



# Pitchers and Catchers Camp

## Mike Matheny

Former St. Louis Cardinals catcher

The camp will focus on various aspects of catching, including:

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

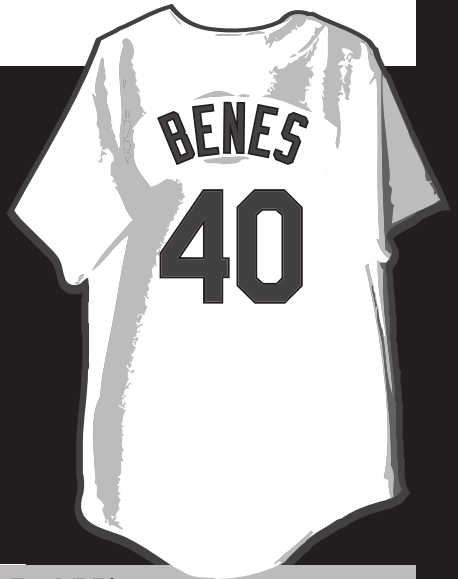


## Andy Benes

Former St. Louis Cardinals pitcher

The camp will focus on various aspects of pitching, including:

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



### THIS CAMP WILL SELL OUT! REGISTER TODAY!

Location	Dates	Time	Age	Cost
Des Peres Park	July 26-29 (Mon-Thu)	9:00 am - noon	5 - 14	\$159

- All instructors are certified and have played a minimum of college baseball
- Please label all equipment

636.394.2255

## 2010 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](http://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 \_\_\_\_\_

Group Me With: \_\_\_\_\_ Age Group:  5-6  7-9  10-12  13-14 Position:  P  C