



Cape Parks and  
Recreation Department

# Summer Camp

## Balls-n-Strikes Summer Baseball Camp (Ages 7–13)

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, cut-offs and relays, plus much more.

Campers should bring: glove and bat (please label all equipment)

### Date

June 22–23  
(Tue, Wed)

### Time

9 am – noon

### Instructors

Instructors will include former professional baseball players, current college players and area high school coaches.

### Location

Shawnee  
Sports Complex

### Cost

\$85 per player

**573.803.1099**  
**www.bnssports.us**

## 2010 Summer Baseball Camp

Please mail completed form with check to:

Cape Girardeau  
Balls-n-Strikes Summer Camp • 826 B Enterprise Drive • Cape Girardeau, MO 63701 • 573.587.5343

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.