

7U-12U TRAINING CLASSES

REGISTER NOW

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.

Call 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**

SLUMP BUSTER HITTING CLASS

- 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

BULLPEN PITCHING CLASS

- Increasing velocity
- The stretch and the wind up
- Throwing injury prevention
- Pitching to location
- The change-up
- Mental aspect of pitching

2018 Training Classes

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

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone 1 _____ Phone 2 _____

Parent's Name _____ 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) _____ Expires _____ CVV _____

Credit Card Signature _____

Sessions: SLUMP BUSTER HITTING CLASS Session 1

- Sundays 1 pm - 2 pm (1/7, 1/14, 1/21, 1/28, 2/4 & 2/11)
- Thursdays 5 pm - 6 pm (1/11, 1/18, 1/25, 2/1, 2/8 & 2/15)
- Fridays 5 pm - 6 pm (1/12, 1/19, 1/26, 2/2, 2/9 & 2/16)
- Saturdays 10 am - 11 am (1/13, 1/20, 1/27, 2/3, 2/10 & 2/17)

SLUMP BUSTER HITTING CLASS Session 2

- Sundays 1 pm - 2 pm (2/18, 2/25, 3/4, 3/11, 3/18 & 3/25)
- Thursdays 5 pm - 6 pm (2/22, 3/1, 3/8, 3/15, 3/22 & 3/29)
- Fridays 5 pm - 6 pm (2/23, 3/2, 3/9, 3/16, 3/23 & 3/30)
- Saturdays 10 am - 11 am (2/24, 3/3, 3/10, 3/17, 3/24 & 3/31)

BULLPEN PITCHING CLASS Session 1

- Sundays 1 pm - 2 pm (1/7, 1/14, 1/21, 1/28, 2/4 & 2/11)
- Sundays 2 pm - 3 pm (1/7, 1/14, 1/21, 1/28, 2/4 & 2/11)
- Sundays 3 pm - 4 pm (1/7, 1/14, 1/21, 1/28, 2/4 & 2/11)
- Thursdays 6 pm - 7 pm (1/11, 1/18, 1/25, 2/1, 2/8 & 2/15)
- Fridays 5 pm - 6 pm (1/12, 1/19, 1/26, 2/2, 2/9 & 2/16)
- Saturdays 12 pm - 1 pm (1/13, 1/20, 1/27, 2/3, 2/10 & 2/17)

BULLPEN PITCHING CLASS Session 2

- Sundays 1 pm - 2 pm (2/18, 2/25, 3/4, 3/11, 3/18 & 3/25)
- Sundays 2 pm - 3 pm (2/18, 2/25, 3/4, 3/11, 3/18 & 3/25)
- Sundays 3 pm - 4 pm (2/18, 2/25, 3/4, 3/11, 3/18 & 3/25)
- Fridays 5 pm - 6 pm (2/23, 3/2, 3/9, 3/16, 3/23 & 3/30)
- Saturdays 12 pm - 1 pm (2/24, 3/3, 3/10, 3/17, 3/24 & 3/31)