



2018 Winter Workout Catching Program

Dec 2nd – Jan 20th (6 Workouts) 1 hour & 30 min Workouts

Cost – \$225

Catchers will need to wear pants and have ALL equipment for workouts @ THZ

Blocking, Receiving, Framing, Throwing, Technique, Signs, & More!

3pm & 4:30pm Groups

Week 1: December 2nd (Sun)

Week 2: December 9th (Sun)

Week 3: December 16 (Sun)

Week 4: January 6th (Sun)

Week 5: January 13 (Sun)

Week 6: January 20 (Sun)

To register: thzbaseball.com and click on the “Register: 2018 Winter Catching Program” Tab.

DEADLINE- Mon, Nov 26th to register!