



FROZENROPES.COM/ALBANY  
(518)435-2424

## Softball Catchers Clinic (Ages 8-16)

**Fridays**  
6:00 PM – 7:00PM



DESIGNED TO  
INTRODUCE THE PROPER  
MECHANICS TO IMPROVE  
AS A DEFENSIVE  
CATCHER

**Focus:**

- Framing
- Blocking
- Throwing
- Reaction
- Footwork
- Transfers
- Arm Strength + Accuracy

### 4 weeks for \$100

Player's Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Emergency Phone Number \_\_\_\_\_

Date of Birth \_\_\_\_\_  
 Parent(s) Name \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Total Payment \$ \_\_\_\_\_

REGISTER MY PLAYER FOR:  
SESSION(S) \_\_\_\_\_ ON \_\_\_\_\_ days

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