



# 7<sup>th</sup> and 8<sup>th</sup> Grade High School Development Camp

Don't miss out on this dynamic position-specific skill development camp designed solely for 7<sup>th</sup> and 8<sup>th</sup> graders. Balls-n-Strikes is hosting four weeks of camp designed specifically for ballplayers approaching their high school careers.

## Details

- Camps run Monday thru Thursday, 9 am – 1 pm (Friday is the rain make-up day)
- Players must wear baseball pants (for sliding and baserunning drills)
- Please label all equipment

## Dates and Locations

- June 7–10 Manchester Athletic Association
- June 14–17 Chesterfield Valley Athletic Complex
- June 21–24 Ozzie Smith Sports Complex
- July 5–8 Des Peres Park

## Cost

- \$139 normal registration
- \$ 129 early registration (register by April 15)

Players will go through a four day camp of intense training consisting of position specific rotations in:

**Hitting      Infield      Outfield      Pitching**

**Baserunning      Agility      Stretching & Throwing Program**

636.394.2255

Intersquad games will be played each day.

[www.bnssports.us](http://www.bnssports.us)

## 2010 7<sup>th</sup> and 8<sup>th</sup> Grade High School Development Camp

Send completed form with check or credit card info to: Balls-n-Strikes, 203B Ramsey Lane, Ballwin, MO 63021 Fax: 636.394.2256 [www.bnssports.us](http://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 \_\_\_\_\_

Position:  P  C  1B  2B  
 3B  SS  OF

Camps:  June 7–10  June 14–17  June 21–24  July 5–8  
Manchester Athletic Chesterfield Valley Ozzie Smith Sports Des Peres Park