

BASEBALL & SOFTBALL SPRING TRAINING BLITZ AT FROZEN ROPES

MONDAY, APRIL 10—SATURDAY, APRIL 15

CALLING ALL LOCAL BALLPLAYERS!

Join us for workouts led by the Professional Frozen Ropes Instructional Staff. The “Spring Training Blitz” feature **intense, high-energy drills** with an emphasis on maximizing reps & swings! All players will participate in **LIVE BATTING PRACTICE** thrown by Frozen Ropes Coaches as well as a full fielding workout.

Come to **ALL FIVE WORKOUTS FOR JUST \$75**...come to some or come to all of them! Players can come to individual workouts for \$25 each.

The season is just around the corner so we encourage you to sign up today.



WORKOUT INFORMATION

Monday, Tuesday, Wednesday, Thursday & Saturday

7 to 9 Year Olds BASEBALL

M, T, W, TH, 5:30 PM — 7 PM

Saturday, 9 AM — 10:30 AM

10 to 13 Year Olds BASEBALL

M, T, W, TH, 7 PM — 8:30 PM

Saturday, 10:30 AM — 12 N

8 to 14 Year Olds SOFTBALL

M, T, W, TH, 5:30 PM — 7 PM

Saturday, 9 AM — 10:30 AM

\$75 Per Player

* Drop-In Players are welcome for all sessions — The charge is \$25 per “drop-in” session *

SIGN UP TODAY!



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