

RIJO ATHLETICS SOFTBALL
425-486-4878



Rijo Athletics Softball Fall/Winter Catching Clinic

The Best Catching Clinic Available in the Northwest!

Catching Clinic Information:

Ages: 10-18

Dates: Saturdays

Session A: 11/07/09 - 12/12/09

Session B: 1/16/10 - 2/20/10

Time: 10:15 AM - 11:45 AM

Cost: \$299.99 one session
\$500.99 both session

There will be no pro-rating if you are to miss any of the sessions. They cannot be made up or transferred over to the next month.

All payments received are **NON-REFUNDABLE and NON-TRANSFERRABLE.**

Questions:
Email: info@rijoathletics.com

www.RijoAthletics.com

Pop time too slow? Come learn how to get your body quick to the release point and to strengthen your arm. This is the perfect time of the year to refine your catching skills before the next season starts. Here are some of what is offered during our Catching Clinics:

- The Three Stances: Catchers must be fully in command with each of the three stances (Signal-Giving, Receiving, and Blocking/Throwing).
- Footwork: Footwork is crucial for catchers. The angles you create with your feet will dictate where your throws go.
- Throwing: We work outdoors as much as possible for throwing on our state-of-the-art Fieldturf field. This allows players to work on form-throwing, long toss and throws from the actual distance at which they play.
- Drills: You will work on several drills designed to reinforce the stances and skills, including tennis ball soft toss, framing, three-ball drill, reaction drills, shadow-off voice and jugs machine/live reps.
- Stretching and Flexibility: Proper stretching and flexibility are especially crucial for catchers. You will learn catcher-specific stretching exercises and routines that will increase your comfort and agility while reducing your chances of injury.
- Mental Toughness: Catcher is physically the toughest position to play and requires mental toughness as well. Our experienced instructors will help you develop the necessary mind-set to be a successful catcher.

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22620 State Route 9 SE
Woodinville, WA 98072

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Sign up today! Space is limited and fills up quickly!