

# FROZEN ROPES & MARIANO RIVERA

## HEALTHY ARM Throwing & Pitching Clinic

### Topics to be covered

- Importance of proper stretching and throwing warm-ups
- Healthy arm action
- Injury prevention,
- Pitch counts
- Innings vs. pitches

This 2 hour session for players ages 8 and up will cover all aspects of developing healthy throwing arms!

Players will be allowed to bring one chaperone that will be able to view the session in our standing area outside off of our turfed training area.

**ALL PLAYERS WILL RECEIVE A MARIANO RIVERA  
AUTOGRAPHED MAJOR LEAGUE BASEBALL (Value \$350)**

Date: Jan 7th  
Time: 10:00am-12:00pm  
Location: Frozen Ropes Training Center  
30 Hook Mountain Rd.  
Pine Brook, NJ 07058  
Price: \$395 per player

Registration will be limited to 150 players.  
This event is expected to sell out.  
Call 973-396-2610 to Register Today



## HEALTHY ARM PITCHING CLINIC

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Email: \_\_\_\_\_

