



# Frozen Ropes National Baseball Rap Chat

Join us and see why colleges and MLB teams hire us!



## TOPICS WILL INCLUDE:

College Recruiting: How the Landscape Will Change This Year and Forever

The Worst and Best Hitting Drills- From Little League to the Big Leagues

Throwing and Pitching Movements: How to Throw Hard and Stay Healthy

Bridging the Gap: Practice vs Game Performance

## FREE WEBINAR

### Presenters:

**Tony Abbatine**

*Founder, Frozen Ropes  
NCAA & MLB Performance Coach*

**Mike Bertotti**

*Frozen Ropes Sr. Instructor  
Former MLB Player & College Coach*

**Danny Florence**

*FR National Hitting Coach  
Owner & Lead Instructor, FR McKinney, TX*

**All guests will receive a COMPLIMENTARY lesson on the topic of their choice from one of our 6 Frozen Ropes National Coaches after the event.**

**REGISTRATION FOR THIS WEBINAR IS REQUIRED**

**May 16th, 2020 11am EST**

**Zoom Meeting ID: 889-8331-8191**

**Meeting Password: frozen**