



Speed & Agility Training

Jan-Feb 2010

* All Clinics located at Balls-N-Strikes
Check us out at www.bnnsports.us

Speed and Agility Training for 7th - 12th grade

8 week Training Sessions 2 days/week for 1 hour each day
(Tuesdays-Thursdays) 10 player maximum - **Starts January 5th**

7th - 8th grade - 6pm - 7pm

9th - 12th grade 7pm - 8pm

Our speed and agility training is baseball specific and involves speed, agility, quickness and explosive power for offensive baserunning, defensive infielding and defensive outfielding. Baseball requires a variety of different movements and actions, all contained in a single sport. This training is designed to help the serious athlete improve foot skills and quickness. Space is limited - pre-registration is required!

\$160/session (16 hours of training!) We must have at least 7 players for the sessions to run.
Pre-registration is required - we are only taking 10 players in each session!
Sign up today!

2010 Agility Training Please mail completed form with check or credit card to: 2100 Corporate Place * Columbia, MO 65202

Name: _____

Birthdate: _____

Address: _____

Phone H: _____

City: _____ State: _____

Phone C: _____

Zip: _____

email: _____

Parent Signature: _____

I hereby authorize the director of the Balls-n-Strikes camp to act for me according to his/her best judgement in an emergency requiring medical attention. I am not aware of any mental or physical problems which might effect my child's ability to safely participate in the 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.

Credit Card # (MC/VISA) _____

Expiration: _____

Credit Card Signature: _____

7th - 8th Grade Session - 6pm - 7pm (Tuesdays - Thursdays)

Jan 5	<input type="checkbox"/>	Jan 7	<input type="checkbox"/>	Jan 12	<input type="checkbox"/>	Jan 14	<input type="checkbox"/>	Jan 19	<input type="checkbox"/>	Jan 21	<input type="checkbox"/>	Jan 26	<input type="checkbox"/>	Jan 28	<input type="checkbox"/>
Feb 2	<input type="checkbox"/>	Feb 4	<input type="checkbox"/>	Feb 9	<input type="checkbox"/>	Feb 11	<input type="checkbox"/>	Feb 16	<input type="checkbox"/>	Feb 18	<input type="checkbox"/>	Feb 23	<input type="checkbox"/>	Feb 25	<input type="checkbox"/>

9th - 12th Grade Session - 7pm - 8pm (Tuesdays - Thursdays)

Jan 5	<input type="checkbox"/>	Jan 7	<input type="checkbox"/>	Jan 12	<input type="checkbox"/>	Jan 14	<input type="checkbox"/>	Jan 19	<input type="checkbox"/>	Jan 21	<input type="checkbox"/>	Jan 26	<input type="checkbox"/>	Jan 28	<input type="checkbox"/>
Feb 2	<input type="checkbox"/>	Feb 4	<input type="checkbox"/>	Feb 9	<input type="checkbox"/>	Feb 11	<input type="checkbox"/>	Feb 16	<input type="checkbox"/>	Feb 18	<input type="checkbox"/>	Feb 23	<input type="checkbox"/>	Feb 25	<input type="checkbox"/>