



# IMPACT TRAINING CLASSES



**\$135  
PER  
PLAYER**



Our dynamic training classes are back for the off-season. These classes are structured in a 4 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.

- OPEN TO PLAYERS 7U-12U
- \$135 PER PLAYER
- 4 WEEKS, 1 HOUR PER WEEK
- 4:1 PLAYER TO INSTRUCTOR RATIO
- NO MAKE-UP CLASSES WILL BE OFFERED

## JANUARY SESSIONS

**Fridays (1/10, 1/17, 1/24, 1/31)**

**HITTING** 5-6pm  **PITCHING** 6-7pm

**Saturdays (1/11, 1/18, 1/25, 2/1)**

**HITTING** 1:30-2:30pm  **PITCHING** 2:30-3:30pm

**Sundays (1/12, 1/19, 1/26, 2/2)**

**HITTING** 1:30-2:30pm  **PITCHING** 1:30-2:30pm

**FOR A SCHEDULE OF  
FUTURE SESSIONS,  
VISIT  
BNSSPORTS.US**

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 \_\_\_\_\_ 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.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Expires \_\_\_\_\_ CCV \_\_\_\_\_

Credit Card Signature \_\_\_\_\_

**CALL 636-394-2255 TO REGISTER!**

If only one player registers, the session will switch to 3 private lessons, 30 minutes each.