

<u>Catchers Clinic</u>

This clinic is designed to introduce the proper mechanics to improve as a defensive catcher. A catcher with proper fundamentals and good mechanics can help a team win ball games. Frozen Ropes Catching Instructor Steve DeLuca will conduct a 6 week clinic designed to improve all aspects of the catching game. Steve is a former Division 1 College Catcher at NE University and played for the NH Wild of the Empire League. He will bring his years of experience in teaching the finer points of catching.

This class will focus on:



- Receiving
- Blocking
- Throwing
- Bunt Defense



Session 1: Wednesday October 4th – Wednesday November 8th Session 2: Wednesday January 2nd – Wednesday February 6th Session 3: Wednesday February 13th – Wednesday March 20th

Ages 7-12 @ 5:00 PM - 6:00 PM Ages 13-18 @ 6:00 PM - 7:00 PM

6 weeks for \$120

3 Interstate Ave. Albany, NY 12205 518-435-2424 Albany@frozenropes.com www.frozenropes.com/albany