

# PITCHERS AND CATCHERS CAMP

AGES 5-14 • THIS CAMP WILL SELL OUT FAST

CHESTERFIELD VALLEY  
ATHLETIC COMPLEX

JULY 19-22

9:00AM-12 NOON

\$159

## PITCHING

The camp will focus on various aspects of pitching, including:

- PITCHING TO LOCATIONS
- PICK-OFFS
- INCREASE VELOCITY
- THROWING INJURY PREVENTION
- MENTAL ASPECT OF PITCHING
- MECHANICS OF PITCHING

Please label all equipment. All instructors are certified and have played a minimum of college baseball. Pitchers need to bring a glove and water bottle.

## CATCHING

The camp will focus on various aspects of catching, including:

- BLOCKING
- RECEIVING
- FOOTWORK
- THROWING TO 2ND AND 3RD
- INCREASE YOUR POP TIME
- CALLING A GAME
- PLAYS AT THE PLATE
- BUNT PLAYS

Catchers need to bring catchers gear.

## Pitchers & Catchers Camp Registration Form

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 \_\_\_\_\_ CV \_\_\_\_\_

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

Position(s):  P  C  2 Days P / 2 Days C

### REGISTER 3 WAYS:

- ONLINE: [BNSSPORTS.US/BALLWIN](http://BNSSPORTS.US/BALLWIN)
- OVER THE PHONE: 636-394-2255
- MAIL FORM TO BALLS-N-STRIKES SUMMER CAMPS  
18018 EADS AVE CHESCHESFIELD, MO 63005