



These classes are structured in a 6-week format in small groups of 3 players. Our staff will take the group through progressive hitting techniques following core curriculum points developed by our staff. Our goal in these classes is for hitters to leave with a plan on what they are trying to accomplish in the cage and in the batters box. Repetitions and drills will be key.

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

Class Details

- call Balls-n-Strikes Ballwin at 636-394-2255 to register
- open to hitters ages 7u-14u (all groups will be set by age)
- \$220 per player
- 6 weeks, 1 hour per week
- 3:1 player to instructor ratio
- no make-up classes will be offered

Please **SELECT A CLASS BELOW** and mail form to: **Balls-n-Strikes Ballwin 203B Ramsey Ln, Ballwin, MO 63021**

SEPTEMBER TRAINING

Monday	9/19-10/24	5:00-6:00	<input type="checkbox"/>
		6:00-7:00	<input type="checkbox"/>
Wednesday	9/21-10/26	6:00-7:00	<input type="checkbox"/>
		7:00-8:00	<input type="checkbox"/>
Thursday	9/22-10/27	4:00-5:00	<input type="checkbox"/>
		5:00-6:00	<input type="checkbox"/>
Friday	9/23-10/28	5:00-6:00	<input type="checkbox"/>
		6:00-7:00	<input type="checkbox"/>
Sunday	9/25-10/30	3:00-4:00	<input type="checkbox"/>
		4:00-5:00	<input type="checkbox"/>

SLUMP BUSTER HITTING CLASS

6 weeks
1 hour per week

SLUMP BUSTER HITTING 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 _____