



BASEBALL PITCHING CLINIC with Zach BREEN

Weekly clinic with one of the area's top Pitching Instructors.

Topics : Pre-Hab (How to prevent injuries before they happen)

Recovery (How to properly recover from pitching)

Mechanics (How to get the most out of your delivery)

Secondary Pitches (What and when to throw them)

And much much more!!!

Ages 7-12, Tuesdays 6PM – 7PM

Ages 13-18 Thursdays 6PM-7PM

\$20 per week and are run on a monthly basis.

Call 518-435-2424 to register or go on-line at frozenropes.com/Albany