



IRON CATCHERS Academy

ST. LOUIS'S PREMIER CATCHING PROGRAM

PROGRAM FEATURES

- Catcher's training in small-group sessions.
- Blocking drills to build confidence and secure ball handling in game situations.
- Receiving work emphasizing soft hands, framing, and quick transfers to control the strike zone.
- Targeted throwing progressions for accurate, powerful throws to bases at game speed.
- Relentless footwork training for consistent, explosive movement from stance to pop transition.

Train like a pro - develop every facet of your catching and take your game to the next level!

MEET YOUR INSTRUCTORS



Trent Leimkuehler
Saint Louis University (SLU)
Current 16U High School Summer Coach
Creator of Iron Catchers Program



Griffin Brown
Michigan State University
Missouri Baptist University
Current assistant coach at Missouri Baptist University

13 SESSIONS TO CHOOSE FROM

MANY PLAYERS DO MULTIPLE SESSIONS

#	LOCATION	AGES	DAYS	TIMES	DATES
1	Balls-n-Strikes	9U-11U	Wednesdays	6:00-7:00pm	11/4, 11/11, 11/18, 12/2, 12/9
2	Balls-n-Strikes	12U-14U	Wednesdays	7:00-8:00pm	11/4, 11/11, 11/18, 12/2, 12/9
3	Balls-n-Strikes	12U-14U	Thursdays	7:00-8:00pm	11/5, 11/12, 11/19, 12/3, 12/10
4	Rawlings Training Center	9U-11U	Sundays	11:00-12:00pm	11/8, 11/15, 11/22, 11/29, 12/6
5	Balls-n-Strikes	9U-11U	Mondays	6:00-7:00pm	1/4, 1/11, 1/18, 1/25, 2/1
6	Balls-n-Strikes	12U-14U	Mondays	7:00-8:00pm	1/4, 1/11, 1/18, 1/25, 2/1
7	Balls-n-Strikes	9U-11U	Wednesdays	6:00-7:00pm	1/6, 1/13, 1/20, 1/27, 2/3
8	Balls-n-Strikes	12U-14U	Wednesdays	7:00-8:00pm	1/6, 1/13, 1/20, 1/27, 2/3
9	Rawlings Training Center	9U-11U	Sundays	11:00-12:00pm	1/10, 1/17, 1/24, 1/31, 2/7
10	Balls-n-Strikes	9U-11U	Mondays	6:00-7:00pm	2/8, 2/15, 2/22, 3/1, 3/8
11	Balls-n-Strikes	12U-14U	Mondays	7:00-8:00pm	2/8, 2/15, 2/22, 3/1, 3/8
12	Balls-n-Strikes	9U-11U	Wednesdays	6:00-7:00pm	2/10, 2/17, 2/24, 3/3, 3/10
13	Balls-n-Strikes	12U-14U	Wednesdays	7:00-8:00pm	2/10, 2/17, 2/24, 3/3, 3/10

\$285 PER PLAYER

5-WEEK CLASS, 1 HOUR PER WEEK

CALL 636-394-2255 TO REGISTER
OR VISIT WWW.RAWLINGSTRAININGCENTER.COM

LOCATIONS

RAWLINGS TRAINING CENTER
18018 EADS AVE
CHESTERFIELD, MO 63005

BALLS-N-STRIKES BALLWIN
203B RAMSEY LN
BALLWIN, MO 63011