



# COACHES CLINIC

Featuring St. Louis Cardinals manager

## TONY LA RUSSA

Learn the latest training methods and drills to take your **Baseball** or **Softball** team to the next level!

**Topics include:**

- Hitting
- Fielding
- Pitching
- Defense
- Strategy
- Throwing Techniques
- Health of Players
- Well-Being of Players



**SPACE IS LIMITED – RESERVE YOUR SPOT TODAY!**

Don't miss this opportunity to go inside the head of a future Hall of Fame manager!

- **Over 2,600 wins**
- **2-time World Series Champion**
- **4-time Manager of the Year**

**Location**

Bridgeton Athletic Association (BMAC)

**Dates**

August 21 (Saturday)

**Time**

8:30 am – 11:00 am

**Cost**

\$75

★ A portion of the proceeds go to benefit the Animal Rescue Foundation ★

**314.890.2255**

## 2010 Coaches Clinic Registration Form

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

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

Address \_\_\_\_\_

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

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

Phone H \_\_\_\_\_ Email \_\_\_\_\_

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 \_\_\_\_\_

Coaching Level \_\_\_\_\_

**www.bnssports.us**