



FROZENROPES.COM/ALBANY
(518)435-2424

HIGH SCHOOL PREP CLASS

SUNDAYS

JANUARY 7TH – APRIL 4TH, 2021

12:00 PM – 3:00 PM

AN ALL-ENCOMPASSING CLASS THAT WILL FULLY PREPARE THE HIGH SCHOOL PLAYER FOR THEIR UPCOMING SCHOOL TRYOUTS. DESIGNED BY HS AND COLLEGE COACHES, PLAYERS WILL BE INSTRUCTED IN THE FOLLOWING AREAS:

- **HITTERS** – USE HITTRAX TO TRACK EXIT VELO, MAX DISTANCE AND HARD HIT AVERAGES. QUALITY REPS, DRILL WORK AND MACHINE WORK TO HELP IMPROVE TIMING AND PITCH RECOGNITION. HITTERS WILL ALSO GET TO SEE LIVE PITCHING THE LAST 4-6 WEEKS OF THE CLASS.
- **PITCHERS** – WORK ON BUILDING UP ARM STRENGTH THROUGH THE USE OF PLYO BALLS AND SPECIFIC EXERCISES THAT WILL HELP PROMOTE LONG TERM ARM HEALTH. DATA COLLECTED USING RAPSODO TO ADJUST OR CREATE NEW PITCHES.
- **FIELDERS** – TAKE GROUND BALLS, IMPROVE FOOTWORK AND WORK ON YOUR FIELDING LANES.

**13 WEEKS FOR
\$500**

Player's Name _____

Date of Birth _____

Address _____

Parent(s) Name _____

City _____ State _____ Zip _____

Phone Number _____

Emergency Phone Number _____

Email Address _____

REGISTER MY PLAYER FOR:
SESSION(S) _____ ON _____ days

Total Payment \$ _____

Visa() Mastercard() Credit Card #:

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