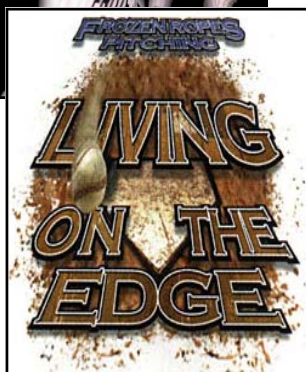
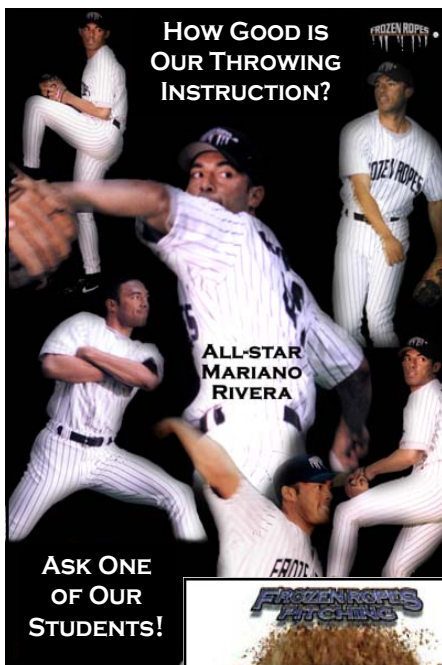


# Frozen Ropes Throwing & Pitching Class

Frozen Ropes has a class for all players interested in improving their throwing skills. Perfect for young pitchers and all position players ready to take their



## This Class is Designed for all Players, Ages 9 to 12

- ◆ Certified Frozen Ropes Instructors
- ◆ Learn Different Grips and Technique to Improve Throwing Skills
- ◆ High-Energy Drills to Improve Accuracy & Throwing Velocity
- ◆ Class Designed to Ease Transition from the Field to the Pitching Mound

**Please see our Newsletter & Schedule  
or call us for Prices and Times**



Frozen Ropes Baseball & Softball Training Center

160 Despatch Drive, East Rochester, NY 14445

(585) 385-0420

[www.FrozenRopesRochester.com](http://www.FrozenRopesRochester.com)