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 4 based on age and ability. The V-coach video system will be used during one week of each session so players can acquire practical experience with the teaching technology that is currently available to high level, advanced players.

Age groups
5-6, 7-8, 9-10, 11-12, 12-13

LOCATIONS:

Ballwin, MO	O'Fallon, MO	Fenton, MO	Westport, MO
P: 636.394.2255	P: 636.474.2255	P: 636.343.2256	P: 314.890.2255
F: 636.394.2256	F: 636.474.2256	F: 636.326.1290	F: 314.993.2201

www.bnssports.us

Limited Space Available!

*Attendance each week is encouraged.

*Make up sessions for missed classes will not be offered

- $175 per player
- 4:1 player to instructor ratio
- 6 consecutive weeks
- Sessions last 50 minutes per week
- V-Coach Video System
- Register individually or as a group

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

September Sessions

Session 1.....3 pm Sundays	9-6, 9-13, 9-20, 9-27, 10-4, 10-11
Session 2.....4 pm Sundays	9-6, 9-13, 9-20, 9-27, 10-4, 10-11
Session 3.....5 pm Sundays	9-6, 9-13, 9-20, 9-27, 10-4, 10-11
Session 4.....5 pm Mondays	9-14, 9-21, 9-28, 10-5, 10-12, 10-19
Session 5.....6 pm Mondays	9-14, 9-21, 9-28, 10-5, 10-12, 10-19
Session 6.....5 pm Wednesdays	9-9, 9-16, 9-23, 9-30, 10-7, 10-14
Session 7.....6 pm Wednesdays	9-9, 9-16, 9-23, 9-30, 10-7, 10-14

November Sessions

Session 1.....3 pm Sundays	11-8, 11-15, 11-22, 11-29, 12-6, 12-13
Session 2.....4 pm Sundays	11-8, 11-15, 11-22, 11-29, 12-6, 12-13
Session 3.....5 pm Sundays	11-8, 11-15, 11-22, 11-29, 12-6, 12-13
Session 4.....5 pm Mondays	11-9, 11-16, 11-23, 11-30, 12-7, 12-14
Session 5.....6 pm Mondays	11-9, 11-16, 11-23, 11-30, 12-7, 12-14
Session 6.....5 pm Wednesdays	11-11, 11-18, 11-25, 12-2, 12-9, 12-16
Session 7.....6 pm Wednesdays	11-11, 11-18, 11-25, 12-2, 12-9, 12-16

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Fall Baseball Training Classes

Name_____

Address_____

City_____

State_____ Zip_____

(H) Phone_____

(W) Phone_____

(C) Phone_____

Birthdate_____/_____/_____

Email_____

PROGRAM

☐ Hitting
☐ Pitching
☐ Catching
☐ Infield

SESSION

☐ Session 1
☐ Session 2
☐ Session 3
☐ Session 4
☐ Session 5
☐ Session 6
☐ Session 7
☐ Session 8
☐ Session 9

MONTH

☐ September
☐ November

LOCATION

☐ Ballwin, MO F:636.394.2256
☐ Fenton, MO F:636.326.1290
☐ O'Fallon, MO F:636.474.2256
☐ Westport, MO F:314.993.2201

Parent/Guardian Name_____

Parent/Guardian Signature X_____

I hereby authorize the staff of Balls-n-Strikes to act for me according to their best judgment in any emergency requiring medical attention and authorize them to seek such medical attention deemed necessary for the above participant(s). I hereby release Balls-n-Strikes from any and all liability from any injury or illness arising during this camp/program.

Credit Card # VISA/MC/Discover_____

Expiration Date_____/_____

Credit Card Signature_____

Send completed form with CHECK payable to Balls-n-Strikes OR fax CREDIT CARD info to:

The training facility of choice. See reverse for address.