

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.

October-November	Sundays (3-4 pm, 5-6 pm, 6-7 pm)	10-23	10-30	11-6	11-13	11-20	11-27
	Mondays (5-6 pm, 6-7 pm)	10-24	11-7	11-14	11-21	11-28	12-5
	Wednesdays (5-6 pm, 6-7 pm)	10-26	11-2	11-9	11-16	11-30	12-7
December-January	Sundays (3-4 pm, 5-6 pm, 6-7 pm)	12-11	12-18	1-8	1-15	1-22	1-29
	Mondays (5-6 pm, 6-7 pm)	12-12	12-19	1-2	1-9	1-16	1-23
	Wednesdays (5-6 pm, 6-7 pm)	12-14	12-21	12-28	1-4	1-11	1-18
February-March	Sundays (3-4 pm, 5-6 pm, 6-7 pm)	2-5	2-12	2-19	2-26	3-5	3-12
	Mondays (5-6 pm, 6-7 pm)	2-6	2-13	2-20	2-27	3-6	3-13
	Wednesdays (5-6 pm, 6-7 pm)	2-8	2-15	2-22	3-1	3-8	3-15
April-May	Sundays (3-4 pm, 5-6 pm, 6-7 pm)	4-2	4-9	4-23	4-30	5-7	5-21
	Mondays (5-6 pm, 6-7 pm)	4-3	4-10	4-17	4-24	5-1	5-8
	Wednesdays (5-6 pm, 6-7 pm)	4-5	4-12	4-19	4-26	5-3	5-10

Balls-n-Strikes Cape Girardeau

826 B Enterprise Dr Cape Girardeau, MO 63701 P: 573.803.1099



\$175 per player

4:1 player to instructor ratio

6 consecutive weeks

6-Week Training Class	Send completed form with check or credit card info to Balls-n-Strikes Cape Girardeau • 826 B Enterprise Dr • Cape Girardeau, MO 6370
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.

Program:	☐ Hitting	☐ Fielding
	☐ Pitching	□ Catching

Location:	Cape
	Girardea

Month:	Oc

Month:	☐ Oct/Nov	□ Dec/Jan	☐ Feb/Mar	☐ Apr/May
Time:	□ 3-4 pm	□ 5-6 pm	□ 6-7 pm	

Day:	☐ Sunday ☐ Monday
	□ Wednesda