



SUMMER camps

2019

June 5 ★ 9am-Noon

Pitching Camp
Indoors at Balls N' Strikes

Covers all aspects of pitching: mechanics, pitcher's fielding practice, pick-offs, slide step and wind up

Check to attend this camp

June 12 ★ 9am-Noon

Pitching Camp
Notre Dame HS Fields

Covers all aspects of pitching: mechanics, pitcher's fielding practice, pick-offs, slide step and wind up

Check to attend this camp

June 6 ★ 9am-Noon

Hitting Camp
Indoors at Balls N' Strikes

Covers mechanics, mental approach, bunting, base-running, and proper sliding technique

Check to attend this camp

June 11 ★ 9am-Noon

Fielding Camp
Notre Dame HS Fields

Covers mechanics, footwork, mental approach, double plays and positioning

Check to attend this camp

June 13 ★ 9am-Noon

Hitting Camp
Notre Dame HS Fields

Covers mechanics, mental approach, bunting, base-running, and proper sliding technique

Check to attend this camp

June 18 ★ 9am-Noon

All Skills Camp
Capaha Field

Focus on outfield, infield, footwork, and throwing from those positions, hitting, base-running, and mental approach

Check to attend this camp

June 19 ★ 9am-Noon

World Series Camp

Notre Dame HS Fields

Will consist of competitive games to enhance hitting, base running, outfield, and infield skills in a fun atmosphere for learning

Check to attend this camp

Camps are geared toward ages 7-13
To register call 573.803.1099 or
Fill out and mail the registration form and payment to:

Balls N Strikes
826B Enterprise Street
Cape Girardeau, MO 63703

Individual Camp Price - \$65
Register for 3 Camps - \$180
Register for 6 Camps - \$320
\$5 off for registering a group of 6 or more

Player Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone 1 _____ Phone 2 _____

Email _____

Parent Signature _____

I hereby authorize the director of the Balls n Strikes camp to act for me according to his/her best judgement 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.



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