



IT'S CATCHING!

Sunday Add-On

Sessions Starts in February!

For Ages 10 to 18

Pre-Season Pitchers & Catchers **ONLY** Work

10:00 am to 11:00 am

Session III Feb 21,28 March 7,14,21,28

\$180.00 per player

● **\$160.00 for TBT Returning Players**

TRAINING SPOTS ARE LIMITED ● ONLY 20 Players for this Section

Total Baseball Training is a player development company

Our training methods and programs are designed to develop your body, your mind and your soul

This 1 hour/6 week session is being offered for pitchers and catchers.

We will start the proper process of getting both pitchers and catchers conditioned for the spring season.

This program will focus on full body techniques for both pitching and catching. PROPER FORM.

We place emphasis on proper body and muscle care.

This work is designed to create the proper foundation for a successful spring season.

Each Session Includes proper

- **Pitcher/Catcher Training**
- **Throwing Training**
- **Blocking Training**
- **Proper Body/Arm Care**

Be Ready for Your Spring Season!

*Times available for small group
private training. Ask about available
days and times.*

Register Today...

for a better game tomorrow!

