

COLLEGES & UNIVERSITIES INVITED

ANOKA-RAMSEY CC
ASHFORD
AUGUSTANA
BEMIDJI STATE
BISMARCK STATE COLLEGE
BLACK HILLS STATE
BRIAR CLIFF
BUENA VISTA UNIVERSITY
CENTRAL COLLEGE
CENTRAL LAKES BRAINERD
CENTRAL MISSOURI
CLARKE
COE COLLEGE
CONCORDIA
CONCORDIA ST. PAUL
CORNELL COLLEGE
CREIGHTON
DAKOTA COLLEGE AT BOTTINEAU
DAKOTA CTC
DAKOTA STATE
DAKOTA WESLEYAN
DANA
DAWSON CC
DES MOINES AREA CC

DICKINSON STATE
DOANE
DORDT
ELLSWORTH CC
GRAND VIEW
HASTINGS
HIBBING CC
INDIAN HILLS CC
IOWA
IOWA CENTRAL CC
IOWA LAKES CC
IOWA WESLEYAN
IOWA WESTERN CC
ITASCA CC
JAMESTOWN COLLEGE
KIRKWOOD CC
LAMAR CC
LORAS COLLEGE
LUTHER COLLEGE
MARSHALLTOWN CC
MARY
MAYVILLE STATE
MCCOOK CC
MESABI RANGE CTC

MIDLAND LUTHERAN
MILES CC
MINNESOTA
MINNESOTA DULUTH MINNESOTA
STATE
MINNESOTA STATE CTC
MINNESOTA WEST CTC
MINOT STATE
MORNINGSIDE
MOUNT MARTY
MOUNT MERCY
MUSCATINE CC
NEBRASKA WESLEYAN
NORTH DAKOTA STATE
NORTH DAKOTA UNIVERSITY
NORTH IOWA AREA CC
NORTHEASTERN JC
NORTHERN STATE
NORTHLAND CTC
NORTHWESTERN
OTERO JC
RAINY RIVER CC
RIDGewater COLLEGE
RIVERLAND CC

ROCHESTER CTC
SD SCHOOL OF MINES
SIMPSON COLLEGE
SIOUX FALLS
SOUTH DAKOTA STATE
SOUTHEAST CC
SOUTHEASTERN CC
SOUTHWEST BAPTIST
SOUTHWEST MINNESOTA STATE
SOUTHWESTERN CC
ST. AMBROSE
ST. CLOUD STATE
UNIVERSITY OF DUBUQUE
UNIVERSITY OF NE-OMAHA
UNIVERSITY OF NEBRASKA
UPPER IOWA
VALLEY CITY STATE
VERMILION CC
WALDORF
WARTBURG COLLEGE
WASHBURN
WAYNE STATE (NE)
WESTERN NEBRASKA CC
WILLIAM PENN
WILLISTON STATE COLLEGE
WINONA STATE

ELITE INSTRUCTIONAL ACADEMY

THE MISSION OF ELITE INSTRUCTIONAL ACADEMY IS TO PROVIDE THE VERY BEST FUNDAMENTAL INSTRUCTION POSSIBLE YEAR ROUND AND HELP EACH AND EVERY YOUNG PERSON IN SIOUXLAND DEVELOP THEIR ABILITIES AS A PLAYER THROUGH QUALITY INSTRUCTION AND TEACHING. THE GOAL OF EXTRA INNINGS IS TO GIVE EACH INDIVIDUAL THE OPPORTUNITY TO FURTHER THEIR LOVE FOR THE GAME.

WWW.EISIOUXLAND.COM

712.226.2255



ELITE INSTRUCTIONAL
a c a d e m y

2010 MIDWEST BASEBALL SHOWCASE



AUGUST 6 & 7

DEADLINE 8.3.10

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2010 MIDWEST BASEBALL SHOWCASE

Elite Instructional Academy will be hosting its annual Midwest Baseball Showcase this August 6th and 7th. The objective of this showcase is to show and promote the talent in the Siouxland area and around the Midwest. The 2010 Midwest Showcase is only for Seniors (2011) and Juniors (2012) from all 5 Midwest states in the surrounding area. Over 30 Colleges and MLB scouts have been invited to attend the 2010 Midwest Showcase. The Midwest Showcase is limited to a specific number of players, meaning there will be room for only 2 players per position to fill the roster spots, 6-8 pitchers per team. To attend the 2010 Midwest Showcase you must have a High School, Travel Team, or Legion Coach recommend you, either by letter, e-mail or telephone call. The event will begin on Friday August 6 at 10am and wrap up Saturday August 7 in the evening. The entire Midwest Baseball Showcase will take place at Voss Field, located in South Sioux City, NE. If you and your family need hotel accommodations please contact Elite Instructional Academy to be given the hotel instructions. The schedule will be to register Friday afternoon, take part in a Pro Style work out Friday afternoon. At the end of the workout all players will take part in a positional clinic with the college coaches in attendance. After the clinic all players will go through a NIKE SPARQ workout in preparation for a NIKE SPARQ testing on Saturday. Saturday will be game day, each team will play 2 games.

FRIDAY TWO DAY ITINERARY SATURDAY GAMES

**REGISTRATION
PRO STYLE WORK OUT
NIKE SPARQ TRAINING**

**GAME 1 - 10:00AM
GAME 2 - 1:30PM
GAME 3 - 4:00PM
GAME 4 - 6:30PM**

**TEAM 1 VS TEAM 2
TEAM 3 VS TEAM 4
TEAM 3 VS TEAM 1
TEAM 4 VS TEAM 2**

NIKE SPARQ TESTING

FRIDAY ITINERARY

10:00 PM REGISTRATION (T-SHIRT & HAT)
10:30 PM PRO-STYLE WORKOUT
10:30 PM 60 YARD DASH (ALL POSITION PLAYERS)
11:15 PM OF THROWING (3B AND HOME)
12:00 PM INFELDERS FIELDING FROM SHORT
3 AT THEM, 2 BACKHANDS, 2 FOREHANDS & 1 SLOW ROLLER
1:00 PM CATCHER'S POP TIMES (5 BALLS TO 2B)
1:30 PM SET UP FOR BP
1:45 PM BP FOR ALL POSITION HITTERS
A. 2 SAC
B. 6 CUTS
(RUNNING OUT LAST SWING FOR HOME TO 1B TIME)
3:00 PM BULLPENS FOR THE PITCHERS
A. 30 PITCH PEN
B. 15 FROM WINDUP
C. 15 FROM STRETCH
4:30 PM POSITIONAL INSTRUCTION
(COLLEGE COACHES)
6:00 PM SPARQ TRAINING
7:00 PM DISMISS ALL PLAYERS

SATURDAY ITINERARY

TEAMS ONE AND TWO WILL SHOW UP AT THE YARD AT 8:30AM. EACH TEAM WILL HAVE A SET TIME TO TAKE BP IN THE CAGES. 30 MINUTES BEFORE GAME TIME EACH TEAM WILL TAKE A GENERAL IN AND OUT.

8:15AM TEAM 1 AND 2 ARRIVE AT FIELD
8:30AM SPARQ TESTING (TEAMS 3 & 4)
8:30AM BP TEAM 1
9:00AM BP TEAM 2
9:45AM IN & OUTS
10:00AM GAME 1
12:15PM BP TEAM 3
12:45PM BP TEAM 4
1:15PM IN & OUTS
1:30PM GAME 2
1:45PM SPARQ TESTING (TEAMS 1 & 2)
3:00PM BP TEAM 1
3:45PM IN & OUTS
4:00PM GAME 3
5:00PM BP TEAM 2
5:30PM BP TEAM 4
6:15PM IN & OUTS
6:30PM GAME 4

Application Process:

- 1) Fill out the Registration/Medical Form
- 2) Write a check payable to Elite Instructional Academy for the appropriate amount listed below
- 3) Mail to: Elite Instructional Academy
309 South Floyd Blvd.
Sioux City, IA 51101

2010 Midwest Showcase August 6th & 7th (\$199) Complete the following form, and Please Print.

Player's Last Name: _____ First: _____ DOB: _____
 Address: _____ City: _____ State: _____ Zip Code: _____
 Home Phone: _____ Parent's Cell: _____ Parent's Email: _____
 Father's Name: _____ Mother's Name: _____ Players Shirt Size: (Circle) S / M / L / XL / XXL
 High School: _____ Graduation Year: _____ Overall GPA: _____ ACT Score: _____ SAT Score: _____
 High School Coach: _____ Phone Number: _____ E-mail: _____
 Travel Team Coach: _____ Phone Number: _____ E-mail: _____
 Primary Position: _____ Secondary Position: _____ Height: _____ Weight: _____ Bats: _____ Throws: _____
 Allergies: _____ Medications: _____ Insurance Company Name: _____ Policy No.: _____

Parental Waiver and Consent Form Authorization:

As the parent or legal guardian of the child named above, I hereby give my consent and approval for my child to participate as a camp member in the Elite Instructional Academy's Camp. I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation and I am willing to assume the risks on behalf of my child. I hereby certify that my child is fully capable of participation in the camp program and that my child is healthy and has no physical or mental disabilities that would restrict full participation in these activities, except as listed on the this form. In addition to giving my full consent for my child's participation I do hereby waive, release, and hold harmless the Elite Instructional Academy Camp, its officers, coaches, sponsor supervisors, and representatives for any injury that may be suffered by my child in the normal course of participation in the Elite Instructional Academy camp and the incidental thereto, whether the result of negligence or any other cause. We also understand and agree that the above named player shall not be covered by any insurance held by the Elite Instructional Academy Camp unless or until this player's registration and medical information are fully completed and returned to the Elite Instructional Academy Camp and shall be effective no sooner than the 1st day of camp. In addition, we understand that any insurance held by Elite Instructional Academy Camp is secondary to any accident disability or health insurance that a participant may be covered under.

Parent/Guardian Signature: _____ Date: _____