



# 6-Week Training Class

The Balls-n-Strikes Baseball Training Program focuses on fundamental development. The success of this program has been proven through player results over the last several years. Players select hitting, pitching, catching or fielding for the ENTIRE 6-week program.

The program is designed for players between the ages of 5 and 13 and incorporates graduation levels so players can build week-to-week and stay on track during these important fundamental development years. Players will be divided into groups of four based on age and ability.

<b>November</b>	Sundays (3-4 pm, 4-5 pm, 5-6 pm)	11-11	11-18	11-25	12-2	12-9	12-16
	Mondays (5-6 pm, 6-7 pm)	11-12	11-19	11-26	12-3	12-10	12-17
	Wednesdays (5-6 pm, 6-7 pm)	11-14	11-21	11-28	12-5	12-12	12-19
<b>January</b>	Sundays (3-4 pm, 4-5 pm, 5-6 pm, 6-7 pm, 7-8 pm)	1-13	1-20	1-27	2-3	2-10	2-17
	Mondays (5-6 pm, 6-7 pm, 7-8 pm)	1-14	1-21	1-28	2-4	2-11	2-18
	Wednesdays (5-6 pm, 6-7 pm, 7-8 pm)	1-16	1-23	1-30	2-6	2-13	2-20
	Saturdays (9-10 am, 10-11 am, 11-12 pm)	1-19	1-26	2-2	2-9	2-16	2-23
<b>February</b>	Sundays (3-4 pm, 4-5 pm, 5-6 pm, 6-7 pm, 7-8 pm)	2-24	3-3	3-10	3-17	3-24	3-31
	Mondays (5-6 pm, 6-7 pm, 7-8 pm)	2-25	3-4	3-11	3-18	3-25	4-1
	Wednesdays (5-6 pm, 6-7 pm, 7-8 pm)	2-27	3-6	3-13	3-20	3-27	4-3
	Saturdays (9-10 am, 10-11 am, 11-12 pm)	3-2	3-9	3-16	3-23	3-30	4-6
<b>April</b>	Sundays (3-4 pm, 4-5 pm, 5-6 pm)	4-14	4-21	4-28	5-5	5-12	5-19
	Mondays (5-6 pm, 6-7 pm)	4-15	4-22	4-29	5-6	5-13	5-20
	Wednesdays (5-6 pm, 6-7 pm)	4-17	4-24	5-1	5-8	5-15	5-22

Please return the registration form to Balls-n-Strikes Cape Girardeau

**Balls-n-Strikes Cape Girardeau**  
 826 B Enterprise Drive  
 Cape Girardeau, MO 63701  
 P: 573.803.1099

\$150 per player

4:1 player to instructor ratio

6 consecutive weeks



## 6-Week Training Class

Send completed form with check to Balls-n-Strikes Cape Girardeau

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.

Group Me With: \_\_\_\_\_

Program:  Hitting  Fielding  
 Pitching  Catching

Month:  Nov  Jan  Feb  Apr  
 Time:  9-10 am  10-11 am  11-12 pm  3-4 pm  
 4-5 pm  5-6 pm  6-7 pm  7-8 pm

Day:  Saturday  
 Sunday  
 Monday  
 Wednesday