

STEVE HACKER'S HITTING ACADEMY

MAXIMIZE YOUR
POWER AND
BAT SPEED

SEQUENTIAL
TEACHING
CONTENT

REP
SESSIONS

BLAST
MOTION
SYSTEM
AND VIDEO
ANALYSIS

BNS INSTRUCTORS
STEVE HACKER AND SPIKER
HELMS WILL BE TEACHING
THE ACADEMY

AGE SPECIFIC SESSIONS:
9U-11U, 12U-14U

6 WEEKS
1 HOUR PER WEEK

ONLY 18 SLOTS ARE
AVAILABLE FOR THE
ACADEMY

THE MOST DYNAMIC HITTING PROGRAM EVER OFFERED IN ST. LOUIS

3 SESSIONS OFFERED

All sessions held on Tuesdays and start
November 5th for 6 consecutive weeks.

1. 4:30-5:30
2. 5:30-6:30
3. 6:30-7:30

CLASS DETAILS:

DISCUSSED LAUNCH ANGLE AND BAT SPEED
MEASUREMENTS

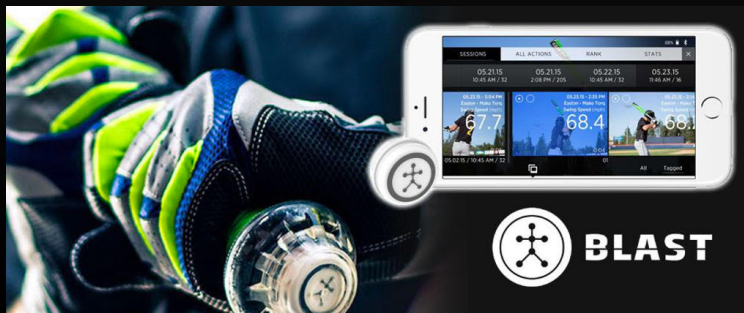
VIDEO ANALYSIS OF EACH HITTER

3D SWING TRACKER

VIDEO FOOTAGE OF PRO AND MLB SWINGS ARE
SHOWN AND DISCUSSED OFTEN WITH CONTENT

A WELL WRITTEN PLAYER ASSESSMENT IS
E-MAILED TO EACH CLIENT AFTER THE ACADEMY
ENDS

MEDICINE BALLS HEAVY BATS, KNOB LOADED
BATS AND BARREL LOADED BATS WILL BE USED



STEVE HACKER

Hitting Coordinator

Missouri State University



A graduate of Mehlville High School, Steve had an outstanding high school career earning All Metro honors, Suburban South Player of the Year honors, and was a member of the Junior Olympic north team. The Toronto Blue Jays drafted Steve out of high school but he turned them down to play college baseball under Keith Guttin at Missouri State. In 1993, his freshman year at MO State, Steve earned Freshman All American honors, MVC Newcomer of the Year, and MVC first-team all conference. His sophomore season he earned MVC first team all conference and played in the highly regarded Cape Cod collegiate league. His junior season Steve led all of Division I in home runs with 37, was named MVC player of the year, Mizuno first team All-American, and Baseball America second team All-American. He was also a finalist for the Super Team Smith Award and got drafted and signed with the Atlanta Braves. Steve got inducted into the Missouri State Athletics Hall of Fame in January of 2012, which is an amazing accomplishment.

Steve continued his torrid hitting throughout the minor leagues. In 1996 he set the Northwest League record for home runs with 21 and was voted minor league player of the month for August after making the league All-Star team that same season. In 1997 he was the Macon Braves team MVP hitting .324 with 34 HR and 121 RBI's. That year he was a South Atlantic League All Star and was named minor league player of the month for July. After the 1997 off-season, he was traded to the Minnesota Twins for major league player Greg Meyers. In 1999 he was AA New Britain team MVP hitting .302 with 30 HR's and 100 RBI's. Steve finished his career in AAA with the Salt Lake City Buzz.

Steve has been teaching hitting lessons at Balls-n-Strikes in Ballwin since our inception in 2001. He is extremely passionate about teaching hitting, commands instant respect from all of his students, and gets player results like none other. He is a tremendous asset to the Rawlings Tiger program. Steve is looking forward to working with the Tiger players throughout the season as our programs hitting coordinator.

He is married to Stacey Hacker and has two children: Eddie and Sully.