

The ultimate workout for hitters.



Hitting Boot Camp



The Boot Camp workout will include:

- Hitting specific strength training
- Video review of your swing
- Individual and small group hitting drills
- Live batting practice
- Improve your in-game mental skills

Player's Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____

Date of Birth _____
Parent(s) Name _____
Emergency Phone: _____
Email Address _____
Total Payment \$ _____

Make checks payable to and mail to:

Tel: _____ Fax: _____
Email: _____

www.frozenropes.com
ALL PROGRAMS HAVE LIMITED ENROLLMENT

