



# 6-Week Training Class

The Balls-n-Strikes Baseball Training Program focuses on fundamental development. The success of this program has been proven through player results over the last several years. Players select hitting, pitching, catching or fielding for the ENTIRE 6-week program.

The program is designed for players between the ages of 5 and 13 and incorporates graduation levels so players can build week-to-week and stay on track during these important fundamental development years. Players will be divided into groups of four based on age and ability.

## January Sessions

Session 1...3pm Sundays... 1-9, 1-16, 1-23, 1-30, 2-13  
 Session 2...4pm Sundays... 1-9, 1-16, 1-23, 1-30, 2-13  
 Session 3...5pm Sundays... 1-9, 1-16, 1-23, 1-30, 2-13  
 Session 4...6pm Sundays... 1-9, 1-16, 1-23, 1-30, 2-13  
 Session 5...7pm Sundays... 1-9, 1-16, 1-23, 1-30, 2-13

\* 2-6 is Super Bowl Sunday. There are no classes this day. Price is prorated for this camp.

Session 6...5pm Mondays... 1-10, 1-17, 1-24, 1-31, 2-7, 2-14  
 Session 7...6pm Mondays... 1-10, 1-17, 1-24, 1-31, 2-7, 2-14  
 Session 8...7pm Mondays... 1-10, 1-17, 1-24, 1-31, 2-7, 2-14

Session 9...5pm Wednesdays... 1-12, 1-19, 1-26, 2-2, 2-9, 2-16  
 Session 10...6pm Wednesdays... 1-12, 1-19, 1-26, 2-2, 2-9, 2-16  
 Session 11...7pm Wednesdays... 1-12, 1-19, 1-26, 2-2, 2-9, 2-16

## April Sessions

Session 1...3pm Sundays... 4-10, 4-17, 5-1, 5-8, 5-15, 5-22  
 Session 2...4pm Sundays... 4-10, 4-17, 5-1, 5-8, 5-15, 5-22  
 Session 3...5pm Sundays... 4-10, 4-17, 5-1, 5-8, 5-15, 5-22

Session 4...5pm Mondays... 4-11, 4-18, 4-25, 5-2, 5-9, 5-16  
 Session 5...6pm Mondays... 4-11, 4-18, 4-25, 5-2, 5-9, 5-16

Session 6...5pm Wednesdays... 4-13, 4-20, 4-27, 5-4, 5-11, 5-18  
 Session 7...6pm Wednesdays... 4-13, 4-20, 4-27, 5-4, 5-11, 5-18

## February Sessions

Session 1...3pm Sundays... 2-27, 3-6, 3-13, 3-20, 3-27, 4-3  
 Session 2...4pm Sundays... 2-27, 3-6, 3-13, 3-20, 3-27, 4-3  
 Session 3...5pm Sundays... 2-27, 3-6, 3-13, 3-20, 3-27, 4-3  
 Session 4...6pm Sundays... 2-27, 3-6, 3-13, 3-20, 3-27, 4-3  
 Session 5...7pm Sundays... 2-27, 3-6, 3-13, 3-20, 3-27, 4-3

Session 6...5pm Mondays... 2-28, 3-7, 3-14, 3-21, 3-28, 4-4  
 Session 7...6pm Mondays... 2-28, 3-7, 3-14, 3-21, 3-28, 4-4  
 Session 8...7pm Mondays... 2-28, 3-7, 3-14, 3-21, 3-28, 4-4

Session 9...5pm Wednesdays... 3-2 3-9, 3-16, 3-23, 3-30, 4-6  
 Session 10...6pm Wednesdays... 3-2 3-9, 3-16, 3-23, 3-30, 4-6  
 Session 11...7pm Wednesdays... 3-2 3-9, 3-16, 3-23, 3-30, 4-6

### Groups of 3 or 4 can customize their own dates and times!

Ages 5-6, 7-8, 9-10, 11-12, 12-13

- Sessions last one hour per week
- Register individually or as a group
- Make-up sessions for missed class will not be offered

Ballwin 636.394.2255

South County 314.845.2255

Fenton 636.343.2256

Westport 314.890.2255

O'Fallon 636.474.2255

\$175 per player

4:1 player to instructor ratio

6 consecutive weeks

## 6-Week Training Class

Fax: 636.394.2256 www.bnssports.us

Send completed form with check or credit card info to the facility of choice.

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

Address \_\_\_\_\_

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

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_

Phone C \_\_\_\_\_ 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) \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_

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

Program:  Hitting  Fielding  
 Pitching  Catching

Location:  Ballwin  South County  
 Fenton  Westport  
 O'Fallon

Month:  January  February  April  
 Session:  1  2  3  4  5  6  
 7  8  9  10  11