



# Summer Camps 2009

Summer Camp (Ages 5-8)	Summer Camp (Ages 9-12)	Major Select Level	Hitting Camp	Pitchers and Catchers Camp
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## Balls-n-Strikes Summer Camp (Ages 5-8)

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, throwing, fielding, base running and agility. The Rookie Camp focuses on teaching ballplayers sportsmanship, camaraderie, and the right way to play the game.

## Balls-n-Strikes Summer Camp (Ages 9-12)

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, run-downs, bunting, base running, cut-offs and relays, plus much more.

## Major Select Level Camp (Ages 8-12)

The Major Select Level Camp is geared towards the National or Major level baseball player. Campers will be taken through an intense camp of drills and skills focusing on core fundamental development. The finer aspects of the game will be covered targeting individual development and game situations.

## Hitting Camp (Ages 8-12)

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 teaching stations consisting of directional hitting, staying "inside the ball," rotational hitting, lower half balance and control, power hitting, bat speed drills, plus much more.

## Pitchers and Catchers Camp (Ages 9-12)

The Pitchers and Catchers Camp targets all pitchers and catchers. The focus of the week is pitching and catching, but other skills will be covered as well. Campers will be taken through pitching teaching stations consisting of the wind-up, the balance point, the drive leg, the reverse "L," the follow-through, fielding position, pick-offs, injury prevention exercises, plus much more. The catchers will be taught blocking techniques, footwork around the plate, receiving the ball, throws to second and calling a game.

\*All camps end each camp day with a World Series game!

May 26-29	Millennium Park	X	X			
June 1-4	Parkway North High School	X	X			
June 8-11	Stacy Park	X	X	X		
	Bridgeton Municipal Athletic Complex	X	X			
June 15-18	Vago Park	X	X			
	Shaw Park	X	X	X		
June 22-25	Millennium Park	X	X			
June 29-July 2	Shaw Park	X	X			
July 6-9	Stacy Park	X	X			
July 13-16	Vago Park	X	X			
July 20-23	Shaw Park	X	X			
July 27-30	Bridgeton Municipal Athletic Complex	X	X		X	X
August 3-6	Stacy Park	X	X			

**Cost** \$139 regular registration

- \$129** • early registration (by March 31)  
 • register for 3 or more camps  
 • 2 or more siblings registering together  
 • groups of 6 or more

Camps run 9 a.m.-1 p.m. Monday-Thursday  
 (Friday is the rain make-up day)

**Campers should bring:** glove, bat, sack lunch  
 (Please label all equipment)  
 \*Campers will also receive a free t-shirt

**314.890.2255**  
**www.bnssports.us**

## 2009 Summer Camps

Westport

Please mail completed form with check or credit card info to: **Balls-n-Strikes Summer Camps • 11645 Northline Industrial Blvd • Maryland Heights, MO 63043 • Fax 314.993.2201**

Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ **Camp Type:**

Address \_\_\_\_\_  Summer Camp (Ages 5-8)

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  Summer Camp (Ages 9-12)

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_  Major Select Level (Ages 8-12)

Phone C \_\_\_\_\_ Email \_\_\_\_\_  Hitting Camp (Ages 8-12)

Parent/Guardian Name & Signature \_\_\_\_\_  Pitchers and Catchers Camp (Ages 8-12)

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 \_\_\_\_\_

**Position(s):**  P  C  1B  2B  3B  SS  OF **T-Shirt:**  YM  YL  S  M  L  XL

**Sessions:**

<b>May 26-29</b> <input type="checkbox"/> Millennium Park	<b>June 1-4</b> <input type="checkbox"/> Parkway North High School	<b>June 8-11</b> <input type="checkbox"/> Stacy Park <input type="checkbox"/> Bridgeton Municipal Athletic Complex	<b>June 15-18</b> <input type="checkbox"/> Vago Park <input type="checkbox"/> Shaw Park	<b>June 22-25</b> <input type="checkbox"/> Millennium Park
<b>June 29-July 29</b> <input type="checkbox"/> Shaw Park	<b>July 6-9</b> <input type="checkbox"/> Stacy Park	<b>July 13-16</b> <input type="checkbox"/> Vago Park	<b>July 20-23</b> <input type="checkbox"/> Shaw Park	<b>August 3-6</b> <input type="checkbox"/> Stacy Park