



8 Week High School Baseball Program

Classes begin January 2. Pick your own time slot!

Package 1

- 8 weeks of classes
- 8th grade thru 12th grade players
- Choose 2:
hitting, pitching, catching or fielding
- RVP Video Analysis
- 1-on-1 instruction
- 1-hour session each week

\$460

Package 2

- 8 weeks of classes
- 8th grade thru 12th grade players
- Choose 2:
hitting, pitching, catching or fielding
- RVP Video Analysis
- 2-on-1 instruction (2 athletes)
- 1-hour session each week

\$260 per athlete

Package 3

- 8 weeks of classes
- 8th grade thru 12th grade players
- Choose 1:
hitting, pitching, catching or fielding
- RVP Video Analysis
- 1-on-1 instruction
- 30-minute session each week

\$260

Open to 8th graders thru high school seniors | Classes begin January 2. You pick your own time slot!

121 total picks and 22 selections from the 2009 Major League Draft were trained by Balls-n-Strikes instructors. Ryan Howard, former student of Balls-n-Strikes instructors, was the 2005 National League Rookie of the Year and 2006 National League MVP. This is the largest program for high school baseball players in the Midwest.

for more information, visit
www.bnssports.us

The major objective of our high school program is to prepare athletes to perform at their highest level possible during the high school season when college coaches and recruiters are scouting. Our RVP Video Analyst System is used throughout the program to fine-tune the mechanics of every player. Our certified staff of instructors will teach college prep techniques/mechanics while building more confidence and improving your mental approach to the game. **Limited space available. Spots are reserved in the order they are received.**



Justin Crowden
shawnee community college
kelly high school



skylar cobb
three rivers community college
scott city high school



jimmy obermark
st. charles community college
notre dame high school



High School Baseball Program

Name _____ Birthdate ____/____/____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____ Phone C _____

High School _____ 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.

Package

- Package 1
- Package 2
- Package 3

Program

- Hitting
- Pitching
- Catching
- Infield

Location

Cape Girardeau 826 B Enterprise Drive, Cape Girardeau, MO, 63701 (P) 573.803.1099