



Homework Catchers Class

Frozen Ropes has one of the best catching programs in the nation when it comes to developing the skills needed to succeed behind the plate. Whether you are a fresh face without any experience or you are trying to be the next Johnny Bench, we have a class that will fit your level. Our instructors will spend 5 weeks molding their young catchers, working on skills such as athleticism from the catcher's point of view, receiving, blocking, throwing/footwork, vision, handling pitchers, and more. The program is a complete workout of skills, mental tools training, and physical conditioning so to hit all areas of a catcher's game.



<u>Age/Level</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>
9-14 yrs	Monday	7pm-8pm	Session #1: Begins Aug 29th Session #2: Begins Oct 3rd Session #3: Begins Nov 7th
9-14 yrs	Saturday	10am-11am	Session #1: Begins Sept 3rd Session #2: Begins Oct 8th Session #3: Begins Nov 12th

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