

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.



FROZENROPES.COM/ALBANY
(518)435-2424

HITTING BOOT CAMP (AGES 8-12)

THURSDAYS 6:00 PM – 7:00PM



THE ULTIMATE WORKOUT FOR ANY HITTER!

OUR HITTING BOOT CAMP WILL TRAIN STRENGTH, BAT SPEED, VISUALIZATION SKILLS AND CONTACT POINTS IN GAME-LIKE SCENARIOS.

4 WEEKS FOR \$80

Player's Name _____

Address _____

City _____ State _____ Zip _____

Emergency Phone Number _____

REGISTER MY PLAYER FOR:
SESSION(S) _____ ON _____ days

Visa() Mastercard() Credit Card #:

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

Date of Birth _____

Parent(s) Name _____

Phone Number _____

Email Address _____

Total Payment \$ _____

Exp. Date:



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ALL PROGRAMS HAVE LIMITED ENROLLMENT