

Catchers Skills Clinics - \$15 Each

PRESENTED BY FORMER PROFESSIONAL CATCHER JOE SIWA

Leadership, intelligence, toughness, accurate arm, soft hands, quick feet, and heart; these are the seven qualities of a catcher. Make sure you are prepared for take on the responsibilities that come with being a catcher. A hard working, intelligent catcher is rarely noticed, but an incompetent one sticks out.

BLOCKING AND RESPONSIBILITIES OF A CATCHER

- | | | |
|------------------------------------|--------------|--------------------------|
| <input type="checkbox"/> August 26 | 5:00-6:00 PM | 9-10 / 11-12 Competitive |
| <input type="checkbox"/> August 26 | 6:00-7:00 PM | 13-14 / 15-16 / Wood Bat |

RECEIVING, THROWING, POP TIMES, AND DEFENSE

- | | | |
|--------------------------------------|--------------|--------------------------|
| <input type="checkbox"/> September 2 | 5:00-6:00 PM | 9-10 / 11-12 Competitive |
| <input type="checkbox"/> September 2 | 6:00-7:00 PM | 13-14 / 15-16 / Wood Bat |

Fall Speed, Strength, and Agility Training

Speed, strength, and agility are not attributes confined to any one sport. Ask any coach what the first thing they notice when trying out a player is, and they will tell you speed.

If you ever go to any showcase or combine, the first thing they will usually test is a 60 yd dash. Strength and agility are also key components in fielding, base running, and hitting. Increase in strength and agility will give you that quicker first step when chasing down a fly ball or turn a ground ball single into a double in the gap.

Six sessions meeting weekly on Fridays starting August 27th. Cost is \$50, less than \$10 a session!

- | | |
|----------------------------------|---|
| <input type="checkbox"/> 6:00 PM | Instructional League / 9-10 Competitive / 11-12 Competitive |
| <input type="checkbox"/> 7:00 PM | 13-14 Competitive / 15-16 Competitive / Wood Bat |

One on One Personalized Training

All Fall Baseball participants will receive a special discount when signing up for Individual Lessons. Sign up for lessons during the months of August, September, or October and take 10% off regular price. Lessons must be pre-paid and no other discounts or specials may be applied.

Space is Limited! Enroll Now!

Name _____ Age _____
Phone _____ Cell _____ E-Mail _____
Address _____ City _____ State _____ Zip _____

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No. _____

Exp Date _____ 3 digit V-Code _____

