

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.



FROZENROPES.COM/ALBANY  
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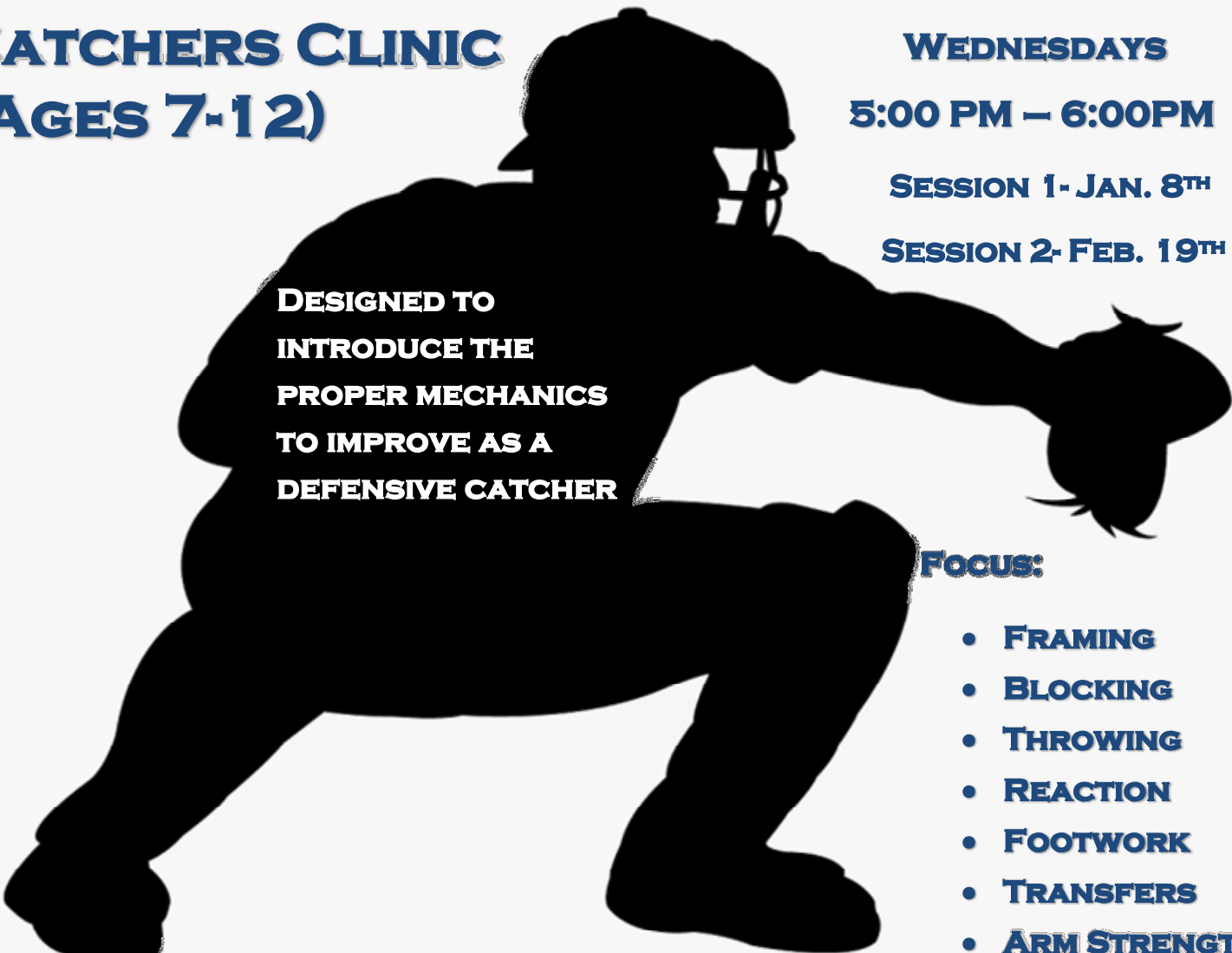
## CATCHERS CLINIC (AGES 7-12)

WEDNESDAYS

5:00 PM – 6:00PM

SESSION 1- JAN. 8<sup>TH</sup>

SESSION 2- FEB. 19<sup>TH</sup>



DESIGNED TO  
INTRODUCE THE  
PROPER MECHANICS  
TO IMPROVE AS A  
DEFENSIVE CATCHER

### FOCUS:

- FRAMING
- BLOCKING
- THROWING
- REACTION
- FOOTWORK
- TRANSFERS
- ARM STRENGTH + ACCURACY

**6 WEEKS FOR \$125**

Player's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

REGISTER MY PLAYER FOR:  
SESSION(S) \_\_\_\_\_ ON \_\_\_\_\_ days

Total Payment \$ \_\_\_\_\_

Visa( ) Mastercard( ) Credit Card #:

Exp. Date:

Make checks payable to and mail to: Frozen Ropes 3 Interstate Ave Albany, NY 12205  
Tel: 518.435.2424 Email: albany@frozenropes.com



frozenropes.com/albany

ALL PROGRAMS HAVE LIMITED ENROLLMENT