



## Balls-n-Strikes is now launching a new program, the Dirt Bag Fielding Class.

Balls-n-Strikes is now launching a new program, the Dirt Bag Fielding Class. These classes are structured in a 6-week format in small groups of 3 players. Our staff will take the group through progressive fielding techniques following core curriculum points developed by our staff. Students choose either catching or infield for all 6 weeks.

### Catchers Focus

- blocking
- receiving (primary and secondary stance)
- footwork
- throwing to second and third
- increasing pop time
- calling a game
- plays at the plate
- bunt plays

### Infielders Focus

- positioning
- pre-pitch routine
- proper footwork, angles to the ball
- softhands and using the off hand
- the backhand and the forehand play
- setting feet and body in proper form for throws
- slow rollers

## Class Details

- call Balls-n-Strikes St. Charles at 636-474-2255 to register
- open to fielders and catchers ages 7u-14u (all groups will be set by age)
- \$220 per player
- 6 weeks, 1 hour per week
- 3:1 player to instructor ratio
- no make-up classes will be offered

# DIRT BAG FIELDING CLASS

*6 weeks  
1 hour per week*

Please **SELECT A CLASS BELOW** and mail form to: **Balls-n-Strikes St. Charles 4106 Ehlmann Rd, St. Peters, MO 63376**

## NOVEMBER TRAINING

Sunday	11/8-12/13	3:00-4:00	<input type="checkbox"/>
		4:00-5:00	<input type="checkbox"/>
		5:00-6:00	<input type="checkbox"/>
Monday	11/9-12/14	5:00-6:00	<input type="checkbox"/>
		6:00-7:00	<input type="checkbox"/>
Wednesday	11/11-12/16	5:00-6:00	<input type="checkbox"/>
		6:00-7:00	<input type="checkbox"/>
Thursday	11/12-12/17	5:00-6:00	<input type="checkbox"/>
Friday	11/13-12/18	5:00-6:00	<input type="checkbox"/>

## DIRT BAG FIELDING CLASS

Player Name \_\_\_\_\_ Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_ Phone C \_\_\_\_\_

Parents Names \_\_\_\_\_ 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.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Credit Card Signature \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

