

# High School Hitter's Bootcamp

## 8 Sessions February 13th-March 10



### High School Hitting Boot Camp

You are invited to experience an in depth, high impact class for improving your bat speed, core strength, eye hand coordination, and your reaction time to the ball. Having strength in these abilities is what will separate you from others, and allow you to get to the next level.

### Camp Focus:

Eight 1 1/2 Hour Sessions

Stance & Core Stability

Swing Analysis

Timing & Synchronization

Plan at the Plate

Strength & Conditioning

Reaction Time

### Instructors

This camp will be hosted by former professional players and by college coaches and athletes. Their expertise will help you focus on becoming a better hitter.



### Dates & Times

Thursdays 8PM-9:30PM  
Sundays 6PM-7:30PM

### High School Hitter's Boot Camp

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_  
Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit \_\_\_\_\_  
[Http://www.bnssports.us/sherwood.php](http://www.bnssports.us/sherwood.php)

Registration Closes on Thursday, February 12, 2011

Call to Register:

501-833-0668

or drop off form to:

Balls-N-Strikes

408 Manson Road

Suite 450

Sherwood, AR 72120

\*Limited Space Available