

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.



FROZENROPES.COM/ALBANY  
(518)435-2424

## ROOKIE CLASS (AGES 5-6)

SATURDAYS 11:00 AM – 12:00 PM



**4 WEEKS FOR  
\$100**

**AN INSTRUCTIONAL  
CLASS DESIGNED FOR  
PLAYERS BEGINNING  
THEIR BASEBALL  
CAREERS.**

**OUR ROOKIE CLASS  
FOCUSES ON THE “BIG  
FOUR”.**

- **THROWING**
- **FIELDING**
- **HITTING**
- **CATCHING**

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