



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: Jan 4 - Feb 1 Session #2: Feb 8 - Mar 8 Session #3: Mar 22 - Apr 19 Session #4: Apr 26 - May 24
9-14 yrs	Saturday	10am-11am	Session #1: Jan 9 - Feb 6 Session #2: Feb 13 - Mar 13 Session #3: Mar 27 - Apr 24 Session #4: May 1 - May 29

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