



Ron Witmeyer

Owner/ Director of Instruction

Ron has multiple achievements that make him valuable as our Director of Instruction here at Frozen Ropes. As a player, he was part of two National Championship baseball teams at Stanford and played at the professional level for 6 years with the Oakland A's organization. As a coach, Ron shared his hitting expertise at Stanford and Cal Berkeley and has instructed many prominent Major League Players. He is excited to bring the highest level of instruction and training to the San Diego Community.



Joe McAtee

Owner/ Pitching Instructor

Joe brings many years of baseball and teaching experience to Frozen Ropes. A graduate of the University of Kansas, Joe had a professional pitching career with the Pittsburgh Pirates organization (1968-1971) that was cut short due to injury. He has been a successful coach for several years in North San Diego County at the travel ball and high school levels. Currently, he coaches 2 travel teams and is a highly respected pitching coach for one of San Diego's top high school programs.

An excellent communicator, Joe believes in not only building proper mechanics but also in developing the mental side of the game. His goal is to produce the complete pitcher and he understands what it takes to compete at the highest levels. His son, Brad, whom he continues to mentor, is currently a professional pitcher in the Colorado Rockies organization.



Eric Andrews

Director of Pitching

Eric has become a well known name in pitching instruction around San Diego County as he spent the past 12 years under pitching guru Tom House. He has coached travel baseball for the past 10 years and is also an associate scout for the Baltimore Orioles. Eric devotes his time to building physically and mentally strong athletes and takes his level of pitching instruction beyond mechanics to ensure the best instruction for each athlete.

Tracy Sanders

Baseball Instructor

Tracy was a 10 year professional baseball player drafted by the Indians in 1990 and played with the Pirates, Padres, Angels, Rangers, and Mets organizations where he was a 4 time Minor League All-star and played all over the world. After playing, Tracy was a hitting coach in the Pittsburg Pirates organization and later as a youth baseball coach for 8 years including at Baseball USA in Houston, TX, and knows how to communicate the game to players at all levels. He also coached 18U, 16U, and 15U select travel baseball teams in Houston for the Houston Heat. He brings a wealth of experience and knowledge as both a player and a coach at all levels to the Frozen Ropes Team. We are lucky to have him join our staff and he is excited to be coaching in San Diego.



Ryan Martin

Baseball Instructor

Ryan is an outstanding athlete and leader who was the starting 3rd baseman for the 2004 CIF Sac-Joaquin Section Champion Davis High School Blue Devils. He then spent 2 years at the California Ranked Cosumnes River College and completed his college career at Whittier College. He was a 1st team All-SCIAC selection as an infielder and graduated with Honors and a B.S. in Child Development in 2008. He has also been a member of the Back to Back SDABL Champion Bones in 2008 and 2009. Ryan has provided instruction in all aspects of the game and looks forward to his role with Frozen Ropes.



Brian Hipps

Director of Diamond Strength/ Baseball Instructor

Born and raised in San Diego, Brian graduated from Eastlake High School as a four year/sport varsity athlete, football, basketball, track & field, and baseball. In 2001 Brian was named 1st team all Pacific Coast Conference playing at San Diego Mesa College and was drafted by the Montreal Expos. Returning to college, he received a full athletic scholarship to California State University, Chico. In 2004 he signed professionally with the Chico Outlaws of the independent Golden League. Before finishing his career in the Mexican Leagues, Brian received his National Academy of Sports Medicine certification and became a full time Strength Coach. He has worked and trained numerous amateur and professional athletes and is excited to bring his expertise and knowledge of the game to Frozen Ropes.

Amber Phillips

Softball Instructor

Amber grew up playing softball in Rancho Cucamonga and has been playing for 16 years at all levels. A 4 year letter winner at Alta Loma High School, she was named a First or Second Team All- League player each year. After a season at Riverside Community College, Amber decided to commit her time to earning a degree in Business Management. Amber will contribute greatly to the softball program at Frozen Ropes as both an administrator and instructor.

April Pugh

Softball Instructor

April is a former top Division 1 collegiate player, experienced coach, and certified personal trainer. Her instructional skills and dedication to improving softball players in San Diego is the reason Frozen Ropes is excited and proud to have her join our team of instructors.
