

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL
TRAINING FACILITY.

FROZEN ROPES™

FROZENROPES.COM/ALBANY
(518)435-2424

Attention College Athletes!!

Looking for training space?

- **Unlimited Use December and January M-F 1-4:00 PM**
 - **Night hours and weekends available by request**
 - **Mound or Cage Work, Fielding Space**
 - **Access to Agility and Gym Equipment**
 - **Plyo and Med Ball Wall**

ONLY \$25 PER DAY OR \$50 PER WEEK

Want more? \$100 per week for players
who want coaching, Rapsodo, Hit Trax



Rapsodo®
BASEBALL

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