



Balls-n-Strikes 2018 Training Classes

Our dynamic training classes are back for Winter 2018. These classes are structured in a 6 week format in small groups of 4 players. Our instructors will lead players through a series of progressive classes following core curriculum points developed by our staff. Our goal for these classes is for players to leave with a plan on what they are trying to accomplish on the field. Repetitions and drills are a key component of the classes.

CLASS DETAILS

- Call Balls-n-Strikes Ballwin at 636-394-2255 to register
- Open to players 7U-12U
- \$169 per player
- 6 weeks, 1 hour per week
- 4:1 player to instructor ratio
- No make-up classes will be offered

SESSION 1 CLASSES

Sunday	1:00-2:00	1-7 1-14 1-21 1-28 2-4 2-11
Thursday	5:00-6:00	1-11 1-18 1-25 2-1 2-8 2-15
Friday	5:00-6:00	1-12 1-19 1-26 2-2 2-9 2-16
Saturday	10:00-11:00	1-13 1-20 1-27 2-3 2-10 2-17

SESSION 2 CLASSES

Sunday	1:00-2:00	2-18 2-25 3-4 3-11 3-18 3-25
Thursday	5:00-6:00	2-22 3-1 3-8 3-15 3-22 3-29
Friday	5:00-6:00	2-23 3-2 3-9 3-16 3-23 3-30
Saturday	10:00-11:00	2-24 3-3 3-10 3-17 3-24 3-31

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

SLUMP
BUSTER
HITTING
CLASS

BULLPEN
PITCHING
CLASS

TEACHING FOCUS

- increasing velocity
- the stretch and the wind up
- throwing injury prevention
- pitching to location
- the change-up
- mental aspect of pitching

SESSION 1 CLASSES

Sunday	1:00-2:00	1-7 1-14 1-21 1-28 2-4 2-11
Sunday	2:00-3:00	1-7 1-14 1-21 1-28 2-4 2-11
Sunday	3:00-4:00	1-7 1-14 1-21 1-28 2-4 2-11
Thursday	6:00-7:00	1-11 1-18 1-25 2-1 2-8 2-15
Friday	5:00-6:00	1-12 1-19 1-26 2-2 2-9 2-16
Saturday	12:00-1:00	1-13 1-20 1-27 2-3 2-10 2-17

SESSION 2 CLASSES

Sunday	1:00-2:00	2-18 2-25 3-4 3-11 3-18 3-25
Sunday	2:00-3:00	2-18 2-25 3-4 3-11 3-18 3-25
Sunday	3:00-4:00	2-18 2-25 3-4 3-11 3-18 3-25
Friday	5:00-6:00	2-23 3-2 3-9 3-16 3-23 3-30
Saturday	12:00-1:00	2-24 3-3 3-10 3-17 3-24 3-31

SLUMP BUSTER HITTING CLASS

BULLPEN PITCHING CLASS

Player Name _____ Birthdate _____/_____/_____

Address _____

City _____ State _____ Zip _____

Phone 1 _____ Phone 2 _____

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 _____