



7U-12U TRAINING CLASSES

REGISTER NOW

Our dynamic training classes are back! 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

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: SEPTEMBER SLUMP BUSTER HITTING CLASS

- Thursdays 5 pm-6 pm (9/27, 10/4, 10/11, 10/18, 10/25, 11/1)
- Fridays 5 pm-6 pm (9/28, 10/5, 10/12, 10/19, 10/26, 11/2)
- Saturdays 10 am-11 am (9/29, 10/6, 10/13, 10/20, 10/27, 11/3)
- Sundays 1 pm-2 pm (9/30, 10/7, 10/14, 10/21, 10/28, 11/4)

SEPTEMBER BULLPEN PITCHING CLASS

- Saturdays 12 pm-1 pm (9/29, 10/6, 10/13, 10/20, 10/27, 11/3)
- Sundays 1 pm-2 pm (9/30, 10/7, 10/14, 10/21, 10/28, 11/4)
- Sundays 2 pm-3 pm (9/30, 10/7, 10/14, 10/21, 10/28, 11/4)