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Frozen Ropes USA

Press Release

Frozen Ropes Hersey, PA set to launch! The training choice of MLB, USA Softball and NCAA teams is coming to PA.



CHESTER, NY, March 7, 2019

Frozen Ropes National Training Center is excited to announce the opening of a new location in Hershey, PA. The new facility will be located at

202 Piper Circle Annville, PA, 17078.

"We are looking forward to a Grand Opening in early May 2019," says John Albarano, Owner of Frozen Ropes Training Center Hershey.

"The new facility will provide both the youth and college level athletes of the Harrisburg/Hershey area a phenomenal place to train, improve and most importantly, have fun playing the game of baseball and softball."

Frozen Ropes has been featured in Sports Illustrated, Baseball America, Newsweek, USA Today and New York Times. Frozen Ropes consults coaches and players in the latest "industry best" teaching strategies of Mental Skills and Vision Training for the New York Mets, New York Yankees, Boston Red Sox, Washington Nationals, Colorado Rockies, Los Angeles Dodgers, Pittsburgh Pirates, and Team USA Softball. NCAA programs include University of Georgia, Oregon State, University of South Florida, University of Texas, University of California Los Angeles, University of South Carolina, Cal State Fullerton, University of Arizona.

The 12,000 square foot facility will have a large open turf area that will be used for baseball, softball, soccer and field hockey. There will be hitting tunnels and a separate bullpen for baseball and softball pitching and instruction. A full concession will be available for customers.

The facility will also feature training equipment including HitTrax and Rapsodo Pitching and Hitting Monitors. Frozen Ropes, Hershey will offer private and group instruction as well as team rental options for all sports.

Lisa Birocci Banse, Frozen Ropes National Softball Pitching Director, will be based out of the facility and will be offering both softball pitching and hitting instruction as well as a variety of fitness classes.

"John's passion for bringing next level instruction to Central PA along with the facility's fabulous size will be a great opportunity for athletes from all sports and ages to assemble," says Tony Abbatine, Frozen Ropes Founder. For more information, visit: www.frozenropes.com.

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For Release 2:00 pm EST Chester, NY