7th and 8th Grade High School Development Camp

Don't miss out on this dynamic position-specific skill development camp designed solely for 7th and 8th graders. Balls-n-Strikes is hosting four weeks of camp designed specifically for ballplayers approaching their high school careers.

Details

- Camps run Monday thru Thursday, 9 am – 1 pm (Friday is the rain make-up day)
- Players must wear baseball pants (for sliding and baserunning drills)
- Please label all equipment

Cost

- $139 normal registration
- $ 129 early registration (register by April 15)

Dates and Locations

June 15–18 Chesterfield Valley Athletic Complex
June 22–25 Ozzie Smith Sports Complex
July 13–16 Affton Athletic Complex

636.394.2255

Players will go through a four day camp of intense training consisting of position specific rotations in:

Hitting Infield Outfield Pitching

Baserunning Agility Stretching & Throwing Program

Intersquad games will be played each day.

www.bnssports.us

2009 7th and 8th Grade High School Development Camp

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

Position: ☐ P ☐ C ☐ 1B ☐ 2B ☐ 3B ☐ SS ☐ OF

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