THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL

TRAINING FACILITY



Beginner Class Ages 8 - 12

Monday's 6:00 PM- 7:00 PM

Intermed Thursday 6:00 - 7:00 PM

Each class is designed to work on everything from the basics to the advanced skills that each pitcher needs in order to improve:

- Velocity
- Accuracy
- Consistency
- Secondary Pitches

All classes run on a monthly basis

4 weeks for \$100

Player's NameAddress		Date of Birth	
		Parent(s) Name	
City	State Zip	Phone Number	
Emergency Phone Number		Email Address	
REGISTER MY PLAYER FO SESSION(S)ON		Total Payment \$	FROZEN ROPES
Visa() Mastercard() Credit Card #:		Exp. Date:	AL AL ALIA

Make checks payable to and mail to: Frozen Ropes 3 Interstate Ave Albany, NY 12205 Tel: 518.435.2424 Email: albany@frozenropes.com

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