



ART OF CATCHING



Improve your receiving, blocking, vision, footwork & more!

This 4 week progressive program was developed by our staff of ex-professional baseball players & certified coaching staff. The primary goal of the Art of Catching is to teach the players proper footwork and technique while improving athleticism and overall strength from the catching position.



4 week progressive program

Two 1 hour sessions per week
\$99 per class

We will film you on your first and last day of class

Class 1

Mondays 6-7pm & Thursdays 6-7pm

Starts Monday, November 2nd

PRO ARM PLUS

Name _____ Age _____
Address _____
City _____ State _____ Zip _____
Email _____
Phone _____

Class 1 _____

[Http://www.bnssports.us/sherwood.php](http://www.bnssports.us/sherwood.php)

Registration Closes on Sunday, November 1st

Call to Register:

501-833-0668

or drop off form to:

Balls-N-Strikes

408 Manson Road

Suite 450

Sherwood, AR 72120

Limited to first 8 per class