



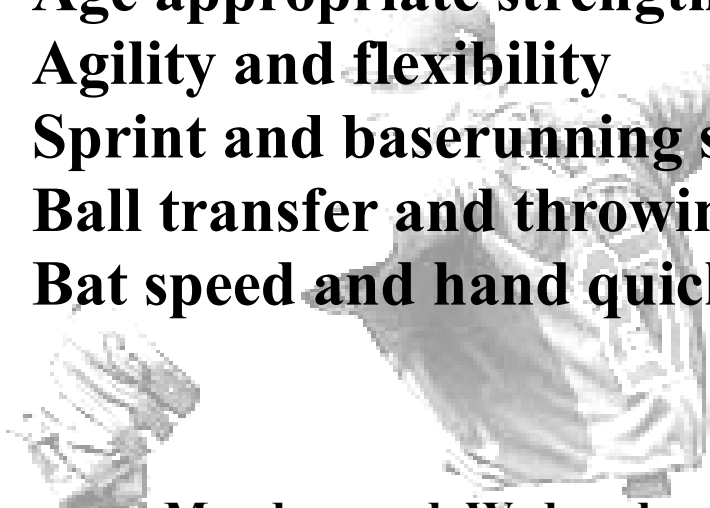
ARE YOU WORKING ON YOUR 5 TOOLS?

If not, then someone is getting ahead of you!!!!!!!



5 TOOL CAMP

- Age appropriate strength training
- Agility and flexibility
- Sprint and baserunning speed
- Ball transfer and throwing improvements
- Bat speed and hand quickness



**Mondays and Wednesdays 7pm to 9pm
(Twice a week for 5 weeks)**

Session 1—Begins August 29th

Session 2—Begins October 3rd

Session 3—Begins November 7th



Frozenropes.com

5 TOOLS OF BASEBALL

- 1) RUNNING SPEED
- 2) THROWING VELOCITY
- 3) DEFENSIVE SKILLS
- 4) HITTING
- 5) HITTING FOR POWER

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Work on your strengths and Weaknesses Now

ARE YOU WORKING ON YOUR 5 TOOLS?