



Baseball AND Softball

TRAINING CENTERS

New 2011 Winter Schedule

Begins January 3rd

Minors Class Pricing

One Class - \$30

Any Six Classes - \$160

Any Ten classes - \$250

(See Academy options below)

Frozen Ropes' Academy

Join the Academy for maximum development and maximum savings!

All-Star Academy Membership

- \$200 per month
- Three classes per week
- Unlimited off-peak hitting
- 10% off all camps

MVP Academy Membership

- \$300 per month
- Unlimited classes
- Unlimited hitting all day, every day
- 10% off all camps

Minors Program

Our Minors Program is for players ages 8 to 10. We offer classes to develop the total baseball player and athlete.

Minors Player Development Program

Fun, fast-paced class that focuses on the Big Three keys to success: Hitting, Throwing, and Fielding. Also introduces important concepts including: base running, bunting, game situations, and rules of the game.

Tuesday 4:00-5:00

Thursday 4:00-5:00

Wednesday 4:00-5:00

Friday 6:00-7:00

Minors Hitting

Focuses on proper swing mechanics and visual skills to allow each player to improve contact, power, bat speed & bat control. Additional topics introduced: Strike zone awareness, situational hitting, mental approach, and bunting. Includes pre/ post hitting evaluations and video analysis.

Monday 4:00-5:00

Thursday 6:00-7:00

Saturday 10:00-11:00

Tuesday 5:00-6:00

Friday 4:00-5:00

Minors Pitching

Develop proper pitching mechanics for improved velocity and control.

Monday 5:00-6:00

Thursday 5:00-6:00

Saturday 11:00-12:00

Tuesday 6:00-7:00

Friday 5:00-6:00

Minors Buddy Class

Have a group of 2-6 players that wants to train together? You tell us what you want to work on and we can arrange the day and time around your schedule.

\$100 per group session

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FROZEN ROPES IN THE NEWS

