

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.

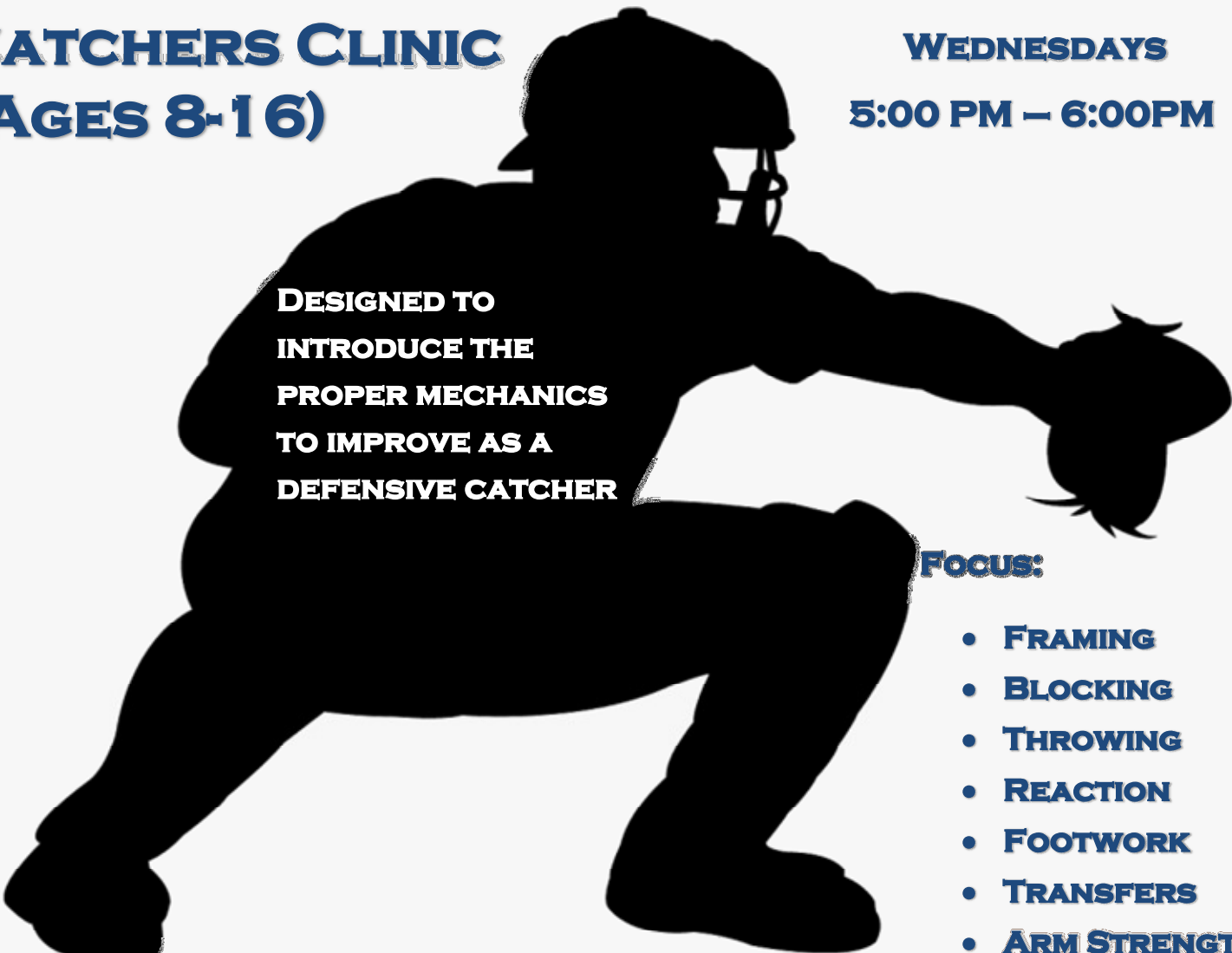


FROZENROPES.COM/ALBANY  
(518)435-2424

## CATCHERS CLINIC (AGES 8-16)

WEDNESDAYS

5:00 PM – 6:00PM



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

### FOCUS:

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

**4 WEEKS FOR \$100**

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

Address \_\_\_\_\_

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

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

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

Visa( ) Mastercard( ) Credit Card #:

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

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

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

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

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

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