

# THE BRIGADE - COMPLETE CATCHER DEVELOPMENT

## OPENING DAY BOOT CAMP SIX SESSION PROGRAM JAN. 14, 21, 28 + FEB. 4, 10[SAT], 11 8:00AM-10:00AM

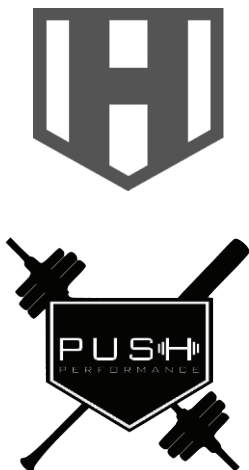
CAMP FOCUSES ON BUILDING FUNDAMENTAL SKILLS IN ALL AREAS OF CATCHING. EACH SESSION WILL BE ROOTED IN CORE INSTRUCTION AND PROGRESS TO GAME SPEED CHALLENGES TO PREPARE THE PLAYER FOR GAMEDAY PERFORMANCE.

- >>THE BRIGADE HAS PARTNERED WITH PUSH PERFORMANCE TO PROVIDE PLAYER ACCESEMENT AND MOBILITY SCREENING.
- >>CURRENT COLLEGIATE CATCHERS TO PRESENT/INSTRUCT

### CAMP HIGHLIGHTS:

1/14	MOBILITY, PREPARATION, SET UP, MENTAL GAME
1/21	RECEIVING - TECHNIQUE BECOMES CRAFT
1/28	BLOCKING - ITS AN ATTITUDE
2/4	THROWING GAME - QUICK AND ACCURATE BEATS VELO
2/10	THE SPECIALS > PLAYS NOBODY PRACTICES...
2/11	GAMEDAY

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**HITSTREAK**



REGISTER ONLINE:  
[www.hitstreak.com](http://www.hitstreak.com)  
Instruction/Catching

Cost: \$450 per player

CONTACT:  
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JOIN THE **BRIGADE.**  
BUILD A **BROTHERHOOD.**