



# SUMMER camps 2024

**MAY 30 ★ 9AM-NOON**

**HITTING WITH HITTRAX**  
**INDOORS AT BALLS N' STRIKES**

COVERS MECHANICS, MENTAL  
APPROACH, BUNTING, USING OUR  
HITTRAX CAGES

Check to attend this camp

**JUNE 12 ★ 9AM-NOON**

**HITTING WITH HITTRAX CAMP**  
**INDOORS AT BALLS N' STRIKES**

COVERS MECHANICS, MENTAL  
APPROACH, BUNTING, USING OUR  
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**JUNE 4 ★ 9AM-NOON**

**FIELDING CAMP**  
**NOTRE DAME HIGH SCHOOL FIELDS**

COVERS MECHANICS, FOOTWORK,  
MENTAL APPROACH, DOUBLE  
PLAYS AND POSITIONING

Check to attend this camp

**JUNE 5 ★ 9AM-NOON**

**PITCHING CAMP**  
**INDOORS AT BALLS N' STRIKES**

COVERS ALL ASPECTS OF PITCHING:  
MECHANICS, PITCHER'S FIELDING  
PRACTICE, PICK-OFFS, SLIDE STEP  
AND WIND UP

Check to attend this camp

**JUNE 6 ★ 9AM-NOON**

**HITTING CAMP**  
**NOTRE DAME HIGH SCHOOL FIELDS**

COVERS MECHANICS, MENTAL  
APPROACH, BUNTING, BASE-  
RUNNING, AND PROPER SLIDING  
TECHNIQUE

Check to attend this camp

**JUNE 13 ★ 9AM-NOON**

**HITTING & FIELDING CAMP**  
**NOTRE DAME HIGH SCHOOL FIELDS**

FOCUS ON OUTFIELD, INFIELD,  
FOOTWORK, AND THROWING FROM  
THOSE POSITIONS, HITTING, BASE-  
RUNNING, AND MENTAL APPROACH

Check to attend this camp

**JUNE 20 ★ 9AM-NOON**

**WORLD SERIES CAMP**

**NOTRE DAME HIGH SCHOOL FIELDS**

WILL CONSIST OF COMPETITIVE GAMES TO ENHANCE HITTING,  
BASE RUNNING, OUTFIELD, AND INFIELD SKILLS IN A FUN  
ATMOSPHERE FOR LEARNING

Check to attend this camp

Camps are geared toward ages 7-13  
To register call 573.803.1099 or  
Fill out and mail the registration form and payment to:

**BALLS N STRIKES**  
**826B ENTERPRISE STREET**  
**CAPE GIRARDEAU, MO 63703**

**INDIVIDUAL CAMP PRICE - \$66**  
**REGISTER FOR 3 CAMPS - \$180**  
**REGISTER FOR 6 CAMPS - \$320**  
\$5 off for registering a group of 6 or more

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

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_

Parent Signature \_\_\_\_\_

I hereby authorize the director of the Balls n Strikes camp to act for me according to his/her best judgement 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.



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