

FROZEN ROPES™

FROZEN ROPES' H.S. PROGRAMS

HIGH SCHOOL TRAINING PROGRAM

Frozen Ropes brings local baseball players a training program designed to make them better players and athletes.

This one of a kind 90 minute training session is designed to improve baseball specific athleticism:

- Bat speed, running speed & throwing speed
- Power, strength, agility & quickness
- Visual skills and hand-eye coordination

Monday, Wednesday & Thursday Evenings
6:30 - 8:00 PM at Frozen Ropes
\$25 per 90 minute session
10 sessions for \$200

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