



**Michigan Sabercats Catcher
Workouts Sunday's
Continuing April 26th**

About the workouts:

- Tons of energetic & motivating reps
- blocking, framing and pop times
- Take your position to the next level
- 4pm – 5pm at Sabercat Training Facility (4876 Allen Park Dr, Allendale)
- Optional hitting from 5pm – 6pm
- Open to the first 20 registered players
- \$15 per player per week, \$10 if you are a Sabercat
- Register by emailing name & age to wmisabercats@gmail.com
- Find more information on our website at www.michigansabercats.com

Questions – Email us at wmisabercats@gmail.com