

Make 2023 Your Best Season Yet!



BEYOND THE BALL

Mental-Visual Skills Workshop

Join Frozen Ropes Founder, Tony Abbatine and guest speakers for a workshop that you can't afford to miss!

Additional Guest Speakers to be announced soon.

Saturday - Feb 4, 2023

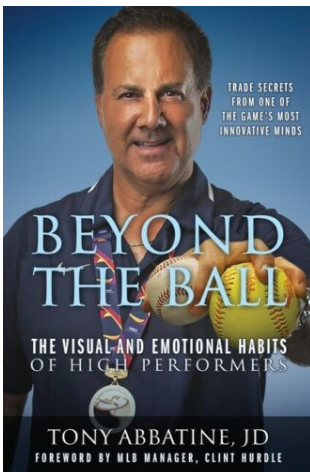
1:00-3:00 pm - Softball Players - Ages 10u & up
5:00-8:00 pm - Baseball Players - Ages 10u & up

\$70 per player + 1 parent

\$40 for sibling

Includes a copy of Tony's book "*Beyond the Ball*"

**Team Discounts available*



- ANXIETY AND WHERE IT COMES FROM
- FINDING REAL CONFIDENCE
- IN GAME ROUTINES AND ANCHORS
- IMPROVING YOUR STRIKE ZONE/CHASE RATES
- HOW VISION EFFECTS EMOTIONS AND HITTING

Tony Abbatine, J.D. has been a consultant to several Major League Baseball teams, and numerous college programs. For the last 5 years he has been the Performance Coach for the USA Women's Olympic Softball team.

PURCHASE TICKETS IN ADVANCE AT FROZEN ROPES 858-485-9399



Frozen Ropes - 4S Ranch
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