



Summer Baseball Camps 2010

* All Camps are at the Balls-N-Strikes facility

Hitting Camp (ALL AGES) June 21-24

The Hitting Camp targets the serious hitter. The focus of the week is hitting, but other skills will be covered as well. Campers will be taken through hitting stations consisting of directional hitting, staying "inside the ball," rotational hitting, lower half balance and control, power hitting, bat speed drills, plus much more. Although this program focuses on taking ballplayers to the next level with skill-specific teaching stations it will also take campers through drills consisting of pitching, fielding, agility, run-downs, bunting, base running, cut-offs and relays, plus much more.

Cost

\$99 regular registration

\$89 * early registration (by March 31)

* registration for 2 or more camps

* 2 or more siblings registering

* groups of 6 or more

Balls-n-Strikes Summer Camp (ALL AGES)

June 28 - July 1

July 12 - July 16 & July 26 - 30

August 2 - August 5

This dynamic program is loaded with drills to stress the FUN-damentals of the game. Campers will cycle through teaching stations each day featuring hitting, pitching, throwing, fielding, base running and agility. This camp focuses on teaching ballplayers sportsmanship, camaraderie, and the right way to play the game. Time will be spent in the areas of pitching, catching, hitting, base running and so on. Camp targets all skills and skill levels. Campers will be taken through a variety of teaching stations consisting of the wind-up, the balance point, the drive leg, the reverse "L," the follow-through, outfield/infield positions, pick-offs, footwork, agility, power hitting, stance, etc. A fun-filled and fast passed camp that takes a player through all aspects of the game!!

Camps run 9 am - 12 noon

Monday - Thursday

@ Balls-N-Strikes

Campers should bring:

glove, bat, water, sack lunch (label all equip.)

Campers will receive a free t-shirt!

573.449.2255

www.bnssports.us

2010 Summer Camps

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: _____

T-Shirt Size: _____

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: _____

Camp Dates

June 21-24 June 28 - July 1 July 12 - 16 July 26 - 30 August 2 - 5