



SUMMER camps

2023

JUNE 1 ★ 9AM-NOON
HITTING WITH HITTRAX
INDOORS AT BALLS N' STRIKES
 LEARNING ABOUT ALL ASPECTS OF BECOMING A SUCCESSFUL HITTER - FOCUS ON STRONG BASE TO INCREASE EXIT VELOCITY
 Check to attend this camp

JUNE 6 ★ 9AM-NOON
FIELDING CAMP
NOTRE DAME HIGH SCHOOL FIELDS
 COVERS MECHANICS, FOOTWORK, MENTAL APPROACH, DOUBLE PLAYS AND POSITIONING
 Check to attend this camp

JUNE 7 ★ 9AM-NOON
HITTING CAMP
NOTRE DAME HIGH SCHOOL FIELDS
 COVERS MECHANICS, MENTAL APPROACH, BUNTING, BASE-RUNNING, AND PROPER SLIDING TECHNIQUE
 Check to attend this camp

JUNE 8 ★ 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 13 ★ 9AM-NOON
HITTING WITH HITTRAX CAMP
INDOORS AT BALLS N' STRIKES
 LEARNING ABOUT ALL ASPECTS OF BECOMING A SUCCESSFUL HITTER - FOCUS ON STRONG BASE TO INCREASE EXIT VELOCITY
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JUNE 21 ★ 9AM-NOON **WORLD SERIES CAMP**
NOTRE DAME HIGH SCHOOL 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

JUNE 15 ★ 9AM-NOON
HITTING & FIELDING CAMP
NOTRE DAME HIGH SCHOOL FIELDS
 FOCUS ON OUTFIELD, INFIELD, FOOTWORK, AND THROWING FROM THOSE POSITIONS, HITTING, BASE-RUNNING, AND MENTAL APPROACH
 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 - \$66
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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