



# 2013 High School Baseball Program

Pick your own time slot! Sign up today!

## Package 1

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

**\$480**

## Package 4

- 10 weeks of classes
- Choose 2: hitting, pitching, catching or fielding
- RVP Video Analysis
- 1-on-1 instruction
- 1-hour session each week

**\$550**

## Package 2

- 8 weeks of classes
- 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 5

- 10 weeks of classes
- Choose 1: hitting, pitching, catching or fielding
- RVP Video Analysis
- 1-on-1 instruction
- 30-minute session each week

**\$300**

## Package 3

- 8 weeks of classes
- 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

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.

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.**

**adam grantham** arkansas state (drafted by Atlanta Braves)  
*left image*

**danny lockhart** university of north dakota  
*top right image*

**brady wright** rend lake college  
*bottom right image*



## 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
- Package 4
- Package 5

### Program

- Hitting
- Pitching
- Catching
- Infield

### Location

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

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