



NEXT LEVEL SOFTBALL HITTING WITH TEAM USA SOFTBALL STAFF!



Join Tony Abbatine, currently on the USA Softball National Team staff and Founder of Frozen Ropes, for an interactive hitting session you'll never forget!

- Swinging is not hitting
- Key elements to be a high-level hitter
- Profiling what the best softball players do to get there and stay there!
- How Vision and Mental skills trump mechanics once the game starts
- Build a blue print for the off-season to take into next year

SATURDAY DEC. 9, 2017 | 3-6 PM | **\$125 PER PLAYER**
\$100 FOR FR TRAVEL PLAYERS

REGISTER ONLINE, BY PHONE, OR IN PERSON

FROZEN ROPES ALBANY

3 INTERSTATE AVE, ALBANY NY 12205 | 518.435.2424

ALBANY@FROZENROPES.COM | WWW.FROZENROPES.COM/ALBANY