

CATCHER'S CLINIC

The 5 week training will touch on all aspects of catching, but will focus on; Proper stance, Quick² throwing to bases, blocking pitches, and finding foul balls.

Catchers of all ages and skill levels are welcome, the program is setup in such a way that we can teach someone who has never caught before, and improve upon the skills of those who have been catching for years.

This program is normally best on a 10 week cycle but with the season fast approaching (and gym space hard to come by), we have eliminated some of the repetition to make sure our catchers can get the most out of a shortened schedule prior to the season starting.

Training Details:

Our Lady Of Assumption School - 7311 34th Ave NW , Calgary

Mondays March 2, 9, 16, 23, 30

Times 6:30-7:30 & 7:30-8:30

Max 10 Catchers per session

Cost \$75/catcher Equipment needed: Glove, indoor shoes, water bottle.

*we will bring equipment for those who do not have their own, but please indicate at signup if you need it or not

Not every catcher needs to have a parent there but in order to get the most out of the training we would like 2-3 parent volunteers each session to catch throws to bases and run some of the drills so that we are able to teach and critique in order to get the most out of the training, so please also indicate if you are able to help us run some of the drills.

To Register: Call Sherry at 403-288-2616