

BEHIND THE MASK



HOSTED BY
KYLE BRENNAN AND DWAYNE PAGE

TUESDAYS 8:15 PM

Through **INTERACTIVE** zoom meetings. Players will embark on a **professional-level catching conversation** with coaches Kyle Brennan and Dwayne Page:

- Biomechanical breakdown of catcher movements.
- Video analysis of MLB players
- Statistical analysis of the catcher position
- Sports Science considerations
- Catcher movement prep
- Catcher Performance Advice
- The Art of Preparation
- Continued Leadership Discussion
- Pitcher-catcher relationship
- Mindset, performance psychology
- Pitch calling
- Sessions are typically 50-90 mins

Single Class \$35
Total Package \$385 (\$27.50/ea)
SESSION I \$210 (\$30/ea)

Tuesdays at 8:15 pm est.
Nov 22+29, Dec 6+13+20+27, Jan 3rd (7 sessions)

SESSION II \$210 (\$30/ea)

Tuesdays at 8:15 pm est.
Jan 10+17+24+31, Feb 7+14+21 (7 sessions)

Please email kyle@kylejbrennan.com to inquire about a sample session and to register!

Kyle Brennan:

-Minor League Coach: Houston Astros
-5 year Division 1 player
-2017 Johnny bench award watchlist
-Certified Strength and Conditioning Specialist
-Certified Mobility Specialist
@Brennan_BaseballPerformance

Dwayne Page:

-Connetquot HS Head Coach
-College Captain + Coach
-Leadership Development
-Highly sought-after Long Island Instructor