

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL
TRAINING FACILITY.



FROZENROPES.COM/ALBANY
(518)435-2424

BASEBALL HITTING BOOT CAMP

AGES 8-12 THURSDAYS 6:00 PM – 7:00 PM

AGES 13+ MONDAYS 7:00 – 8:00 PM



THE ULTIMATE WORKOUT FOR ANY HITTER!

**OUR HITTING BOOT CAMP WILL TRAIN
STRENGTH, BAT SPEED, VISUALIZATION
SKILLS AND CONTACT POINTS IN GAME-
LIKE SCENARIOS.**

4 WEEKS FOR \$100

Player's Name _____

Address _____

City _____ State _____ Zip _____

Emergency Phone Number _____

REGISTER MY PLAYER FOR:
SESSION(S) _____ ON _____ days

Visa(☐) Mastercard(☐) Credit Card #:

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

Date of Birth _____

Parent(s) Name _____

Phone Number _____

Email Address _____

Total Payment \$ _____

Exp. Date:



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ALL PROGRAMS HAVE LIMITED ENROLLMENT