

Home Work Catchers' Class

Cover All Your Bases with the Frozen Ropes "Home Work" Catchers' Class

Catchers bring your gear for a full workout designed to sharpen skills and prep for the upcoming season

Separate Classes for Ages 9 to 12 and 13 to 18



- ◆ *Certified Frozen Ropes Instructors*
- ◆ *Blocking, Glove-work & Receiving*
- ◆ *Home Plate Coverage*
- ◆ *Fielding Pop-ups & Bunts*
- ◆ *Throwing to Bases & Pick-offs*
- ◆ *Get in shape with game-like drills*
- ◆ *Appropriate for Baseball & Softball*

Please see our Newsletter
or call us for Prices and Times



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