



# TRIPLE CROWN HITTING CLASS

Balls-n-Strikes Ballwin is now offering the **TRIPLE CROWN HITTING CLASS** for 14U-18U ballplayers. This dynamic class will get hitters prepared for the spring season. We invite you to join us for these 8 hitting sessions dates listed below.

**\$400 | AGES 14U-18U | 2:1 PLAYER TO INSTRUCTOR RATIO | 8 WEEKS**

## DATES

Monday	12/7, 12/14, 12/28, 1/4, 1/11, 1/18, 1/25, 2/1	8:00-9:00 pm
Tuesday	12/8, 12/15, 12/29, 1/5, 1/12, 1/19, 1/26, 2/2	8:30-9:30 pm
Wednesday	12/12, 12/19, 1/2, 1/9, 1/16, 1/23, 1/30, 2/6	11:00-12:00 pm
Saturday	12/13, 12/20, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7	11:00-12:00 pm
Sunday	12/13, 12/20, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7	12:00-1:00 pm

**STAFF: SPIKER HELMS, MIKE TYSON, CHRIS NASH**

Hitting theory and techniques will be taught including:

STANCE AND SET-UP

PLATE COVERAGE

SWING PATH

UPPER HALF APPROACH WITH HANDS

LOWER HALF BALANCE AND CONTROL

SITUATIONAL HITTING

OFF SPEED HITTING

**THESE WILL SELL OUT QUICKLY SO PLEASE REGISTER EARLY TO SECURE YOUR SLOT. CALL BALLS-N-STRIKES BALLWIN AT 636-394-2255 TO REGISTER TODAY!**