

Call BNS Ballwin at
636-394-2255 to register



\$105 per session

TIGER REP SESSIONS

Hitting and Fielding

The Program

The Tigers are excited to announce a new class that will be offered at Balls-n-Strikes Ballwin exclusively for our youth Tiger players. These are **REP SESSIONS** and will run in 3-week intervals. Our HS staff will be the instructors assigned to the various sessions and we will offer training in hitting and fielding only.

- *Content will follow the Tigers Player Development Plan*
- *3 consecutive weeks, 1 hour a week*
- *Great for Tigers that want more training in small groups*
- *Focus on more repetitions with Tigers your age*

Sessions

See chart at right and below for ages, content, and dates

The Details

Location: Balls-n-Strikes
Ballwin Main Building

Ages: 14U-13U, 12U-11U, 10U-9U,
8U-7U, 6U-5U

Players: Minimum 3 to run the
session, Maximum 4 players

Notes: Wear Tiger shirt,
baseball pants, Tiger hat

TIGERS FIELDING REP SESSIONS				
Session	Day	Age	Dates	Time
1	Sunday	9U, 10U	Jan 7, 14, 21	12:00-1:00pm
2	Sunday	5U, 6U	Jan 7, 14, 21	1:00-2:00pm
3	Wednesday	11U, 12U	Jan 10, 17, 24	7:00-8:00pm
4	Saturday	7U, 8U	Jan 13, 20, 27	1:00-2:00pm
5	Sunday	9U, 10U	Jan 28 Feb 2, 11	12:00-1:00pm
6	Sunday	5U, 6U	Jan 28 Feb 2, 11	1:00-2:00pm
7	Wednesday	11U, 12U	Jan 31 Feb 7, 14	7:00-8:00pm
8	Saturday	7U, 8U	Feb 3, 10, 17	1:00-2:00pm
9	Sunday	9U, 10U	Feb 18, 25 Mar 4,	12:00-1:00pm
10	Sunday	5U, 6U	Feb 18, 25 Mar 4	1:00-2:00pm
11	Wednesday	11U, 12U	Feb 21, 28 Mar 7	7:00-8:00pm
12	Saturday	7U, 8U	Feb 24 Mar 3, 10	1:00-2:00pm
13	Sunday	9U, 10U	Mar 11, 18, 25	12:00-1:00pm
14	Sunday	5U, 6U	Mar 11, 18, 25	1:00-2:00pm
15	Wednesday	11U, 12U	Mar 14, 21, 28	7:00-8:00pm
16	Saturday	7U, 8U	Mar 17, 24, 31	1:00-2:00pm

TIGERS HITTING REP SESSIONS				
Session	Day	Age	Dates	Time
1	Sunday	5U, 6U	Jan 7, 14, 21	12:00-1:00pm
2	Sunday	7U, 8U	Jan 7, 14, 21	3:00-4:00pm
3	Sunday	13U, 14U	Jan 7, 14, 21	2:00-3:00pm
4	Sunday	11U, 12U	Jan 7, 14, 21	1:00-2:00pm
5	Wednesday	5U, 6U	Jan 10, 17, 24	5:00-6:00pm
6	Wednesday	13U, 14U	Jan 10, 17, 24	8:00-9:00pm
7	Thursday	7U, 8U	Jan 11, 18, 25	5:00-6:00pm
8	Thursday	9U, 10U	Jan 11, 18, 25	7:00-8:00pm
9	Saturday	9U, 10U	Jan 13, 20, 27	11:00-12:00am
10	Saturday	11U, 12U	Jan 13, 20, 27	12:00-1:00pm
11	Sunday	5U, 6U	Jan 28 Feb 2, 11	12:00-1:00pm
12	Sunday	7U, 8U	Jan 28 Feb 2, 11	3:00-4:00pm
13	Sunday	13U, 14U	Jan 28 Feb 2, 11	2:00-3:00pm
14	Sunday	11U, 12U	Jan 28 Feb 2, 11	1:00-2:00pm
15	Wednesday	5U, 6U	Jan 31 Feb 7, 14	5:00-6:00pm
16	Wednesday	13U, 14U	Jan 31 Feb 7, 14	8:00-9:00pm
17	Thursday	7U, 8U	Feb 1, 8, 15	5:00-6:00pm
18	Thursday	9U, 10U	Feb 1, 8, 15	7:00-8:00pm
19	Saturday	9U, 10U	Feb 3, 10, 17	11:00-12:00am
20	Saturday	11U, 12U	Feb 3, 10, 17	12:00-1:00pm
21	Sunday	5U, 6U	Feb 18, 25 Mar 4	12:00-1:00pm
22	Sunday	7U, 8U	Feb 18, 25 Mar 4	3:00-4:00pm
23	Sunday	13U, 14U	Feb 18, 25 Mar 4	2:00-3:00pm
24	Sunday	11U, 12U	Feb 18, 25 Mar 4	1:00-2:00pm
25	Wednesday	5U, 6U	Feb 21, 28 Mar 7	5:00-6:00pm
26	Wednesday	13U, 14U	Feb 21, 28 Mar 7	8:00-9:00pm
27	Thursday	7U, 8U	Feb 22 Mar 1, 8	5:00-6:00pm
28	Thursday	9U, 10U	Feb 22 Mar 1, 8	7:00-8:00pm
29	Saturday	9U, 10U	Feb 24 Mar 3, 10	11:00-12:00am
30	Saturday	11U, 12U	Feb 24 Mar 3, 10	12:00-1:00pm
31	Sunday	5U, 6U	Mar 11, 18, 25	12:00-1:00pm
32	Sunday	7U, 8U	Mar 11, 18, 25	3:00-4:00pm
33	Sunday	13U, 14U	Mar 11, 18, 25	2:00-3:00pm
34	Sunday	11U, 12U	Mar 11, 18, 25	1:00-2:00pm
35	Wednesday	5U, 6U	Mar 14, 21, 28	5:00-6:00pm
36	Wednesday	13U, 14U	Mar 14, 21, 28	8:00-9:00pm
37	Thursday	7U, 8U	Mar 15, 22, 29	5:00-6:00pm
38	Thursday	9U, 10U	Mar 15, 22, 29	7:00-8:00pm
39	Saturday	9U, 10U	Mar 17, 24, 31	11:00-12:00am
40	Saturday	11U, 12U	Mar 17, 24, 31	12:00-1:00pm

**Call BNS Ballwin at
636-394-2255 to register**

