



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

JULY 24-27 (MON-THU) · 9:00 AM-12:00 NOON · CHESTERFIELD VALLEY ATHLETIC COMPLEX

PITCHING

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

- PITCHING TO LOCATIONS
- PICK-OFFS
- INCREASE VELOCITY
- THROWING INJURY PREVENTION
- MENTAL ASPECT OF PITCHING
- MECHANICS OF PITCHING

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

CATCHING

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

- BLOCKING
- RECEIVING
- FOOTWORK
- THROWING TO 2ND AND 3RD
- INCREASE YOUR POP TIME
- CALLING A GAME
- PLAYS AT THE PLATE
- BUNT PLAYS

**\$159
AGES 7-14**



PITCHERS AND CATCHERS CAMP REGISTRATION FORM

Please mail completed form with check or credit card info to: **Balls-n-Strikes Summer Camps • 203B Ramsey Lane • Ballwin, MO 63021 • Fax: 636.394.2256**

Name _____ Birthdate _____ / _____ / _____ Group me with: _____

Address _____

City _____ State _____ Zip _____

Phone #1 _____ Phone #2 _____

Cell Phone _____ 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 _____

Position: P C

Age Group: 7-9
 10-12
 13-14

