



## HIGH SCHOOL PREP CLASS



A 13 week program designed to get you ready for your upcoming spring season and beyond!

For High School level players only, ages 13+.

\$300 for pitching or hitting for the 12 weeks,  
\$500 to do both sessions for the 12 weeks.

Limited spots available; call or e-mail to enroll today and reserve your place!

**SUNDAYS: December 2<sup>rd</sup>, 2018 – Feb. 24<sup>th</sup>, 2019**

Pitchers: 12:00PM – 1:30PM

Hitters: 1:30PM – 3:00PM

Catchers: 12:00PM – 1:30PM, then hit for free from 1:30PM – 3:00PM

- Pitchers: Build stamina in bullpen sessions and pitcher specific workouts; develop repeatable mechanics through long toss and band work; Improve secondary pitches and learn the mental game. Pre-hab and Re-Hab!
- Hitters: Start from the ground up and improve your mechanics; work on timing, pitch recognition, and increase bat speed and power.
- Catchers: Learn to receive and work on your blocking techniques; pick up new strategies to calling a game; catch pitchers of different abilities.
- Use our HitTrax system to get feedback and see where you stack up.

**Frozen Ropes Albany**  
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518-435-2424 [www.frozenropes.com/albany](http://www.frozenropes.com/albany)

