



Summer Camps 2010

636.394.2255
www.bnssports.us

\$139	• Regular registration	Summer Camp (Ages 5-8)				Pitchers and Catchers Camp
\$129	• Early registration (by March 31) • 2 or more siblings registering together • Groups of 6 or more	Summer Camp (Ages 9-12)				
\$115	• Register for 3 or more camps	Major Select Level				Hitting Camp

Balls-n-Strikes Summer Camp (Ages 5-8)

This dynamic program is loaded with drills to stress the FUN-damentals of the game. Campers will cycle through teaching stations each day featuring hitting, throwing, fielding, base running and agility. The Rookie Camp focuses on teaching ballplayers sportsmanship, camaraderie, and the right way to play the game.

Balls-n-Strikes Summer Camp (Ages 9-12)

This program 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.

Major Select Level Camp (Ages 8-12)

The Major Select Level Camp is geared towards the National or Major level baseball player. Campers will be taken through an intense camp of drills and skills focusing on core fundamental development. The finer aspects of the game will be covered targeting individual development and game situations.

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 Pitchers and Catchers 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, the 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, throws to second and calling a game.

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

Campers should bring glove, bat, sack lunch
(Please label all equipment)

Details Camps run 9 a.m.-1 p.m.
Monday-Thursday (Friday is the rain make-up day)

Week	Location	Summer Camp (Ages 5-8)	Summer Camp (Ages 9-12)	Major Select Level	Hitting Camp	Pitchers and Catchers Camp
June 1-4	Chesterfield Valley	X	X			
	Des Peres Park	X	X			
	Ellisville Athletic Association	X	X			
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
June 7-10	Manchester Athletic Association	X	X			
	Des Peres Park	X	X	X		
	Eureka	X	X			
	St. Peters City Centre	X	X			
June 14-17	Ballwin Vlasik Park	X	X			X
	Chesterfield Valley Athletic Complex	X	X			
	Kirkwood City Park	X	X			
	Strehl Park (Cottleville)	X	X	X		
June 21-24	Chesterfield Valley Athletic Complex	X	X	X		
	Ellisville Athletic Association	X	X			
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
June 28-July 1	Des Peres Park	X	X			
	Chesterfield Valley Athletic Complex	X	X			
	Manchester Athletic Association	X	X			
	Strehl Park (Cottleville)	X	X			
July 5-8	Ballwin Vlasik Park	X	X			
	Chesterfield Valley Athletic Complex	X	X	X		
	Des Peres Park	X	X			
	St. Peters City Centre	X	X			X
July 12-15	Chesterfield Valley Athletic Complex	X	X			
	Kirkwood City Park	X	X			
	Woodlands (St. Peters)	X	X			
July 19-22	Ballwin Athletic Association	X	X			X
	Eureka (12:00-4:00)	X	X			
	Strehl Park (Cottleville)	X	X			X
July 26-29	Kirkwood Athletic Association	X	X			
	Des Peres Park	X	X			
	Shady Springs Park (St. Peters)	X	X			
August 2-5	Ellisville Bluebird Park	X	X			
	Manchester Athletic Association	X	X			X
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
August 9-12	Chesterfield Valley Athletic Complex	X	X			
	Ellisville Athletic Association	X	X			

2010 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 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(s): P C 1B 2B 3B SS OF T-Shirt: YM YL S M L XL

Camp Type:

Summer Camp (Ages 5-8)

Summer Camp (Ages 9-12)

Major Select Level (Ages 8-12)

Hitting Camp (Ages 8-12)

Pitchers and Catchers Camp (Ages 8-12)

Sessions:	June 1-4	June 7-10	June 14-17	June 21-24	June 28-July 1	July 5-8	July 12-15	July 19-22	July 26-29	August 2-5	August 9-12
<input type="checkbox"/>	Chesterfield	Manchester	Ballwin Vlasik	Chesterfield	Chesterfield	Ballwin Vlasik	Chesterfield	Ballwin Ath	Kirkwood	Ellisville Blbrd	Chesterfield
<input type="checkbox"/>	Des Peres	Des Peres	Chesterfield	Ellisville	Des Peres	Chesterfield	Kirkwood	Eureka	Des Peres	Manchester	Ellisville
<input type="checkbox"/>	Ellisville	Eureka	Kirkwood	Ozzie Smith	Manchester	Des Peres	Woodlands	Strehl Park	Shady Springs	Ozzie Smith	
<input type="checkbox"/>	Ozzie Smith	St. Peters	Strehl Park		Strehl Park	St. Peters					