



FROZENROPES.COM/ALBANY
(518)435-2424

HIGH SCHOOL PREP CLASS

SUNDAYS

MODIFIED/FRESHMAN 12:00 PM - 2:00 PM

JV/VARSITY 2:00 PM – 4:00 PM

STARTING DECEMBER 8TH AND RUNNING FOR 12 WEEKS

AN ALL-ENCOMPASSING CLASS THAT WILL FULLY PREPARE THE HIGH SCHOOL PLAYER FOR THEIR UPCOMING TRYOUTS. DESIGNED BY HS AND COLLEGE COACHES, PLAYERS WILL BE INSTRUCTED IN THE FOLLOWING AREAS:

- **THROWING (PROPER MECHANICS/ARM STRENGTH/ARM ACCURACY)**
- **FIELDING (GLOVEWORK/FOOTWORK/ARM ANGLES)**
- **HITTING (PROPER MECHANICS/BAT SPEED/BARREL CONTROL/POWER)**
- **CONDITIONING**

**12 WEEKS FOR
\$300**

**THE LAST 4 WEEKS OF THE CLASS WILL
FEATURE LIVE AT-BATS!**

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



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