



## Balls-n-Strikes 2017 Training Classes

Our dynamic training classes are back for Winter 2017. These classes are structured in a 6 week format in small groups of 4 players. Our instructors will lead players through a series of progressive classes following core curriculum points developed by our staff. Our goal for these classes is for players to leave with a plan on what they are trying to accomplish on the field. Repetitions and drills are a key component of the classes.

### CLASS DETAILS

- Call Balls-n-Strikes Ballwin at 636-394-2255 to register
- Open to players 7U-12U
- \$169 per player
- 6 weeks, 1 hour per week
- 4:1 player to instructor ratio
- No make-up classes will be offered

No Class on 10-31 and Class will be prorated

### SESSION 1 CLASSES

<b>Tuesday</b>	6:00-7:00	9-26	10-3	10-10	10-17	10-24	10-31*
<b>Wednesday</b>	5:00-6:00	9-27	10-4	10-11	10-18	10-25	11-1
<b>Saturday</b>	10:00-11:00	9-30	10-7	10-14	10-21	10-28	11-4
<b>Sunday</b>	3:00-4:00	10-1	10-8	10-15	10-22	10-29	11-5

### SESSION 2 CLASSES

<b>Tuesday</b>	6:00-7:00	11-7	11-14	11-21	11-28	12-5	12-12
<b>Wednesday</b>	5:00-6:00	11-8	11-15	11-22	11-29	12-6	12-13
<b>Saturday</b>	10:00-11:00	11-11	11-18	11-25	12-2	12-9	12-16
<b>Sunday</b>	3:00-4:00	11-12	11-19	11-26	12-3	12-10	12-17

### TEACHING FOCUS

- the stance and set up
- the load, negative movement
- lower half checkpoints, 5 critical check-downs
- the swing path, 5 ball theory
- directional hitting
- the mental approach to hitting, on-deck routine

SLUMP  
BUSTER  
HITTING  
CLASS

BULLPEN  
PITCHING  
CLASS

### TEACHING FOCUS

- increasing velocity
- the stretch and the wind up
- throwing injury prevention
- pitching to location
- the change-up
- mental aspect of pitching

### SESSION 1 CLASSES

<b>Monday</b>	6:00-7:00	9-25	10-2	10-9	10-16	10-23	10-30
<b>Tuesday</b>	5:00-6:00	9-26	10-3	10-10	10-17	10-24	10-31*
<b>Saturday</b>	9:00-10:00	9-30	10-7	10-14	10-21	10-28	11-4
<b>Sunday</b>	2:00-3:00	10-1	10-8	10-15	10-22	10-29	11-5

### SESSION 2 CLASSES

<b>Monday</b>	6:00-7:00	11-6	11-13	11-20	11-27	12-4	12-11
<b>Tuesday</b>	5:00-6:00	11-7	11-14	11-21	11-28	12-5	12-12
<b>Saturday</b>	9:00-10:00	11-11	11-18	11-25	12-2	12-9	12-16
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 SLUMP BUSTER HITTING CLASS

 BULLPEN PITCHING CLASS

Player Name \_\_\_\_\_ Birthdate \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_ Phone C \_\_\_\_\_

Parents Names \_\_\_\_\_ High School \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Name & Signature \_\_\_\_\_

I hereby authorize the director of the Balls-n-Strikes camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Exp \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Credit Card Signature \_\_\_\_\_ 3 Digit Code \_\_\_\_\_