

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, rundowns, bunting base running.

**Campers Should Bring:** Glove and Bat (Please label all equipment)

### Date

June 22-23  
(Tue, Wed)

### Time

9:00am-12:00pm

### Instructors

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

### Location

Shawnee Sports  
Complex

### Cost

\$85

573.803.1099

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

2010 Summer Baseball Camp

Cape Girardeau, MO

Please Mail completed form with check to:

Balls-n-Strikes Summer Camp – 826 B Enterprise Drive –Cape Girardeau, MO 63701 – 573-803-1099

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.