

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL  
TRAINING FACILITY.



FROZENROPES.COM/ALBANY  
(518)435-2424

# HITTING BOOT CAMP (AGES 8-18)

**THURSDAYS 6:00 PM – 7:00 PM (AGES 8-12)**

**THURSDAYS 7:00 – 8:00 PM (AGES 13+)**

**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 \$100**

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:



frozenropes.com/albany

ALL PROGRAMS HAVE LIMITED ENROLLMENT