



Summer Camps 2010

Summer Camp (Ages 5-8)

Summer Camp (Ages 9-12)

314.890.2255 www.bnssports.us

Join the Balls-n-Strikes Westport Facebook group for special offers!

| | | | |
|-------------------------------------|-------------------------------|---|---|
| June 1-4 | Creve Coeur (Millennium Park) | X | X |
| June 7-10 | Stacy Park | X | X |
| June 14-17 | Vago Park | X | X |
| June 21-24 | Creve Coeur (Millennium Park) | X | X |
| June 28-July 1 | Bridgeton (BMAC) | X | X |
| July 5-8 | Stacy Park | X | X |
| July 12-15 | Vago Park | X | X |
| July 19-22 | Creve Coeur (Millennium Park) | X | X |
| July 26-29 | Bridgeton (BMAC) | X | X |
| August 2-5 | Stacy Park | X | X |
| Major Select Camp | | | |
| June 7-10 | Stacy Park | | |
| July 26-29 | Bridgeton | | |
| Pitchers & Catchers Camp | | | |
| July 26-29 | Bridgeton | | |
| Hitters Camp | | | |
| July 26-29 | Bridgeton | | |

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!

Campers should bring

glove, bat, sack lunch
(Please label all equipment)

Details

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

*Campers will also receive
a free t-shirt

\$139 • Regular registration

\$129 • Early registration
(by March 31)
• 2 or more siblings
registering together
• Groups of 6 or more

\$115 • Register for 3
or more camps

2010 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 _____ / _____ / _____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ 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 _____

Group me with:

1) _____

2) _____

3) _____

Camp Type:

Summer Camp (Ages 5-8)

Summer Camp (Ages 9-12)

Major Select Camp

Pitchers & Catchers Camp

Hitters Camp

Position(s): P C 1B 2B 3B SS OF

T-Shirt: YM YL S M L XL

Sessions:

June 1-4

Creve Coeur (Millennium Park)

June 7-10

Stacy Park

June 14-17

Vago Park

June 21-24

Creve Coeur (Millennium Park)

June 28-July 1

Bridgeton (BMAC)

July 5-8

Stacy Park

July 12-15

Vago Park

July 19-22

Creve Coeur (Millennium Park)

July 26-29

Bridgeton (BMAC)

August 2-5

Stacy Park