



FROZENROPES.COM/ALBANY
(518)435-2424

PITCHING BOOT CAMP (AGES 13-18)

THURSDAYS
6:00 PM – 7:00PM

**WEEKLY CLINIC WITH
ONE OF THE AREA'S TOP
PITCHING INSTRUCTORS.**

TOPICS:

- **PRE-HAB (HOW TO PREVENT INJURIES BEFORE THEY HAPPEN)**
- **RECOVERY (HOW TO PROPERLY RECOVER FROM PITCHING)**
- **MECHANICS (HOW TO GET THE MOST OUT OF YOUR DELIVERY)**
- **SECONDARY PITCHES (WHAT AND WHEN TO THROW THEM)**

4 WEEKS FOR \$80

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