



# The Science of Pitching

## Fine Tune Your Baseball Skills



- BODY AWARENESS
- PITCH GRIPS
- MENTAL APPROACH
- ARM CARE/DURABILITY
- POWER

Five Week Session on **FRIDAYS**

**Jan 10 - Feb 7**

Pitching 101 (AGES 7-8)

**5:00-6:00pm**

Science of Pitching (AGES 9-11)

**6:00-7:00pm**

**\$225 per player**

**5 Players max per class**

### **FROZEN ROPES**

165 Eileen Way inside LI SPORTS HUB

Syosset, NY 11791

516-364-ROPE (7673)

[www.frozenropes.com/syosset](http://www.frozenropes.com/syosset)

email: [syosset@frozenropes.com](mailto:syosset@frozenropes.com)