



These classes are structured in a 6-week format in small groups of 4 players. Our staff will take the group through progressive pitching techniques following core curriculum points developed by our staff. The focus throughout the class will be teaching proper fundamental pitching mechanics with the purpose of preventing arm injury and increasing pitch control.

Teaching Focus

- proper grip
- the stretch and the wind up
- throwing injury prevention
- pitching to location
- throwing mechanics
- mental aspect of pitching

Class Details

- call Balls-n-Strikes Ballwin at 636-394-2255 to register
- open to pitchers ages 8u-9u
- \$169 per player
- 6 weeks, 1 hour per week
- 4:1 player to instructor ratio
- no make-up classes will be offered

BEGINNING PITCHING CLASS

6 weeks
1 hour per week

PITCHING TRAINING

Monday	8/13-9/24*	6:30-7:30
Wednesday	8/15-9/18	5:00-6:00 6:00-7:00
Saturday	8/18-9/29*	10:30-11:30 11:30-12:30
Sunday	8/19-9/30*	1:00-2:00 2:00-3:00

*No Class Labor Day Weekend

BEGINNING PITCHING CLASS

Player Name _____ Birthdate ____/____/____

Address _____

City _____ State _____ Zip _____

Phone _____ Parents Names _____ 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 _____