

# LOCKPORT PORTER BASEBALL

*"Where WINNING is the TRADITION"*

30 Conference Championships, 16 Regional Championships, 7 Sectional Championships,  
1 Super Sectional Championship, 6 State Appearances, 1 State Championship

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Welcome to the Lockport Porter Baseball Program!

Here is some important information to help guide you along your journey to being the best STUDENT-ATHLETE that you can be!

Go Porters!

Coach Satunas

[asatunas@lths.org](mailto:asatunas@lths.org)

## Porter Baseball Has Success Both In and Out of the Classroom!

We are very confident in the education and level of baseball that we provide here at LTHS. Since 2010, we have sent 95 players to college with 66 of them earning an opportunity to play college baseball. In 2018, Coach Satunas will enter his 9th year on varsity (8th year as head coach). We will have 31 players competing at the college level during the 2018 spring and 2 professional baseball player.

- To see a list of our current players at the college level, please visit <http://www.porterbaseball.org/HistoryItems/alumni.html>. Finally, you can see a list of all players that we have sent on by visiting [www.porterbaseball.org](http://www.porterbaseball.org) and clicking "History" on the menu above and clicking on "Alumni College-Pro".

Follow us on the Web, Facebook, Twitter, and Instagram

- [www.porterbaseball.org](http://www.porterbaseball.org) and [www.porterbaseballboosters.org](http://www.porterbaseballboosters.org)
- Facebook Page: [LOCKPORT PORTER BASEBALL](#)
- Twitter: [@porterbaseball](#) and [@coachsatanas](#)
- Instagram: [@coachsatanas](#) and [@lthsporterbaseball](#)



## **Baseball Camp Information**

We do offer camps that will allow your son to work with our coaching staff and some of our current players. Our Spring Camp is on March 11<sup>th</sup>. These camps will feature our coaching staff and former and current players instructing the players on throwing, defense, offense, and baserunning. Then during the summer, we host other camps that focus on various skill work. To find out more information on our camps, visit [www.porterbaseball.org](http://www.porterbaseball.org).

## **Tryouts and Playing Other Sports**

The tryouts will be from 2/25-2/28/19 for spring baseball. We encourage all of our student-athletes to play other sports for the competition that they provide. We believe that playing multi-sports will help each individual become the best athlete and competitor as possible.

## **Off Season Workout Information**

For those student-athletes that do not play a fall and/or winter sport, we provide lifting and conditioning at the school. There is a cost incurred by each student-athlete to pay for Nick Setta <http://www.settaperformance.com/training/> to create and supervise our workouts. These workouts that are guided by Coach Setta will give each student-athlete the opportunity to improve their strength and athleticism before spring tryouts. Information on the workouts will be available near the end of October.

## **SAVE THE DATE**

November 16, 2017

Step-up Night \*Registration Appointment\*Clubs\*Activities\*Tours\*Athletics

A - K 6:30 p.m. - 7:30 p.m.

K - Z 7:30 p.m. - 8:30 p.m.

December 11, 2017

Future Porters Olympic Games Free Camp for 5<sup>th</sup> to 8<sup>th</sup> Graders

January 27, 2018

Freshman Registration \* Provide Enrollment Documents \* Freshman Classes

February 3, 2018

Free Football and Baseball Camp for 5<sup>th</sup> to 8<sup>th</sup> Graders

March 11, 2018

Spring Training Baseball Camp

June and July, 2018

Summer Baseball Camps (visit [www.porterbaseball.org](http://www.porterbaseball.org))

June 11-28, 2018

Fresh Start

July 1, 2018

Deadline \* 9th Grade Physical Due

August 2018

Freshman Orientation \* Receive Class Schedule

**WIN  
THE  
D<sup>IA</sup>Y**



## Lockport Porter Baseball 2017-2018 Camps

Be a Lockport Porter Baseball player during our camps as you will be taken through our practice structure and drills that are used every day to make Lockport one of the best high school baseball programs in the state of Illinois. These are the same drills that have helped send 66 of our players over the last 9 years on to play college baseball. Head Coach, Andy Satunas, staff, current and former players will treat everyone as if they were a part of the Porter baseball program during these camps. For more information on these camps, please visit [www.porterbaseball.org](http://www.porterbaseball.org) or contact [asatunas@lths.org](mailto:asatunas@lths.org).

### LTHS Baseball Incoming Freshman Baseball Camp and Games

Players will learn the fundamentals of baseball this summer with the coaching staff of Lockport Township High School through daily activities, drills, and games. Coaches will instruct and evaluate campers on Hitting, Baserunning, Infield and Outfield Defense, Pitching, Catching, and The Mental Side of the Game. This summer camp and games is designed to prepare players, mentally and physically, for the challenges of high school baseball and to build their basic skills and knowledge of the game. Players will receive a jersey. NOTE: Players should bring their own gear daily (hat, shirt, baseball pants, bat, cleats, and water. Catchers should bring their own gear.)

**Who:** Incoming Freshman  
**Dates/Times:** Below  
**Location:** Flink Baseball Field (Garfield and Division)  
**Instructors:** LTHS Baseball Coaching Staff  
**Fee:** \$175.00 (Jersey included with price)  
**Receives:** 24+ hours of instruction, Jersey  
\*Please register by May 1st so I can order jersey and hats.  
\*Player Shirt Sizes: S M L XL

**Min/Max:** 10/40 per session  
**Contact:** Coach Andy Satunas [asatunas@lths.org](mailto:asatunas@lths.org)

#### Dates and Times

- Monday June 4th: 3:00-5:00pm
- Tuesday June 5th: 3:00-5:00pm
- Wednesday June 6th: 3:00-5:00pm
- Monday June 11th: 3:00-5:00pm
- Tuesday June 12th: 3:00-5:00pm
- Wednesday June 13th: 3:00-5:00pm
- Monday July 9th: 8:00-10:00am
- Tuesday July 10th: 8:00-10:00am
- Wednesday July 11th: 8:00-10:00am
- Monday July 16th: 8:00-10:00am
- Tuesday July 17th: 8:00-10:00am
- Wednesday July 18th: 8:00-10:00am

# **Frequently Asked Questions about the LTHS Baseball Incoming Freshman Baseball Camp and Games**

## **What is Incoming Freshman Baseball Camp and Games?**

- Freshman baseball camp is a mix of practice and instructional games. This will include instruction on baseball fundamentals. The camp is used to accomplish the following:
  - Introduce them to the Lockport brand of baseball
  - Acclimate them to the Lockport baseball program
  - Evaluate the talent level of each player
  - Begin learning our system of plays, philosophy and signs.

## **Is a player required to attend Summer Camp?**

- Summer camp is not mandatory, but is highly recommended. This is a key building block to a successful season. Camp/League games are more opportunity for a player to improve, gain experience, and exposure to their future high school coaches....

## **We have vacation plans during the summer camp dates that we cannot change. Will my son be penalized for missing a week/day of camp?**

- No, we understand that summer is one of the few times during the year when families can take vacations together. If you have plans that conflict with summer camp dates, all we ask is that you provide us with advance notice of the dates that you will be unable to attend so we can plan accordingly.

## **We are going to miss a week/day(s) of summer camp. Do we get a discount off the price for not attending camp in its entirety?**

- Unfortunately we cannot provide discounts. The summer program is run through LTHS CWC and unfortunately we cannot prorate or refund partial amounts. However, if you are unable to attend the entire camp, we would recommend that you attend what you can. Some attendance would be much more beneficial to no attendance at all.

## **My son plans to play more than one sport. If the summer camps conflict with each other, do we have to choose one?**

- No. The Lockport baseball and athletic programs are different than most high school programs in this respect...we encourage our players to participate in more than one sport or activity and thus go out of our way to accommodate the requirements of multi-sport athletes. In many cases you will find that members of our baseball staff are also involved in coaching other sports at Lockport. If there is a conflict with the summer camp dates and times, please let us know in advance and we will work out an equitable time trade off with the other sport so that your son can participate in both



## Lockport Porter Baseball 2017-2018 Camps

Winter Camps	Date	Time	Age Groups
Future Porters Olympic Games Free Camp	12/11/17	6:00-8:15pm	5 <sup>th</sup> -8 <sup>th</sup> Graders
Free Football/Baseball Camp	2/3/18	4:30-6:00pm 6:00-7:30pm	5 <sup>th</sup> -8 <sup>th</sup> Graders
<p>These two winter camps are hosted by our baseball and football programs and are free to all LTHS District 205 5<sup>th</sup> to 8<sup>th</sup> Graders. The "Olympic Games" will give each athlete a chance to show off their speed, explosiveness, and skill in sports such as baseball, football, basketball and track. The Free Football/Baseball camp will allow players to work with coaches from both programs on individual sports based skills. You can attend either of the camps (Football or Baseball) or BOTH!</p>			

Spring Camps	Date	Time	Age Groups
Spring Camp K-5	3/11/18	8:00-11:00am	K - 5 <sup>th</sup> Graders
Spring Camp 6-8	3/11/18	12:00-3:00pm	6 <sup>th</sup> -8 <sup>th</sup> Graders
<p>Come have a great time and tune-up for the upcoming baseball season by learning to play baseball the PORTER WAY! The camp will include hitting, throwing, catching, fielding and base running.</p>			

Summer Camps	Date	Time	Age Groups
Complete Skills Camp	6/11-6/14/18 Mon-Thu	8:00-11:00am	K - 8 <sup>th</sup> Graders
<p>The Complete Skills Camp is designed for all ability levels. The week will feature instruction in the fundamentals of fielding, throwing, hitting, bunting, and base running. Offensive and defensive strategies are given appropriately for each age group. Hustle, hard work, developing a positive attitude and team work are emphasized daily</p>			
Advanced Defense	6/25-6/27/18 Mon-Wed	8:00-9:00am	4 <sup>th</sup> -8 <sup>th</sup> Graders
<p>The Porter Advanced Hitting Camps focus on a more in-depth view of hitting. Hitters will develop through progression drills including dry swings, tee, toss and use of machines within an hour each day. Instruction will be reinforced through use of an advanced video analysis program. Written evaluations will be included to aid in continued development. A 5-to-1 student to instructor ratio will be provided.</p>			
Advanced Hitting	6/25-6/27/18 Mon-Wed	9:00-10:00am	4 <sup>th</sup> -8 <sup>th</sup> Graders
<p>The Porter Advanced Defense Camps focus on a more in-depth view of playing defense. Catchers, Infielders, and Outfielders will develop through various progression drills specifically designed to develop skill within each hour session. Written evaluations will be included to aid in continued development. A 5-to-1 student to instructor ratio will be provided</p>			
Showcase & I.D. Camp	7/16-7/17/18 Mon-Wed	8:00-9:30am	6 <sup>th</sup> -8 <sup>th</sup> Graders
<p>The Porter Baseball Showcase Camp is designed to evaluate 7<sup>th</sup> through 9<sup>th</sup> graders. We will have current high school and college coaches on hand to evaluate each player. Each camper will receive a T-Shirt Jersey with a number along with a written evaluation. On day 2 of camp, campers will participate in a controlled scrimmage game on Flink field where they will be able to show off their skill set.</p>			

## **FRESHMAN YEAR GRADES LAY THE FOUNDATION FOR FUTURE SUCCESS!**

**Grades matter. If you want to play college baseball, grades matter A LOT.** Time after time, we see that GPA's make the the difference in the college recruiting process.

Now that you are a freshman, **your grades now count toward your high school GPA.** Three years from now, you will be filling out college applications. Every application will ask for your GPA and a copy of your high school transcript.

In baseball, your skill level and athleticism as a freshman doesn't count as much as your skill & talent level after your Junior year.

GPA's are different -- they are cumulative. Sometimes, freshmen do not realize this simple fact -- **your grades as a freshman count JUST AS MUCH as your grades as a junior or senior.**

Here is an example for you.

Say a player gets the following GPA's:

Freshman - 3.6

Soph - 3.2

Junior - 3.6

Senior - 3.2

**The result of this would be an overall GPA of 3.4.** Pretty good.

But, say that same player got a 2.5 GPA his freshman year instead of a 3.6.

Do you know what he would have to achieve during his sophomore, junior and senior years to graduate with the same 3.4 GPA?

To overcome this bad start, he would have to achieve a 3.7 GPA for *all three years* to pull his overall GPA up to a 3.4 by the end of his senior year.

So, his grades would need to look like this:

Freshman - 2.5

Soph - 3.7

Junior - 3.7

Senior - 3.7

Which scenario looks easier to you?

**Don't put yourself in the situation of playing catch up.** It is hard to do. Plus, freshman classes are a lot easier than junior and senior classes. It gets harder and harder every year to play catch up.

**So, the point of this email is simple -- Get off to a good start with grades during your freshman year.**

What are the common excuses that we hear about why players "mess up" during their freshman years?:

- They don't hand in homework (the easiest points to get).
- They procrastinate, waiting until the last minute for assignments and studying
- They have bad study habits
- They spend more time on Facebook than on Textbook

**Essentially, they do not take school seriously and don't put their best effort forward.**

It is almost November. You are well into your first semester of high school. If you are doing well, congratulations and keep up the good work!!

**If you are not doing well so far, fix the problem NOW.** Talk to guidance counselors, teachers and your parents. Fix the problem before it gets too late to impact first semester grades. Your grades are not going to change unless you change something. It is your responsibility.

**Remember, these grades count and will be with you for the next 3 years. Getting off to a good start is one of the most important success factors in high school. It is like throwing a first pitch strike.**

### Why Is This Important?

College coaches look to provide baseball recruits with academic money due to the scholarship restrictions that they face. For example, a program only has 11.7 scholarships to distribute amongst a roster of 25 in Division 1. So because of this, many coaches hope to be able to use Academic Scholarships to help a player pay for school.

### Examples of Academic Scholarships

Here are some numbers on how academic scholarships work at schools such as Bradley University and Lewis University.

- Bradley is a private school located in Peoria, IL. We compete in one of the best conferences in the country, the Missouri Valley Conference.
- Bradley has academic scholarships based on GPA & test scores as follows:
  - 21-23 ACT / 3.00 GPA / Top 33% / = \$3,000
  - 24-25 ACT / 3.25 GPA / Top 25% / = \$6,000
  - 26-27 ACT / 3.50 GPA / Top 20% / = \$9,000
  - 28 + ACT / 3.75 GPA / Top 10% / = \$12,000
- Lewis University has an online calculator at <http://tcc.noellevitz.com/%28S%28d55cthidskkuggqnsreu53kk%29%29/Lewis%20University/Freshman%20Students> You can punch in your GPA and ACT score and find out what Academic scholarship you would receive per year.
- Examples
  - 3.0 gpa and 25 ACT = \$7,500 per year
  - 3.25 gpa and 25 ACT = \$10,000 per year

We hope that this kind of info helps inspire all our student athletes to keep aiming for that "3.0 and 25" while they are here at Lockport!

# Lockport sends its Porters to school

<http://www.suntimeshighschoolsports.com/2014/08/26/lockport-sends-its-porters-to-school/>

May 5, 2013 Tina Akouris takouris@suntimes.com

Lockport baseball coach Andy Satunas is pretty proud of his Porters' baseball program. They're perennially one of the best teams in the southwest suburbs and have a long and storied tradition, especially under former coach Jim Hall.

But there's something else that Satunas is proud of.

In Satunas' four years as head coach at Lockport, the program has sent 45 players to college; 26 of which are playing college baseball.

This year's crop of baseball scholarship guys is the most in Satunas' tenure. There are 11 players who will play at the next level, doubling the number of guys from year's past. Each season since 2010, Lockport has averaged five players going on to play in college.

Those who are going to play in college from this year's team include: Thomas Smith (Roosevelt), Evan Marten (SIU-Edwardsville), Jeff Duschene (undecided, but will sign), Doug Matthews (Concordia), Jeff Pattison (Joliet Junior College), Connor Ryan (Prairie State JC), Eric Duzan (Prairie State JC), Ted Snidanko (Purdue), Derek Bangert (Heartland Community College), Nick Lindemann (JJC) and Ron Sessler (JJC).

"One thing we think we should be doing is preparing kids to be good baseball players and to be successful in life," Satunas said. "It's a huge accomplishment for our program and their families and our school. In recent memory this is the most (number of players going on to college.)"

## **The process**

Basketball and football recruiting can be cutthroat and baseball is getting to that point, too, with summer play the key to kids getting noticed and getting that elusive scholarship.

"Baseball has really grown over the past 10 years and it's catching up with basketball recruiting where summer teams are growing and coaches are recruiting a lot earlier," Satunas said. "The summer between their junior and senior year is the most important one in the eye of the scouts. That's where they're going to really feel confident about a player and talk to him sign in October or November, or they'll tell them they will follow them the following spring."

Snidanko will play Big Ten baseball next spring for the Boilermakers and is excited to get a taste of Division I athletics.

"(The Big Ten) is making a comeback and most of those schools are rebuilding," Snidanko said. "Getting to say I am playing in college is scary, but exciting at the same time."

And Matthews said there was no doubt that he was going to continue playing in college. Not doing so wasn't an option for him. He's just glad he stood out, because of all the competition among players and college coaches in the area.

"I didn't care how far away it was, I just wanted to play," Matthews said. "It's a stressful process, but you have to stick with it. I had it set in my mind that I was going to play baseball. There was nothing in my mind saying I'm not going to. I can't stop now."

## **Don't forget about these guys**

Satunas also wants people to remember that six other players are going to college from his team, but that group is going for academics only.

Mike Coladipietro (Dayton), Ryan Christian (Iowa), Dan Sullivan (Iowa), Jeff Milas (Northern Illinois), Austin Kolmodin (Illinois) and Brett Stogsdill (Iowa) are all ceasing their athletic careers after high school.



“I’m going to study business,” said Kolmodin, whose older brother, Niko, is a sophomore at Illinois. “I’m going there because it’s in-state and one of the best business schools in the area. I talked to a couple smaller colleges, but I wasn’t going to be able to go anywhere big like U of I to play baseball and I wanted to go to a big university. So I decided last year that I would go for academics instead of baseball.”

Kolmodin said that even though he will miss playing the game, he knew that high school was as far as his talents would take him.

“It wasn’t difficult to accept,” Kolmodin said. “I’m not a Division I baseball player. I know that if I want to play baseball in college it would be at a Division III or lower school and I didn’t want to do that.”

Kolmodin said some of his teammates would vent to him about the recruiting process. He said a couple colleges recruited one of his teammates pretty hard — to the point where the player was receiving dozens of emails a day. Kolmodin could relate to that, in a way.

“While they were recruiting for colleges, I would be looking for colleges (academically) and I was talking to a lot of academic advisors,” Kolmodin said. “There were some similarities, but I never thought, ‘I’m glad I’m not going through this.’”

Satunas said the most important thing to remember in the recruiting process is grades. Keep your grades up and the offers will come.

“If you look at a Division I college, they have a 30-man roster,” Satunas said. “And they have 11.7 scholarships. When a coach comes out and he sees a kid that has a 3.0 (GPA) and a 25 or more on his ACT, he gets attracted to recruiting him because he knows he can cover a lot of the expense with academic money.

“Everything else on the field will just take care of itself.”

## List of Porter Baseball Alumni currently playing in college

Porter Baseball Alumni - Updated April 2016		
<a href="#">JOSH ALTMANN (Olivet Naz. U./Texas MLB)</a>	<a href="#">RYAN GABRIEL (South Suburban C. IL)</a>	<a href="#">CONNOR RYAN (UIC/Cincinnati Reds MLB)</a>
<a href="#">DEREK BANGERT (Bradley U.)</a>	<a href="#">TYLER HAIR (Northern State U. SD.)</a>	<a href="#">MIKE STEVENS (Black Hawk College-IL)</a>
<a href="#">COLE BELLAIR (Tennessee Wesleyan U.)</a>	<a href="#">MATT HARDER (College of DuPage)</a>	<a href="#">THOMAS SMITH (Univ. of St. Francis- IL)</a>
<a href="#">BILLY CURTIS (Trinity College IL)</a>	<a href="#">STEPHEN HILL (South Suburban College IL)</a>	<a href="#">JAKE STANTON (Millikin University IL)</a>
<a href="#">BEN DAVIS (Orange Coast College CA)</a>	<a href="#">RUSS HOH (North Central College)</a>	<a href="#">NICK STRYSIK (Central College IA)</a>
<a href="#">KEVIN DAVIS (Olney Central College IL)</a>	<a href="#">JAKE HUBER (Augustana College)</a>	<a href="#">DJ STUDNIARZ (Millikin University IL)</a>
<a href="#">ANTHONY COCCO (Kaskaskia College-IL)</a>	<a href="#">NOAH MASA (University of Illinois Chicago)</a>	<a href="#">JAKE SUCHOR (Joliet Junior College)</a>
<a href="#">CONOR FITZGERALD (College of DuPage)</a>	<a href="#">BRENT McDOWELL (College of DuPage)</a>	<a href="#">RYNE TRAVIS (Olney Central College IL)</a>
<a href="#">DREW FLANAGAN (Robert Morris College)</a>	<a href="#">JOE MCGUIRE (Joliet Junior College)</a>	<a href="#">BEN WISHBA (St. Xavier U. Chgo)</a>
<a href="#">MIKE FORMELLA (Concordia U. Chicago)</a>	<a href="#">JEREMY QUADE (North Central College)</a>	

