



Indoor Facility: 6900 W. 117th Ave, Suite 500E, Broomfield CO 80020

## 2023 Fall Progressive Catching Program

### Program Overview

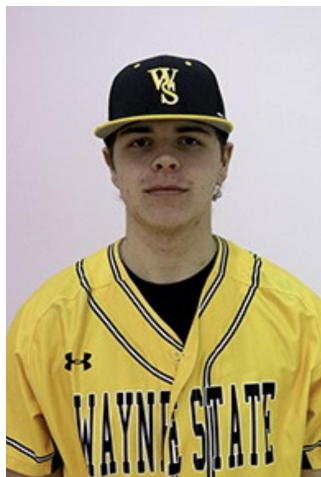
This program will teach catchers of all ages the skills that it takes to play the position at a high level. The focus is on providing coaching in the fundamentals of catching for youth baseball players. This will be a two month (**8-session**) program from September 6th through October 25th.



### About the Instructors

**Rex Wilcox** has had a passion for catching since playing the position. He completed both a Bachelor's degree in Sports Medicine and a Master's degree in Exercise science and went to work in minor league baseball as a Certified Athletic Trainer and Certified Strength & Conditioning Coach. Through his education and training he has gained greater insight into how to play the catching position. He has trained both amateur and professional athletes over the years and

personally gets the most out of working with kids.



Conner is originally from McKinney, Texas. Conner has played organized baseball since he was 4 years old. He played for McKinney North Bulldogs in high school, Highland Community College in North East Kansas and Wayne State College (NCAA Division 2 in NE Nebraska). He caught at all three levels and won multiple awards including, the Ben Allen Leadership Award (2x), All Jayhawk Conference Honorable mention, All NSIC conference and

All-Central Region Honors as well as the ABCA/Rawlings All-American Gold Glove which is given to one player at each position at each NCAA level and at the high school level.

## Program Details

Progressive Catching will be conducted on **Wednesday** evenings. The program is limited to 5 catchers, ages 10-14u for this two month program. You will have the same time and group members throughout the program. No makeup sessions, unless rescheduled by the instructor. For the 14u age group we recommend that you also schedule a strength and agility program with [V Tool Elite Development](https://vtoolelite.com) (<https://vtoolelite.com>) in order to improve your physical development as you prepare for the high school season.

**Ages 10/11u on Wednesday from 5:00pm to 6:00pm**

**Ages 12/13u on Wednesday from 6:00pm to 7:00pm**

**Ages 14u on Wednesday from 7:00pm to 8:00pm**

**Program Cost:** \$320.00 per player.

Register Today: [CLICK HERE FOR REGISTRATION](#): Limited Number of Registrations. Reserve Now.

For more information contact:

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