

PITCHERS AND CATCHERS CAMP

AGES 5-14 • THIS CAMP WILL SELL OUT FAST

CHESTERFIELD VALLEY
ATHLETIC COMPLEX

JULY 13-16

9:00AM-12 NOON

\$159

PITCHING

The camp will focus on various aspects of pitching, including:

- PITCHING TO LOCATIONS
- PICK-OFFS
- INCREASE VELOCITY
- THROWING INJURY PREVENTION
- MENTAL ASPECT OF PITCHING
- MECHANICS OF PITCHING

Please label all equipment. All instructors are certified and have played a minimum of college baseball. Pitchers need to bring a glove and water bottle.

CATCHING

The camp will focus on various aspects of catching, including:

- BLOCKING
- RECEIVING
- FOOTWORK
- THROWING TO 2ND AND 3RD
- INCREASE YOUR POP TIME
- CALLING A GAME
- PLAYS AT THE PLATE
- BUNT PLAYS

Catchers need to bring catchers gear.

Pitchers & Catchers Camp Registration Form

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 _____ CV _____

Credit Card Signature _____

Position(s): P C 2 Days P / 2 Days C

REGISTER 3 WAYS:

- ONLINE: BNSSPORTS.US/BALLWIN
- OVER THE PHONE: 636-394-2255
- MAIL FORM TO BALLS-N-STRIKES SUMMER CAMPS
18018 EADS AVE CHESCHESFIELD, MO 63005