

# Girls throw better than Boys...



**Join our class and see why!!**

## THROW LIKE A GIRL

### FastPitch softball class



- **Arm action and arm strengthening throwing drills**
- **Throwing Specific conditioning exercises to improve throwing for all positions**
- **Proper grips and accuracy improvement**
- **Footwork and catching skills**

**TUESDAYS 6pm:**

**Session 1: Mar 30, Apr 6, 13, 20**

**Session 2: Apr 27, May 4, 11, 18**

**Session 3: May 25, Jun 1, 8, 15**

**Ages 8-18**

**Registration fee: \$95**

Frozen Ropes Training Center is the Mecca in pitching for the amateur players.

[www.frozenropes.com/chester](http://www.frozenropes.com/chester)

845.469.9507

**Registration for THROW LIKE A GIRL is available online, by the form below or by telephone.**

Player's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Parent(s) Name \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Emergency \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

REGISTER MY PLAYER FOR THROW LIKE A GIRL (circle session): 1 2 3 Total Payment \$ \_\_\_\_\_

Visa ( ) Mastercard ( ) Amex ( ) Credit Card #:

Exp. Date:

Make checks payable to and mail to: Frozen Ropes 12 Elkay Drive - Chester, NY 10918

Tel: 845.469.9507

Fax: 845.469.6742

Email: [chester@frozenropes.com](mailto:chester@frozenropes.com)



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