1974, Lessmann reached the pinnacle, leading Meramec to a national title.

In addition, the Warriors captured 15 Midwest Community Athletic Conference championships and made 15 Central District V Sectional Tournament appearances under Lessmann.

Since coming to Washington U., Lessmann has continued to lead the Bears’ baseball revival. Nine of his 15 teams have won 20 or more games, including a program-best 34-7 record in 2006. In 2007, the Bears made their third-straight appearance in the NCAA Tournament, also winning 30 games for the third-consecutive season. In 2005, WU posted a then-program-best 32-10 record, a first outright and third overall University Athletic Association (UAA) title, and a trip to the NCAA Tournament.

His 1999 and 2000 squads won 27 games, and in 2002 the Bears notched a 30-10 record. In 1995, Washington U. captured its first UAA crown and finished with a 24-14 record. In Lessmann’s 15 seasons at the Hilltop Campus, the Red and Green have posted a 354-204 mark.

With his 354 victories at WU, Lessmann has joined an elite club of collegiate coaches with 1,000 or more career wins, becoming the 18th coach to achieve the feat in 1995. Lessmann begins the 2009 season with 1,323 all-time victories.

Lessmann, the 1974 National Junior College Athletic Association (NJCAA) National Coach of the Year, is a 1991 inductee into the NJCAA Baseball Hall of Fame and a 1992 inductee into the St. Louis Amateur Baseball Hall of Fame.

A graduate of St. Louis’ Southwest High, Lessmann signed with the New York Yankees at the age of 17 as a lefthanded pitcher. During his time as a minor league ball player, he pitched a no-hitter in the Midwest League in 1955. Lessman studied at Harris Teachers College (now Harris-Stowe) during the offseasons and earned his Bachelor’s Degree in 1960. He earned his Master’s Degree from WU in 1963 and began his tenure at Meramec in 1966. Lessmann also completed 36 postgraduate hours at St. Louis University in Educational Administration.

At Meramec, more than 250 of Lessmann’s players earned scholarships to four-year schools and 40 signed professional contracts. Eight of his players—Scott Bailes (Texas Rangers), Joe Boever (Pittsburgh Pirates), Neil Fiala (Cincinnati Reds), Mike Miller (New York Mets), Scarborough Green (St. Louis Cardinals), Lonnie Maclin (St. Louis Cardinals), Donne Wall (San Diego Padres), Brian Boehringer (San Diego Padres) and T.J. Mathews (Oakland Athletics)—have played in the major leagues.

Year-by-Year with Lessmann

Year	Record
Harris-Stowe Teacher’s College	
1965	6-7
TOTAL	6-7 (.462)

Meramec Community College

Year	Record	Year	Record
1967	25-4	1981	40-15
1968	25-5	1982	32-15
1969	23-6	1983	28-13
1970	29-2	1984	21-14
1971	28-9	1985	28-26
1972	33-12	1986	49-17
1973	26-9	1987	53-8
1974	36-6	1988	37-25
1975	45-12	1989	52-14
1976	40-9	1990	40-8
1977	46-21	1991	49-9
1978	42-8	1992	41-12
1979	30-13	1993	28-19
1980	42-7		
TOTAL	963-318 (.752)		

Washington University

Year	Record	UAA Finish
1994	21-14-1	3-3 (4th)
1995	24-14	5-1 (1st)
1996	21-13	3-1 (N/A)
1997	16-18	9-5 (2nd)
1998	18-21	1-4 (4th)
1999	27-12	2-3 (4th)
2000	27-11	4-3 (3rd)
2001	18-16	1-6 (5th)
2002	30-10	4-2 (2nd)
2003	23-16	4-2 (1st)
2004	18-17	2-4 (3rd)
2005	32-10	5-1 (1st)
2006	34-7	5-1 (2nd)
2007	30-11	3-3 (2nd)
2008	15-14	3-3 (3rd)
TOTAL	354-204-1 (.634)	
CAREER	1,323-529-1 (.714)	

MEDICAL RELEASE FORM

I hereby authorize the directors of the Washington University Baseball Summer Camp to act for me according to their best judgement in any emergency that may require medical attention. I know of no mental or physical problems that might affect my child’s ability to safely participate in this camp. I will be responsible for any medical or other charges in connection with his or her attendance at camp. I have read the rules and regulations of the camp and both the camper and I agree to abide by them.

Parent/Guardian Signature _____ PHONE (H) _____ (W) _____

Camper is covered by (Insurance Company and Policy Number) _____
