

**The ultimate workout for hitters.**



# WINTER 2019 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

**If you want to be a complete hitter, spend time improving with your visual skills.**

**Frozen Ropes is the best in baseball in teaching the visual game.**

THURSDAY'S @ 6:00pm - 7:00pm.

\$80.00 per month. (\$20.00 per week).

**Ages 8-18**

**World Member Pricing Available.**

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

**518.435.2424**

**Registration for HITTING BOOT CAMP is available by e-mail, by the form below, or by telephone.**

Player's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_

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

Visa ( ) Mastercard ( ) Credit Card #:

Make checks payable to and mail to: **Frozen Ropes 3 Interstate Ave. - Albany, NY 12205**

Tel: 518.435.2424

Fax:

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

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

ALL PROGRAMS HAVE LIMITED ENROLLMENT



FROZEN ROPES  
*Fast Pitch*