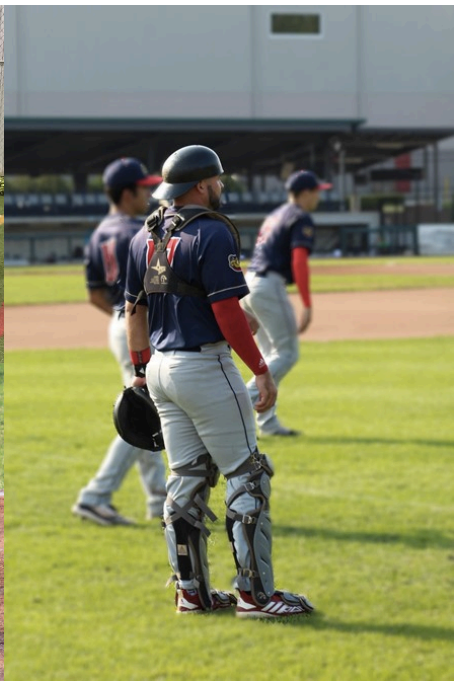




Benji Johnson Catching®



Everything You Need To Know:

Location: The Factory in Southern Pines, NC
1405 Central Drive, Southern Pines, NC

Dates:
Nov 27

Ages and Times:

8-11 years old
10am-1pm

What To Bring:

Full Catcher's Gear (**required**)
Protective Cup (**required**)
Sports Drink
Baseball Attire
Athletic Shoes or Rubber Cleats

Clinic Cost: \$90

Where To Direct Questions: Send all questions to benji@benjijohnsoncatching.com

Where To Sign Up: benjijohnsoncatching.com

Who Is Invited: Everyone who wants to be or already is a catcher, **some experience is required.**

When To Arrive: We ask that you arrive 30 minutes prior to start time in order to sign in.

Why Benji Johnson Catching?: We like to do things a little differently. We take pride in professionalism and teaching the position the way that we do it at the highest levels of baseball. We don't believe in cookie cut baseball rather we believe that each athlete is an individual and needs to learn how to maximize their individual talents. It is our mission to equip young catchers with the best catching information that is typically only known by those at the highest levels of the game. We want to enable catchers all over the country to start their catching journey with the proper techniques and enhance those who have already begun their journey behind the plate. Not only do we want to give them the physical tools they need to excel but we are passionate about the mental skills necessary to compete not only behind the plate but in life as well and we want to offer that knowledge to catchers everywhere.

Meet Your Instructors:

Benji Johnson:

Benji is the camp coordinator and the leader/creator of Benji Johnson Catching. Benji is originally from a small town in North Carolina where he first started his career behind the plate at 9 years old. He spent three years playing for the top ranked Tar Heels at The University of North Carolina from 2004-2007, making two trips to the College World Series in 2006 and 2007, finishing second to Oregon State both years. Benji was a top catching prospect in the country coming out of high school and college and was drafted by the Atlanta Braves in 2007. He then spent the next 7 years playing baseball at the professional level with a number of minor league teams including time with the Braves and the Angels, reaching as high as AAA. Benji was fortunate to have had the opportunity to catch HOF pitcher John Smoltz during his stint with the Braves. In 2013, Benji received his Bachelor's Degree in Exercise and Sport Science from the University of North Carolina. The knowledge gained from UNC has helped him with his ability to train catchers from not only a baseball standpoint but also a scientific standpoint. After his playing career, Benji began Benji Johnson Catching® and began traveling the country hosting catcher specific training camps and is currently authoring his first book on catching. He has trained catchers from all ages, some as young as 7. Benji has the unique ability to connect with younger kids and make the information understandable while also being able to teach the position in great detail and complexity to his college and MiLB clients. You can find out more at www.benjijohnsoncatching.com or follow him on instagram @benjijohnsoncatching or on Facebook at Benji Johnson Catching.

Alec Allred:

Alec will be on staff as one of the camp instructors. Alec was a standout in high school and college, setting records at both levels, and went on to play parts of 4 seasons as a professional. In high school, Alec holds the NC record for single season stolen bases and holds the single season batting average record at William Peace University in Raleigh, NC. Alec is a NC native who brings a passion for helping young players improve and get the opportunities they need to excel and be their best. He is one of the owners of The Factory in Southern Pines and has coaching experience at the youth, high school, and collegiate levels. Alec was originally an infielder who converted to playing catcher as a professional. He brings a wealth of knowledge from the experience of playing multiple positions as well as playing the catcher position professionally.

What To Expect:

WARMUP/DRILLS will include:

Proper stretching for catchers for hip mobility, ankle mobility, and all around flexibility

Stances will focus on the different stance types as well as variations that go along with each stance

Receiving drills will focus on proper use of the hand and body, catching in different locations, swaying, funneling, framing, sticking, hand softness, and ball presentation to the umpire

Blocking drills will focus on form as well as speed, rhythm, timing, and being athletic behind the plate

Throwing drills will focus on proper throwing form as well as accuracy, direction, timing, and quickness.



BASEBALL INSTRUCTION, CLINICS AND CONSULTING SERVICES, RELEASE, MEDIA, AND
PRIVACY AGREEMENT

Read Carefully Before Signing

1. PROPRIETARY RIGHTS. Except as expressly authorized by Drei Sports, LLC, Student, Parent or Guardian receiving materials and content pursuant to this agreement expressly agree not to sell, license, distribute, copy, reproduce, transmit, publicly display, publicly perform, publish, adapt, edit or create derivative works from materials or content provided by Drei Sports, LLC.
2. PRIVACY POLICY. Any personal information collected during the performance of this agreement is not shared with other organizations. That information may be used by Drei Sports, LLC or affiliates thereof to offer additional products or services related to the purposes of baseball instruction and consultation to the Student and/or the Parent or Guardian. Should this policy change in the future you will be notified of the changes and given an opportunity to opt out of any change that may occur at that time.
3. RELEASES AND WAIVER. That the Student and the Parent or Guardian on behalf thereof understand that there is always risk of injury, both minor and severe, when participating in physical activities including exercises, baseball practice and drills and that there is risk of allergic reaction in consuming any food or beverage products and that the Student and Parent or Guardian on behalf thereof agree to assume said risk of injury and further agree to hold harmless Drei Sports, LLC., Benji Johnson Catching®, and any of its members, officers, employees, contractors or affiliates should Student be injured during activities occurring during or related to the consulting or instructional services provided pursuant to this agreement.
4. MEDIA RELEASE. That the Student and the Parent or Guardian on behalf thereof understand that images and videos may be captured of Student during training or clinic and those images and videos may be distributed by Drei Sports, LLC. or affiliates thereof on social media; Facebook/Instagram/Twitter. Student and Parent or Guardian on behalf thereof agree to allow Drei Sports, LLC. or affiliates thereof to use images or videos of Student on social media accounts owned and operated by Drei Sports, LLC. or affiliates thereof.
4. That the provisions contained in this contract shall be interpreted under the laws of the State of North Carolina.

_____ Participant Name (Student)

_____ Parent/Guardian Name

_____ Parent/Guardian Signature

_____ Date