



# SUMMER CAMP 2011



www.BNSSPORTS.US

## 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.

## 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!

\$139	• Regular registration	Summer Camp (Ages 5-8)	Summer Camp (Ages 9-12)	Major Select Level	Pitchers and Catchers Camp
\$129	• Early registration (by March 31) • 2 or more siblings registering together • Groups of 6 or more				
\$115	• Register for 3 or more camps				

June 6-9	Maryland Heights Athletic Assoc.	X	X		
	Sunset Hills	X	X		
June 13-16	Millenium Park	X	X		
	Northwest Athletic Association	X	X		
June 20-23	Stacy Park	X	X	X	
June 27-30	Bridgeton (BMAC)	X	X		
	Sunset Hills	X	X		
July 5-7	Fenton Athletic Association				X
July 11-14	Florissant Athletic Association	X	X		
	Northwest Athletic Association	X	X		
July 18-21	Stacy Park	X	X		
	Fenton Athletic Association	X	X		
July 25-28	Bridgeton (BMAC)	X	X		
	Sunset Hills	X	X		
August 1-4	Maryland Heights Athletic Assoc.	X	X		

**Campers should bring** hat, 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)

## 2011 Summer Camps

Please mail completed form with check or credit card info to the appropriate facility listed below

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

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ 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 Level (Ages 8-12)
- Pitchers and Catchers Camp (Ages 8-12)

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

**T-Shirt:**  YM  YL  S  M  L  XL

**Balls-n-Strikes Fenton • 815 Sunpark Drive, Suite B • Fenton, MO • 63026**

June 6-9 <input type="checkbox"/> Sunset Hills	June 27-30 <input type="checkbox"/> Sunset Hills	July 11-14 <input type="checkbox"/> Northwest Ath. Assoc.	July 25-28 <input type="checkbox"/> Sunset Hills
June 13-16 <input type="checkbox"/> Northwest Ath. Assoc.	July 5-7 <input type="checkbox"/> Fenton Ath. Assoc.	July 18-21 <input type="checkbox"/> Fenton Ath. Assoc.	

**Balls-n-Strikes Westport • 11645 Northline Industrial Blvd • Maryland Heights, MO • 63045**

June 6-9 <input type="checkbox"/> Maryland Heights A.A.	June 20-23 <input type="checkbox"/> Stacy Park	July 11-14 <input type="checkbox"/> Florissant Ath. Assoc.	July 25-28 <input type="checkbox"/> Bridgeton (BMAC)
June 13-16 <input type="checkbox"/> Millenium Park	June 27-30 <input type="checkbox"/> Bridgeton (BMAC)	July 18-21 <input type="checkbox"/> Stacy Park	August 1-4 <input type="checkbox"/> Maryland Heights A.A.