



JULY 27-30 9AM-NOON
PITCHERS

CHESTERFIELD VALLEY ATHLETIC COMPLEX **AND**

CATCHERS CAMP

PITCHING FOCUS

- Increase velocity
- Throwing injury prevention
- Mental aspect of pitching
- Mechanics of pitching
- Fielding your position
- Pitching to locations
- Pick-offs

CATCHING FOCUS

- Blocking
- Receiving
- Footwork
- Throwing to second
- Throwing to third
- Increase pop time
- Calling a game
- Plays at the plate
- Bunt plays



\$139

CAMPERS AGES

6 TO 14

Please label all equipment

REGISTER ONLINE AT
BNSSPORTS.US
OR CALL US AT
636.394.2255

All instructors are certified and have played college or professional baseball >8

2015 Pitchers and Catchers Camp Registration Form

Send completed form with check or credit card info to: Balls-n-Strikes • 203B Ramsey Lane • Ballwin, MO 63021 • www.bnssports.us

Register online at www.bnssports.us

Name _____ Birthdate ____/____/____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ 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 _____

Group Me With: _____ Camp: Pitcher Catcher Age Group: 5-6 7-9 10-12 13-14