



Summer Clinics Ages 8-15

- If a camper registers for back to back clinics (Hitting & Pitching - June 13 to 17 & July 18 to 22) they will need to bring a sack lunch, Balls N Strikes will provide drinks.
- If a participant signs up for 2 or more clinics each clinic will be \$90.
- Campers will be divided by age groups

Campers should bring bat and glove to each clinic.

DETAILS: All clinics are held inside at BALLS-N-STRIKES Brentwood (1427 Strassner) Monday through Friday at the dates and times listed.

T-shirts will be provided for each participant.

All Clinics \$100 Each	Balls-N-Strikes Clinic 9:00 to 11:30	Balls-N-Strikes Clinic 12:00 to 2:30	Balls-N-Strikes Hitting Clinic 9:00 to 11:30	Balls-N-Strikes Pitching Clinic 12:00 to 2:30
June 6 to 10				
June 13 to 17				
June 20 to 24				
June 27 to July 1				
July 18 to 22				
July 25 to 29				
Aug 1 to 5				
Aug 8 to 12				

signifies Clinic times & dates

BALLS-N-STRIKES Clinic

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 and much more.

BALLS-N-STRIKES Hitting Clinic

This hitting clinic targets the serious hitter. Campers will be divided into age groups for instructional purposes. The focus of the week is hitting but other skills will be taught. 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.

BALLS-N-STIKES Pitching Clinic

This pitching clinic targets all levels of pitchers. Campers will be divided into age groups for instructional purposes. The focus of the week will be pitching but other skills will be covered as well. Campers will be taken through pitching teaching stations consisting of wind-up, the balance point, the drive leg, the reverse "L", the follow-through, fielding position, pick-offs, injury prevention exercises, plus much more.

Summer Clinics

314-963-1110 • www.bnssports.us

Send completed form with check or credit card info

Name _____ Birthdate _____ / _____ / _____

Address _____ City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ Email _____

Parent/Guardian Name & Signature _____

I hereby authorize the director of the Ball-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) _____ Sec. Code _____ Exp _____ / _____

Credit Card Signature _____

Programs: June 6 to 10 Morning Clinic Afternoon Clinic

June 20 to 24 Morning Clinic Afternoon Clinic

July 18 to 22 Hitting Clinic Pitching Clinic

Aug 1 to 5 Morning Clinic Afternoon Clinic

June 13 to 17 Hitting Clinic Pitching Clinic

June 27 to July 1 Morning Clinic Afternoon Clinic

July 25 to 29 Morning Clinic Afternoon Clinic

Aug 8 to 12 Morning Clinic Afternoon Clinic

T-Shirt: YM YL S M L XL