

2010 Notre Dame College Prep Winter Baseball Camps: Grades 4-8

Dear Future Don,

The 2010 Notre Dame Dons Baseball Program will offer its 8th Annual Winter Baseball Camps. The camps will consist of two major phases of the game: hitting and pitching. Camp will be on two consecutive Sundays: ***February 14th and 21st of 2010***, from 11:00 am -1:30 p.m. All 4th, 5th, 6th, 7th, and 8th graders are invited to attend.

Head coach, Robert Kostuch, teaches Physical Education and is the department head of Health Education at Notre Dame High School. He played 4 years of Division I college baseball at Northeastern Illinois University. Upon graduation, he became an assistant varsity coach at Ridgewood High School. After 3 years at Ridgewood, he moved on to become assistant coach at Notre Dame with Coach Gaetano Gianni. In June of 2002, Coach Kostuch was appointed Head Varsity Coach. Coach Kostuch's staff consists of two ex-Northeastern Illinois teammates Mike Paskvan and Dominic Catalano, and Dominic Savino who played collegiatly at Harper College and Illinois State. Pitching Coach Mike Paskvan was the pitching ace for Joliet Junior College, where he helped them win the Junior College World Series before moving on to play for Northeastern Illinois University, and then finishing his professional career with the Will County Cheetahs. He now teaches health and physical education at Notre Dame. Notre Dame coaches and players from all levels will assist with the camp. Coach Dominic Catalano was recently hired as a physical education teacher at Notre Dame, and still plays for the Melrose Indians Semi-Pro Baseball team.

Winning has become tradition at Notre Dame. Six years ago, Notre Dame won the 2004 IHSA State Championship. The 2004 Don's were a resilient group, especially in the quarterfinal game, where they came back from a seven-run deficit TWICE, to beat a tough Carmel team in the Semi-final game. Using that momentum, the Dons went on to defeat Joliet Catholic 6-4 to win the 2004 State Title. Coach Kostuch was named "Illinois High School Coach of the Year."

In 2005, the Dons continued their winning ways winning the East Suburban Catholic Conference Championship, and making it to the Super-Sectional game vs. Oak Park at Alexian Field, home of the Schaumburg Flyers. The 2005 Dons posted a (29-9) record. In less than four seasons, Coach Kostuch became the youngest coach in state history to record 100 wins and the Dons are currently (165-93-1) in 7 seasons under Coach Kostuch. The winter camps will go through all the drills Notre Dame uses.

If you are interested in attending the winter camps or need more information, please contact Head Coach Robert Kostuch at (847)-779-8653, or E-mail at rkostuch@ndhsdons.org.

Information about the camps is on the following page:

2010 Winter Baseball Camps: Grades 4-8

Feb. 14th 11:00-1:30 p.m.

Camp #1 HITTING Grades (4-8): Each hitter will go through the Notre Dame's hitting drills to improve their skills and knowledge. There will also be drills on the proper mechanics of bunting. your swing is an important part of hitting. Each hitter will receive a T-shirt and handouts containing several hitting drills. The first 50 participants will be accepted.

Feb. 21st 11:00- 1:30 p.m.

Camp #2 PITCHING Grades (4-8): Each pitcher will go through will go through a number of drills to improve their pitching mechanics. The pitchers will be video taped to see areas they need to improve on. Pitching Coach Mike Paskvan will be the lead insructor for the pitchers. Only 30 participants will be accepted.

Please return bottom portion in person or mail to: Coach Robert Kostuch
7655 Dempster St.
Niles, IL 60714
(make checks payable to Notre Dame College Prep)

Please circle the camp(s) that you are planning to attend and return with payment.

Feb 14th CAMP #1: HITTING (4th-8th graders) (date 2/14/10) 11:00-1:30

Feb 21st CAMP #2: PITCHING (4th-8th graders) (date 2/21/10) 11:00-1:30

1 camp: \$ 90.00

Discounted price for 2 camps: \$ 170.00

Name _____ Positions: _____

T-shirt size: _____ Grade _____

Grade School _____ TOTAL: \$ _____

Due to limited space, each camp has a first come, first serve basis. You will be notified if camp space is full.