

# **BLACKHAWK PITCHING & CATCHING ACADEMY**

**ALL YOUTH BASEBALL PITCHERS & CATCHERS  
12U-14U**

**FREE TO ATTEND, ALL SESSIONS OPEN ATTENDANCE**

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**5 WEEKS**

**SUNDAYS > January 29, February 5, 19, 26 and March 5**

**6:30-8 pm, Fort Atkinson High School**

**We will ALWAYS meet by the Pool entrance**

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**THE BLACKHAWK PITCHING and CATCHING ACADEMY WILL FOCUS ON PROPER THROWING MECHANICS, BUILDING A CONSISTENT MOUND ROUTINE THAT WORKS IN CONJUNCTION WITH THE CATCHER, PITCH DEVELOPMENT AND COMMAND OF THE STRIKE ZONE AS WELL AS ARM PREPARATION AND RECOVERY. CATCHERS WILL WORK ON SETTING UP AND RECEIVING PITCHES, DIVIDING THE STRIKE ZONE, BLOCKING AND RECOVERING, THROWING TO BASES AND ASSISTING THEIR PITCHERS.**

**HEAD VARSITY COACH ANDY SCHWANTES AND THE HIGH SCHOOL COACHING STAFF WILL DIRECT AND INSTRUCT DURING ALL ACADEMY SESSIONS. ANY QUESTIONS PLEASE EMAIL COACH SCHWANTES, [schwantesa@gmail.com](mailto:schwantesa@gmail.com).**