



6-Week Training Class

The Balls-n-Strikes Baseball Training Program focuses on fundamental development. The success of this program has been proven through player results over the last several years. Players select hitting, pitching, catching or fielding for the ENTIRE 6-week program.

The program is designed for players between the ages of 5 and 13 and incorporates graduation levels so players can build week-to-week and stay on track during these important fundamental development years. Players will be divided into groups of four based on age and ability.

January Sessions

Session 1...3pm Sundays... 1-10, 1-17, 1-24, 1-31, 2-14
 Session 2...4pm Sundays... 1-10, 1-17, 1-24, 1-31, 2-14
 Session 3...5pm Sundays... 1-10, 1-17, 1-24, 1-31, 2-14
 Session 4...6pm Sundays... 1-10, 1-17, 1-24, 1-31, 2-14
 Session 5...7pm Sundays... 1-10, 1-17, 1-24, 1-31, 2-14

* 2-7 is Super Bowl Sunday. There are no classes this day. Price is prorated for this camp.

Session 6...5pm Mondays... 1-11, 1-18, 1-25, 2-1, 2-8, 2-15
 Session 7...6pm Mondays... 1-11, 1-18, 1-25, 2-1, 2-8, 2-15
 Session 8...7pm Mondays... 1-11, 1-18, 1-25, 2-1, 2-8, 2-15

Session 9...5pm Wednesdays... 1-13, 1-20, 1-27, 2-3, 2-10, 2-17
 Session 10...6pm Wednesdays... 1-13, 1-20, 1-27, 2-3, 2-10, 2-17
 Session 11...7pm Wednesdays... 1-13, 1-20, 1-27, 2-3, 2-10, 2-17

February Sessions

Session 1...3pm Sundays... 2-21, 2-28, 3-7, 3-14, 3-21, 3-28
 Session 2...4pm Sundays... 2-21, 2-28, 3-7, 3-14, 3-21, 3-28
 Session 3...5pm Sundays... 2-21, 2-28, 3-7, 3-14, 3-21, 3-28
 Session 4...6pm Sundays... 2-21, 2-28, 3-7, 3-14, 3-21, 3-28
 Session 5...7pm Sundays... 2-21, 2-28, 3-7, 3-14, 3-21, 3-28

Session 6...5pm Mondays... 2-22, 3-1, 3-8, 3-15, 3-22, 3-29
 Session 7...6pm Mondays... 2-22, 3-1, 3-8, 3-15, 3-22, 3-29
 Session 8...7pm Mondays... 2-22, 3-1, 3-8, 3-15, 3-22, 3-29

Session 9...5pm Wednesdays... 2-24, 3-3, 3-10, 3-17, 3-24, 3-31
 Session 10...6pm Wednesdays... 2-24, 3-3, 3-10, 3-17, 3-24, 3-31
 Session 11...7pm Wednesdays... 2-24, 3-3, 3-10, 3-17, 3-24, 3-31

April Sessions

Session 1...3pm Sundays... 4-11, 4-18, 4-25, 5-2, 5-9, 5-16
 Session 2...4pm Sundays... 4-11, 4-18, 4-25, 5-2, 5-9, 5-16
 Session 3...5pm Sundays... 4-11, 4-18, 4-25, 5-2, 5-9, 5-16

Session 4...5pm Mondays... 4-12, 4-19, 4-26, 5-3, 5-10, 5-17
 Session 5...6pm Mondays... 4-12, 4-19, 4-26, 5-3, 5-10, 5-17

Session 6...5pm Wednesdays... 4-14, 4-21, 4-28, 5-5, 5-12, 5-19
 Session 7...6pm Wednesdays... 4-14, 4-21, 4-28, 5-5, 5-12, 5-19

Groups of 3 or 4 can customize their own dates and times!

Ages 5-6, 7-8, 9-10, 11-12, 12-13

- Sessions last one hour per week
- Register individually or as a group
- Attendance each week is encouraged
- Make-up sessions for missed class will not be offered

\$175 per player

4:1 player to instructor ratio

6 consecutive weeks

6-Week Training Class

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 _____

Program: Hitting Fielding
 Pitching Catching

Location: Ballwin O'Fallon
 Fenton Westport

Month: January February April
 Session: 1 2 3 4 5 6
 7 8 9 10 11