

# 2018 Little League Spring Training

at Balls N Strikes Cape Girardeau

## Saturdays

March 3, 10, 17, 24, 31

April 7

Price - \$150 (includes 6  
1 - hour sessions - dates  
above)



## T-Ball & Little League Spring Training

### Session 1-

T-Ball

ages 4 and 5

**9:00 am – 10:00 am**

### Session 2-

Machine/Coach Pitch

ages 6 and 7

**10:00 am – 11:00 am**

Balls N Strikes  
826B Enterprise Street  
Cape Girardeau, MO  
63703

573-803-1099

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

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Our little league spring training program was developed to teach young baseball and softball players the fundamentals of the game. Participants will learn how to catch, throw, field, and hit in a team atmosphere. Our young athletes will learn about teamwork and good sportsmanship. The focus of the league is to have fun, meet new friends, and play ball in a non-competitive environment. There is a 10 athlete minimum for each session. Sessions are open to both boys and girls. Tell your friends!

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

I hereby authorize the director of the Balls -n- Strikes program 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 program. I will be responsible for any medical or any other charges in connection with his attendance at Balls N Strikes. I agree to abide by the rules and regulations of the program.