



Upper Arlington Junior Baseball Association

2019 Fall/Winter Catching Clinics
Lead Instructor: Jalen Washington
Location: UAJBA Indoor Facility

Catching I

This clinic is designed for all 9U and 10U catchers plus 11U catchers who have not caught extensively at the travel baseball level. It will focus on proper set up in different situations along with the basic techniques of framing and blocking pitches. The program is one session per week, 75 minutes per session and lasts for 8 weeks. Each session builds upon the previous one so the player will come away with an enhanced knowledge of the necessary skills related to catching at the younger age levels. **Each session limited to 6 players.**

Cost: \$125 for 8 sessions (10 hours of training)

Dates: Option 1 – Mondays – 5:30-6:45pm – 10/28/19 through 12/16/19
Option 2 – Wednesdays – 6:45-8:00pm – 10/30/19 through 12/18/19

Catching II

This clinic is designed for advanced 11U and all 12U, 13U and 14U catchers with extensive travel baseball catching experience. The focus will be on more advanced techniques, situational awareness including cutoffs and the role of being a leader on the field. Similar to the Catching I clinic, the program is also one session per week, 75 minutes per session, lasts for 8 weeks and each session will build upon the previous. **Each session limited to 6 players.**

Cost: \$125 for 8 sessions (10 hours of training)

Dates: Option 1 – Mondays – 6:45-8:00pm – 10/28/19 through 12/16/19
Option 2 – Wednesdays – 5:30-6:45pm – 10/30/19 through 12/18/19

Bio – Jalen Washington

Jalen Washington will head up our catching clinics. A two-time captain for Ohio State, Jalen was drafted in 2017 by the San Diego Padres and played his 2019 season with Lake Elsinore in the California League. Jalen is a superb athlete who also spent a significant amount of time at shortstop at Ohio State. In his three minor league seasons at catcher, he has thrown out over 40% of baserunners attempting to steal against him.