



The Future of Pitching Has Arrived at Frozen Ropes!!

Rapsodo, the technology that every professional team is using is now available for Pitching lessons and more!

What does Rapsodo do?

- Pitch Design: Are you throwing a slider or a cutter.
- Know what pitches that you're really throwing
- How to sequence your pitches to be more successful.
- Spin Rate: How efficient is each pitch.
- 3D analysis of pitch movement. When, where, and how much is it breaking.



1 Hour Private Lesson \$100.00 World Members and Travel Players \$75.00

Pitching Development Packages featuring Rapsodo.

4, 8, or 12 week programs that will work on building you into a complete pitcher.

Weekly program includes: Velo Training, Arm Strength and recovery, and Rapsodo analysis for each weekly bullpen. Also includes unlimited access to our workout area.

4 Week Program: \$600.00 8 Week Program \$1,000.00 12 Week Program \$1,250.00

This program is done under the Supervision of our Pitching Coordinator and HVCC Pitching Coach, Zach Breen

Call 518-435-2424 to register or for more information.