



REGISTER NOW

5U-7U

BEGINNING BASEBALL CLASSES

Our dynamic training classes are back for Winter 2018. 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.

Call 636-394-2255 to register!

- **Open to players 5U-7U**
- **\$169 per player**
- **6 weeks, 1 hour per week**
- **4:1 player to instructor ratio**
- **No make-up classes will be offered**

HITTING

- The stance and set up
- The load, negative movement
- Lower half checkpoints, 5 critical check-downs

FIELDING

- The proper fielding position and glove position
- Using two hands to catch and field the ball
- Throwing to proper base once fielded the ball

BASERUNNING

- Understanding all of the bases
- Understanding when to run to the appropriate base

THROWING

- Proper throwing mechanics
- Proper grip while throwing

2018 Beginning Baseball Classes

Please mail completed form with check or credit card info to:
Balls-n-Strikes Ballwin 203B Ramsey Lane Ballwin, MO 63021 Fax 636.394.2256

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone 1 _____ Phone 2 _____

Parent's Name _____ 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) _____ Expires _____ CVV _____

Credit Card Signature _____

Sessions: Session 1 Classes

- Sundays 3 pm - 4 pm • 1/7, 1/14, 1/21, 1/28, 2/4 & 2/11
- Mondays 5 pm - 6 pm • 1/9, 1/16, 1/23, 1/30, 2/6 & 2/13
- Saturdays 9 am - 10 am • 1/13, 1/20, 1/27, 2/3, 2/10 & 2/17

Session 2 Classes

- Sundays 4 pm - 5 pm • 2/18, 2/25, 3/4, 3/11, 3/18 & 3/25
- Mondays 5 pm - 6 pm • 2/20, 2/27, 3/6, 3/13, 3/20 & 3/27
- Saturdays 9 am - 10 am • 2/24, 3/3, 3/10, 3/17, 3/24 & 3/31