

Fall 2010 Special Events

Birthday Parties

Baseball and Birthdays: a winning combination! Fun and exciting games and contests. Call or check our website to reserve your special day!

Veterans' Day Camp

November 11th-12th
9AM to 3PM (extended care available)
\$75 per day or \$130 for both days

Thanksgiving Week Camp

November 22nd- 24th
9AM to 3PM (extended care available)
Please check website for various price options

Holiday Camps

December 20th- 23rd
December 27th - 30th (extended care available)
Please check website for various price options

Hitting Tunnel Rental Rates

Iron Mike & Home Plate Pitching Machine
Mechanical Arm throws fastballs
\$15/15 Min \$30/30 Min \$50/1 Hour

Mounds or L-Screen
\$15/15 Min \$25/30 Min \$40/1 Hour

Individual Lesson Rates

30 minutes \$45 1 hour \$80
5 hours for \$400 10 hours for \$750
Lesson Membership \$200/month for
4 lessons and unlimited off-peak hitting
Small Group Lessons for 2-4 players available
MVP Academy Members receive 10% off



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FALL 2010 SCHEDULE OF EVENTS

BASEBALL

There's Never an Off-Season at Frozen Ropes!

Our 15,000 square foot Baseball and Softball Training Facility will assist in your every need, whether it is fun or competition.

Our highly knowledgeable staff filled with current and former Professional and Collegiate athletes and coaches offers instruction at every age level from our Born to Play to our popular Player Development Program for the college-bound athlete. Our fully turfed facility has 12 retractable tunnels that allows for individual rentals or full team practices.

Frozen Ropes offers birthday and party packages that are entertaining for both players and parents. Please visit our website for more details.

Frozen Ropes Has San Diego's Best Baseball Instruction!

All Frozen Ropes instructors are former college and/or professional players and coaches who know how to teach and communicate the game of baseball to youth of all ages. We are committed to improving each and every player!

FROZEN ROPES IN THE NEWS





We Offer Classes to Develop the Total Baseball Player & Athlete

Born to Play – 3 to 5 years

An activity class that introduces children to athletic movement, exercise and baseball

4 week session \$80

Tuesday 1:00-2:00

Saturday 9:00-10:00

Rookie Club – 5-7 years

A fun, non-competitive and upbeat class focusing on hitting, fielding and throwing

4 week session \$100

Monday 4:00-5:00

Thursday 4:00-5:00

Saturday 9:00-10:00

Early Dismissal

Parents are welcome to drop their players off for supervised play after school on early dismissal days.

Monday through Thursday 1:00-3:00

\$15 per visit

Create-a-Class

Get together with friends/teammates and design a class specially for your group of 3-6 players. You choose day, time and instructional topics. The curriculum is tailored to your group with any combination of hitting, fielding, conditioning and/or pitching.

\$100 per group session

Choose the day and time that works best for you rather than fitting into our schedule.

High School Training

A one of a kind 90 minute training session designed to improve skills, strength and condition

\$25 per session

Monday, Wednesday & Thursday 5:30-7:00 PM

Majors Program

Our Majors Program is for players ages 11 to 13.

Minors Program

Our Minors Program is for players ages 8 to 10.

Class Pricing*

4 week sessions

Once class per week - \$100

Two classes per week - \$160

*Diamond Strength \$100 for twice a week

Frozen Ropes Academy

Join the "Academy", our most popular program, for **maximum development and maximum savings.**

All-Star Academy Membership

- \$200 per month
- Three classes per week
- Unlimited off-peak hitting

MVP Academy Membership

- \$300 per month
- Unlimited classes
- Unlimited hitting all day, every day
- 10% off all private lessons
- 10% off all birthday parties

Majors Pitching

Develop proper pitching mechanics for improved velocity and control

Monday 5:00-6:00

Friday 5:00-6:00

Wednesday 6:00-7:00

Saturday 10:00-11:00

Majors Hitting

Focuses on proper swing mechanics to allow each player to improve contact, power, bat speed and bat control.

Monday 4:00-5:00

Thursday 6:00-7:00

Saturday 11:00-12:00

Wednesday 5:00-6:00

Friday 4:00-5:00

Majors PDP (Player Development Program)

Comprehensive baseball skills class focusing on hitting, fielding, throwing and pitching.

Tuesday 5:00-6:00 PM

Wednesday 4:00-5:00 PM

Friday 6:00-7:00 PM

Diamond Strength

Improve speed, agility, core strength, flexibility and conditioning. Program designed for two weekly workouts.

Tuesday 6:00-7:00

Saturday 12:00-1:00

Thursday 5:00-6:00

Minors Pitching

Develop proper pitching mechanics for improved velocity and control

Tuesday 6:00-7:00

Friday 5:00-6:00

Thursday 4:00-5:00

Saturday 11:00-12:00

Minors Hitting

Focuses on proper swing mechanics to allow each player to improve contact, power, bat speed and bat control.

Monday 5:00-6:00

Wednesday 5:00-6:00

Saturday 10:00-11:00

Tuesday 5:00-6:00

Friday 4:00-5:00

Minors PDP (Player Development Program)

Comprehensive baseball skills class focusing on hitting, fielding, throwing and pitching.

Tuesday 4:00-5:00 PM

Friday 6:00-7:00 PM

Wednesday 4:00-5:00

FROZEN ROPES IN THE NEWS



*Beginner and advanced levels available for all classes