

# SUMMER CAMP 2019



## Classic Summer Camp (Ages 5-6, 7-9, 10-12)

This camp focuses on taking ballplayers to the next level with skill-specific teaching stations. Campers will rotate through drills consisting of hitting, pitching, fielding, agility, run-downs, bunting, base running, cut-offs, and relays, plus much more. A World Series game caps off each camp day.

## Hitting Camp (Ages 8-12)

The hitting Camp targets the serious hitter. The focus of the week is hitting but other skills will be covered as well. Campers will be taken through hitting teaching stations consisting of directional hitting, staying "inside the ball," rotational hitting, lower half balance and control, power hitting, bat speed drills, plus much more.

## Pitchers and Catchers Camp (Ages 9-12)

The Pitching and Catching Camp targets all pitchers and catchers. The focus of the week is pitching and catching, but other skills will be covered as well. Campers will be taken through pitching teaching stations consisting of the wind-up, balance point, the drive leg, the reverse "L," the follow-through, fielding position, pick offs, injury prevention exercises, plus much more. The catchers will be taught blocking techniques, footwork around the plate, receiving the ball, throwing to second and calling a game.

## World Series Camp

Join the Balls-n-Strikes Staff for an action packed week of non-stop Summer camp games! Campers are going to be grouped by age to make up the teams. This week will consist of all baseball games, all day! Instructors will umpire, pitch and run the games, ensuring a fun-filled atmosphere where campers will get tons of at bats and defensive practice in a competitive game setting.

\*All camps end each camp day with a World Series game!

## Campers should bring

hat, glove and water bottle  
(Please label all equipment)

## Details

Camps run 9 a.m - 12 p.m.  
Monday - Thursday (Friday is the rain make up day)

\$135 Regular Registration	Classic Summer Camp	World Series Camp	Catchers and Pitchers Camp	Hitting Camp
\$119 Early Registration before March 15 <sup>th</sup>				
\$110 2 or more siblings registering together				
\$95 Group of 6-9 players (simply call us with a team name and we will set this up for you)				
\$89 Group of 10+ players (simply call us will set this up for you)				

May 28-May 31	Chesterfield Valley	X			
	Des Peres Park	X			

June 3-6	Ballwin Athletic Association	X			
	Kirkwood City Park	X			

June 10-13	Chesterfield Valley	X	X		
	Des Peres Park	X			
	Ellisville Athletic Association	X			

June 17-20	Des Peres Park	X			
	Chesterfield Valley	X			

June 24-27	Balls-n-Strikes Ballwin	X			
	Chesterfield Valley	X			

July 8-11	Chesterfield Valley	X			
	Kirkwood City Park	X			

July 15-18	Balls-n-Strikes Ballwin	X			X
		X	X		

July 22-25	Des Peres Park	X			
	Chesterfield Valley	X	X		

## 2019 Summer Camps

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 \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_  
 Parent's Name \_\_\_\_\_ Email \_\_\_\_\_  
 Parent/ Guardian Name & Signature \_\_\_\_\_

Group me with:  
 1) \_\_\_\_\_  
 2) \_\_\_\_\_  
 3) \_\_\_\_\_

### Camp Type:

- Classic Summer Camp
- World Series Camp
- Pitchers and Catchers Camp
- Hitting Camp

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ CVV \_\_\_\_\_ Exp \_\_\_\_\_  
 Credit Card Signature \_\_\_\_\_

Position(s):  P  C  1B  2B  3B  SS  OF

Sessions:

May 28-May 31	June 3-June 6	June 10-June 13	June 17-June 20	June 24-June 27	July 8-July 11	July 15-July 18	July 22-July 25
<input type="checkbox"/> Chesterfield <input type="checkbox"/> Des Peres	<input type="checkbox"/> Ballwin <input type="checkbox"/> Kirkwood	<input type="checkbox"/> Chesterfield <input type="checkbox"/> Des Peres <input type="checkbox"/> Ellisville	<input type="checkbox"/> Des Peres <input type="checkbox"/> Chesterfield	<input type="checkbox"/> Ballwin <input type="checkbox"/> Chesterfield	<input type="checkbox"/> Chesterfield <input type="checkbox"/> Kirkwood	<input type="checkbox"/> Balls-n-Strikes <input type="checkbox"/> Chesterfield	<input type="checkbox"/> Des Peres <input type="checkbox"/> Chesterfield

