



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

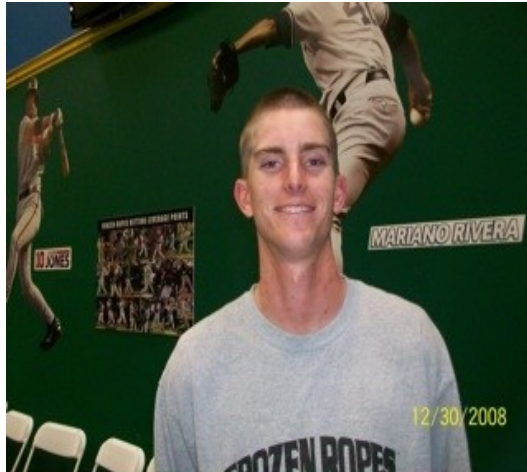
Director of Pitching

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.

April Pugh

Softball Instructor

April (Austin) Pugh : A star athlete in high school and college, played soccer and softball at San Marcos High School before Palomar College coach Mark Eldridge recruited her to play softball. Following her two years at Palomar, April received several softball scholarship offers and decided on Oklahoma State University. While there, OSU placed third in the nation at the College World Series and April was named All Tournament Women's College World Series Shortstop for two consecutive years. After graduating from OSU, April tried out for the 1996 Olympic team and had opportunities to play ball professionally, but felt the benefits for women playing professional sports (at that time) weren't financially sound. She now owns a personal training company, Complete Package Personal Fitness, Inc. www.F-I-T-U.com. April joins Frozen Ropes to help further the athletic abilities of the young softball players in San Diego County.
