



# The Science of Pitching

## Fine Tune Your Baseball Skills



- BODY AWARENESS
- PITCH GRIPS
- MENTAL APPROACH
- ARM CARE/DURABILITY
- POWER

**6 Week ADVANCED Class on TUESDAYS**

**Dates: Oct 15 - Nov 19**

**\$240 per player**

**5 Players max per class**

**5:00-6:00pm Pitching 101 (AGES 8-11)**

### **FROZEN ROPES**

**165 Eileen Way**

**LI SPORTS HUB**

**Syosset, NY 11791**

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