



www.bnssports.us

High School Elite Pitching Class

If you want to gain velocity this is the class for you. Velocity is something that can be taught but you have to work for it. The class will be very intense and demanding on the athlete. The format will consist of proper stretching, med balls, plyo's, and throwing drills all built around explosion. Testing will be done on the first day and throughout camp to see the results that you are getting. If you put the work into this camp you will see velocity results.

Wednesdays & Saturdays
October 16th - December 21st
High School Baseball
Wednesdays 7:00pm - 8:00pm
Saturdays 10:00am - 11:00am

\$350

PLEASE RETURN THE FORM TO THE FACILITY YOU WISH TO ATTEND
OR REGISTER ONLINE AT www.bnssports.us

Balls-n-Strikes Bel-Aire

3919 N. Hillcrest Suite 3
Bel Aire, KS 67220
P: 316.618.1300

[click here
to register](#)

\$350 per player

4:1 player to instructor ratio

6 consecutive weeks

High School Elite Pitching Class

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Send completed form with check or credit card info to Balls-n-Strikes.

Name _____ Birthdate _____ / _____ / _____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ Email _____

Guardian's 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 _____ / _____ CVV2 _____

Credit Card Signature _____

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