



**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 9th 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.

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 also served as the Windy City Thunderbolts Hitting Coach for three seasons from 2017-2019. Lis is still involved in coaching, but he has taken a different route and is coaching high school travel baseball with the Illinois Premier. Lis has always enjoyed being able to pass along some wisdom and knowledge to future players and truly relishes the opportunity to develop players to reach their highest potential.

**\*Erik Lis Fun Fact\*:** Erik spends majority of his free time at Life Time Fitness.

