

# 7U-12U TRAINING CLASSES

**REGISTER NOW**

Our dynamic training classes are back! These classes are structured in a 6 week format in small groups of 4 players. Our instructors will lead players through a series of progressive classes following core curriculum points developed by our staff. Our goal for these classes is for players to leave with a plan on what they are trying to accomplish on the field. Repetitions and drills are a key component of the classes.

Call 636-394-2255 to register!

- Open to players 7U-12U
- \$169 per player
- 6 weeks, 1 hour per week
- 4:1 player to instructor ratio
- No make-up classes will be offered

## SLUMP BUSTER HITTING CLASS

- The stance and set up
- The load, negative movement
- Lower half checkpoints, 5 critical check-downs
- The swing path, 5 ball theory
- Directional hitting
- The mental approach to hitting, on-deck routine

## BULLPEN PITCHING CLASS

- Increasing velocity
- The stretch and the wind up
- Throwing injury prevention
- Pitching to location
- The change-up
- Mental aspect of pitching

## Training Classes

Please mail completed form with check or credit card info to:  
Balls-n-Strikes Ballwin 203B Ramsey Lane Ballwin, MO 63021 Fax 636.394.2256

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

Address \_\_\_\_\_

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

Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

Parent's Name \_\_\_\_\_ 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) \_\_\_\_\_ Expires \_\_\_\_\_ CVV \_\_\_\_\_

Credit Card Signature \_\_\_\_\_

### Sessions: NOVEMBER SLUMP BUSTER HITTING CLASS

- Thursdays 5 pm-6 pm (11/8, 11/15, 11/29, 12/6, 12/13)\*
- Fridays 5pm-6pm (11/9, 11/16, 11/30, 12/7, 12/14)\*
- Saturdays 9 am- 10 am (11/10, 11/17, 11/24, 12/1, 12/8, 12/15)
- Sundays 1 pm-2 pm (11/11, 11/18, 11/25, 12/2, 12/9, 12/16)

### JANUARY SLUMP BUSTER HITTING CLASS

- Thursdays 5 pm-6 pm (1/10, 1/17, 1/24, 1/31, 2/7, 2/14)
- Fridays 5 pm-6 pm (1/11, 1/18, 1/25, 2/1, 2/8, 2/15)
- Saturdays 10 am-11a m (1/12, 1/19, 1/26, 2/2, 2/9, 2/16)
- Sundays 1 pm-2 pm (1/13, 1/20, 1/27, 2/3, 2/10, 2/17)

### FEBRUARY SLUMP BUSTER HITTING CLASS

- Thursdays 5 pm-6 pm (2/21, 2/28, 3/7, 3/14, 3/21, 3/28)
- Fridays 5pm-6pm (2/22, 3/1, 3/8, 3/15, 3/22, 3/29)
- Saturdays 1 pm- 2 pm (2/23, 3/2, 3/9, 3/16, 3/23, 3/30)
- Sundays 1 pm-2 pm (2/24, 3/3, 3/10, 3/17, 3/24, 3/31)

### NOVEMBER BULLPEN PITCHING CLASS

- Wednesdays 6 pm-7 pm (11/7, 11/14, 11/28, 12/5, 12/12)
- Fridays 5 pm-6 pm (11/9, 11/16, 11/30, 12/7, 12/14)\*
- Saturdays 1 pm-2 pm (11/10, 11/17, 11/24, 12/1, 12/8, 12/15)
- Sundays 2 pm-3 pm (11/11, 11/18, 11/25, 12/2, 12/9, 12/16)
- Sundays 3 pm-4 pm (11/11, 11/18, 11/25, 12/2, 12/9, 12/16)

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- Fridays 5 pm-6 pm (1/11, 1/18, 1/25, 2/1, 2/8, 2/15)
- Saturdays 12 pm-1 pm (1/12, 1/19, 1/26, 2/2, 2/9, 2/16)
- Sundays 1 pm-2 pm (1/13, 1/20, 1/27, 2/3, 2/10, 2/17)
- Sundays 2 pm-3 pm (1/13, 1/20, 1/27, 2/3, 2/10, 2/17)
- Sundays 3 pm-4 pm (1/13, 1/20, 1/27, 2/3, 2/10, 2/17)

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