

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL
TRAINING FACILITY.

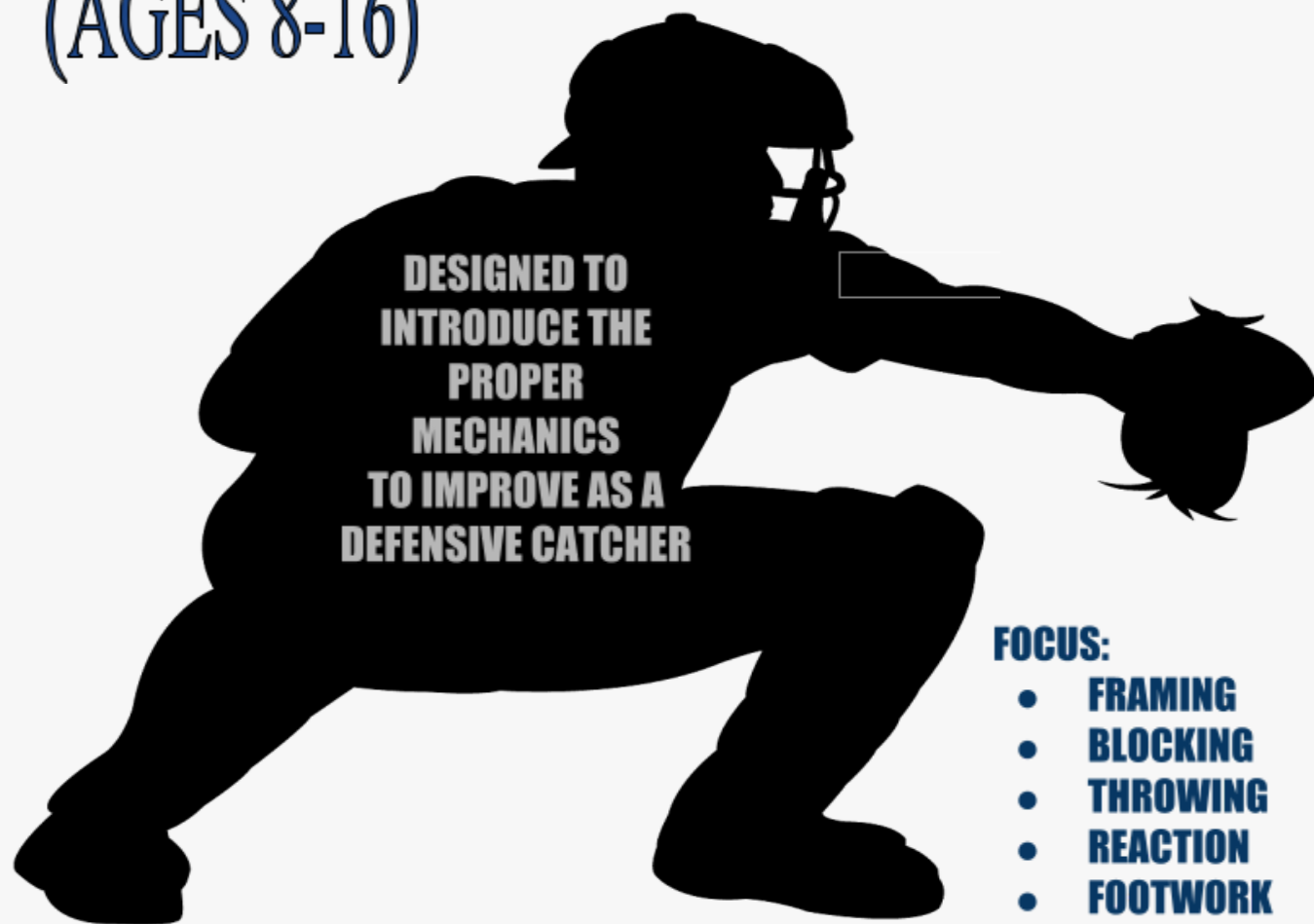


FROZENROPES.COM/ALBANY
(518)435-2424

CATCHERS CLINIC

(AGES 8-16)

WEDNESDAYS
6:00PM - 7:00PM



FOCUS:

- **FRAMING**
- **BLOCKING**
- **THROWING**
- **REACTION**
- **FOOTWORK**
- **TRANSFERS**
- **ARM STRENGTH**
- **ACCURACY**

4 WEEKS FOR \$100