

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.



FROZENROPES.COM/ALBANY
(518)435-2424

MAJOR LEAGUE CLASS (AGES 10-12)

WEDNESDAYS 5:00 PM – 6:00PM

SATURDAYS 1:00 PM – 2:00PM

**AN ADVANCED CLASS
DESIGNED FOR THE MORE
EXPERIENCED PLAYER.**

FOCUS:

- **SKILL DEVELOPMENT: ARM STRENGTH, FOOTWORK, HITTING FOR POWER/CONTACT**
- **SPEED OF PLAY**
- **PREPARING EACH PLAYER FOR THE NEXT LEVEL**

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