



Pitchers and Catchers Camp

Mike Matheny & Ben Margalski

Former St. Louis Cardinals catcher

St. Louis premiere catching instructor

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

- Blocking
- Receiving
- Footwork
- Throwing to second and third
- Increase your pop time
- Calling a game
- Plays at the plate
- Bunt plays

Jerry Daniels & Andy Benes

Area's top high profile pitching instructor

Former St. Louis Cardinals pitcher

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

- Increase velocity
- Throwing injury prevention
- Mental aspect of pitching
- Mechanics of pitching
- Pitching to locations
- Pick-offs

THIS CAMP WILL SELL OUT! REGISTER TODAY!

Location	Dates	Time	Age	Cost
Chesterfield Valley Athletic Complex	August 10-13 (Mon-Thu)	9:00 am - noon	5 - 14	\$149

- All instructors are certified and have played a minimum of college baseball
- Please label all equipment

636.394.2255

2009 Pitchers and Catchers Camp Registration Form

Send completed form with check or credit card info to: Balls-n-Strikes • 203B Ramsey Lane • Ballwin, MO 63021 • www.bnssports.us

Name _____ Birthdate ____/____/____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ 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 _____

Group Me With: _____ Age Group: 5-6 7-9 10-12 13-14 Position: P C