



# SUMMER CAMP 2011

636.394.2255

www.bnssports.us

**Balls-n-Strikes Summer Camp (Ages 5-8)**  
 This dynamic program is loaded with drills to stress the FUN-damentals of the game. Campers will cycle through teaching stations each day featuring hitting, throwing, fielding, base running and agility. The Rookie Camp focuses on teaching ballplayers sportsmanship, camaraderie, and the right way to play the game.

**Balls-n-Strikes Summer Camp (Ages 9-12)**  
 This program focuses on taking ballplayers to the next level with skill-specific teaching stations. Campers will rotate through drills consisting of hitting, pitching, fielding, agility, run-downs, bunting, base running, cut-offs and relays, plus much more.

**Major Select Level Camp (Ages 8-12)**  
 The Major Select Level Camp is geared towards the National or Major level baseball player. Campers will be taken through an intense camp of drills and skills focusing on core fundamental development. The finer aspects of the game will be covered targeting individual development and game situations.

**Hitting Camp (Ages 8-12)**  
 The Hitting Camp targets the serious hitter. The focus of the week is hitting, but other skills will be covered as well. Campers will be taken through hitting teaching stations consisting of directional hitting, staying "inside the ball," rotational hitting, lower half balance and control, power hitting, bat speed drills, plus much more.

**Pitchers and Catchers Camp (Ages 9-12)**  
 The Pitchers and Catchers Camp targets all pitchers and catchers. The focus of the week is pitching and catching, but other skills will be covered as well. Campers will be taken through pitching teaching stations consisting of the wind-up, the balance point, the drive leg, the reverse "L," the follow-through, fielding position, pick-offs, injury prevention exercises, plus much more. The catchers will be taught blocking techniques, footwork around the plate, receiving the ball, throws to second and calling a game.

\*All camps end each camp day with a World Series game!

**Campers should bring** hat, glove, bat, sack lunch  
 (Please label all equipment)

**Details** Camps run 9 a.m.-1 p.m.  
 Monday-Thursdays (Friday is the rain make-up day)

\$139	• Regular registration	Summer Camp (Ages 5-8)	Summer Camp (Ages 9-12)	Major Select Level	Hitting Camp	Pitchers and Catchers Camp
\$129	• Early registration (by March 31) • 2 or more siblings registering together • Groups of 6 or more					
\$115	• Register for 3 or more camps					

May 31- June 3	Chesterfield Valley	X	X			
	Des Peres Park	X	X			
	Ellisville Athletic Association	X	X			
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
June 6-9	Manchester Athletic Association	X	X			
	Des Peres Park	X	X	X		
	Eureka	X	X			
	St. Peters City Centre	X	X			
June 13-16	Ballwin Vlasik Park	X	X			X
	Chesterfield Valley Athletic Complex	X	X			
	Kirkwood City Park	X	X			
	Strehl Park (Cottleville)	X	X	X		
June 20-23	Chesterfield Valley Athletic Complex	X	X	X		
	Ellisville Athletic Association	X	X			
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
June 27- June 30	Chesterfield Valley Athletic Complex	X	X			
	Des Peres Park	X	X			
	Manchester Athletic Association	X	X			
	Strehl Park (Cottleville)	X	X			
July 5-8	Ballwin Vlasik Park	X	X			
	Chesterfield Valley Athletic Complex	X	X	X		
	Des Peres Park	X	X			
	St. Peters City Centre	X	X			X
July 11-14	Ellisville Bluebird Park	X	X			
	Kirkwood City Park	X	X			
	Woodlands (St. Peters)	X	X			X
July 18-21	Ballwin Athletic Association	X	X			X
	Eureka	X	X			
	Strehl Park (Cottleville)	X	X			
July 25-28	Des Peres Park	X	X			
	Kirkwood Athletic Association	X	X			
	Shady Springs Park (St. Peters)	X	X			
August 1-4	Manchester Athletic Association	X	X			X
	Ozzie Smith Sports Complex (O'Fallon)	X	X			
August 8-11	Chesterfield Valley Athletic Complex	X	X			
	Ellisville Athletic Association	X	X			

**2011 Summer Camps** Please mail completed form with check or credit card info to:  
 Balls-n-Strikes Summer Camps • 203B Ramsey Lane • Ballwin, MO 63021 • Fax 636.394.2256

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

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ 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 \_\_\_\_\_

Group me with:  
 1) \_\_\_\_\_  
 2) \_\_\_\_\_  
 3) \_\_\_\_\_

**Camp Type:**  
 Summer Camp (Ages 5-8)  
 Summer Camp (Ages 9-12)  
 Major Select Level (Ages 8-12)  
 Hitting Camp (Ages 8-12)  
 Pitchers and Catchers Camp (Ages 8-12)

**Position(s):**  P  C  1B  2B  3B  SS  OF

**T-Shirt:**  YM  YL  S  M  L  XL

**Sessions:**

<b>May 31-June 3</b> <input type="checkbox"/> Chesterfield <input type="checkbox"/> Des Peres <input type="checkbox"/> Ellisville <input type="checkbox"/> Ozzie Smith	<b>June 6-9</b> <input type="checkbox"/> Manchester <input type="checkbox"/> Des Peres <input type="checkbox"/> Eureka <input type="checkbox"/> St. Peters	<b>June 13-16</b> <input type="checkbox"/> Ballwin Vlasik <input type="checkbox"/> Chesterfield <input type="checkbox"/> Kirkwood <input type="checkbox"/> Strehl Park	<b>June 20-23</b> <input type="checkbox"/> Chesterfield <input type="checkbox"/> Ellisville <input type="checkbox"/> Ozzie Smith	<b>June 27-30</b> <input type="checkbox"/> Chesterfield <input type="checkbox"/> Des Peres <input type="checkbox"/> Manchester <input type="checkbox"/> Strehl Park	<b>July 5-8</b> <input type="checkbox"/> Ballwin Vlasik <input type="checkbox"/> Chesterfield <input type="checkbox"/> Des Peres <input type="checkbox"/> St. Peters	<b>July 11-14</b> <input type="checkbox"/> Ellisville <input type="checkbox"/> Kirkwood <input type="checkbox"/> Woodlands	<b>July 18-21</b> <input type="checkbox"/> Ballwin Ath <input type="checkbox"/> Eureka <input type="checkbox"/> Strehl Park	<b>July 25-28</b> <input type="checkbox"/> Des Peres <input type="checkbox"/> Kirkwood <input type="checkbox"/> Shady Springs	<b>August 1-4</b> <input type="checkbox"/> Manchester <input type="checkbox"/> Ozzie Smith	<b>August 8-11</b> <input type="checkbox"/> Chesterfield <input type="checkbox"/> Ellisville
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