



# .400 CLUB HITTING CAMP

**REGISTER NOW**

**JULY 16-19**  
9:00 AM - 12 NOON

The Balls-n-Strikes staff has developed a great hitting curriculum for this .400 CLUB camp week. The focus will be on reps and drills, while core teaching concepts are instilled each day. Small groups will be set up to ensure max reps.

**\$119**

### CAMP DETAILS

- Video will be used on all hitters during teaching and drill sets
- Bat speed testing
- Small group rotations, focusing on core content each day
- Heavy bat, barrel loaded, and knob loaded bats will be used
- Reps, reps, reps through many drills
- Bring batting gloves, bat, helmet
- Lead BNS staff instructors will be present

### TEACHING POINTS

- Launch angle discussions
- Lower half balance and stability
- Firm front side
- Hands inside and staying through contact
- Opposite field hitting, using all 3 fields
- The swing plane (launch, contact, the finish and follow through)
- The mental side of hitting
- On deck routine

### DRILLS INCLUDE

- 3 L-screen front toss
- Tall tee's
- Angled front toss
- Live BP
- Ball number sequence
- Ball recognition drill
- Opposite field target hitting
- Tire resistance drill
- Fire the lower half
- Middle-In-Out sequential teaching

## .400 Club Hitting Camp Registration Form

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 \_\_\_\_\_

**Group me with:** \_\_\_\_\_