



PITCHERS AND

AUGUST 4-7 9AM-NOON CATCHERS CAMP

CHESTERFIELD VALLEY
ATHLETIC COMPLEX

PITCHING FOCUS

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

CATCHING FOCUS

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

\$159

CAMPERS AGES

6 TO 14



MICHAEL WACHA
ST. LOUIS CARDINALS PITCHER

REGISTER ONLINE AT
BNSSPORTS.US

OR CALL US AT
636.394.2255

All instructors are certified
and have played college
or professional baseball

Please label all equipment

2014 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

Register online at 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 _____ 3 Digit Code _____

Group Me With: _____ Camp: Pitcher Catcher Age Group: 5-6 7-9 10-12 13-14