



*Lou Simios* began working with the Benedictine University pitching staff in 2005. Simios came to Benedictine after working with the varsity pitchers and catchers at Benet Academy (Lisle, Ill.) for five seasons.

His work with that group, specifically with technical skills and mechanics, helped the program average 20 wins per season during his tenure. He also coordinated and supervised the Benet Academy pitching and catching camps.

Along with performing Utility instruction for Baseball Institute, Simios is currently the Head Coordinator of Baseball Institute Performance Group. The performance group performs measurable testing (including exit velocity, throwing velocity, 30/60yd dash, and 5-10-5) for tournament goers all over the Midwest.

Fun Fact:

Enjoys long walks on the Beach and listening to Chris and Erik try to make fun of each other!