



**Erik Lis** is a founder of Baseball Institute and Head Hitting Instructor. Lis played three years at the University of Evansville where he was a standout for the Aces. In three years, he was All-MVC three times, and a summer all-American heading into his junior season. Soon after his junior season, he was drafted by the Twins in the 9<sup>th</sup> round of the MLB amateur draft.

Lis started at high A and slowly worked his way up the ladder. Over his career, he hit 89 homeruns, 406 RBI, and had an average of .276. Lis peaked at triple-A where he posted career numbers, but the Twins decided to go in a different direction.

“I spent seven years in the Twins organization,” Lis said. “I played really well over my career besides a few injuries that held me back at occasion. My biggest step was going from single-A to double A.”

While Lis posted high numbers throughout the organization, he feels that the lessons he learned over the course of his career had the most impact on his life.

“I really learned about work-ethic through baseball. While I was with the Twins, I was able to have many conversations with [Hall of Famer] Paul Molitor. He taught me a lot and I wouldn’t change that experience.”

After his second shoulder surgery, Lis decided to hang up his cleats and join Chris Pack, a former teammate with the Joliet Slammers, and establish Baseball Institute. Lis now works on eradicating the “push” in a lot of athlete’s swings and wants players to fully understand their swings.

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An Erik Lis Fun Fact: He claims to have the “Best Hair” in the Frontier League.