

EST. 1989



TRAINING CENTERS

See why the best players and teams train at Frozen Ropes!

Memberships Include:

- Our **M.V.P.** Curriculum
Mental/Showtime Training **V**isual Mechanics **P**hysical/Diamond Strength
(visual mechanics used by Manny Ramirez & Alex Rodriguez)
- Personalized video analysis of 8 hitting or 13 pitching leverage points using the same biomechanics program as our Major League clients
(player will receive USB Flash Drive)
- Individual testing through our National Strength and Skills Evaluation
(Bat Speed, Throwing Speed, Visual Speed, Body Strength)
- Members will receive 5 (1/2) hour Batting Cage or Multi-Use Tunnel Rentals and have discounted pricing and priority scheduling throughout the year on all instructional programs, rentals and special events.

Collegiate

Hitting \$375.00 Pitching \$395.00
Receive (5) 1/2 hour Hitting or Pitching Lessons

Minor

Hitting \$575.00 Pitching \$595.00
Receive (5) 1 hour Hitting or Pitching Lessons

Major

Hitting \$625.00 Pitching \$675.00
Receive (10) 1/2 hour Hitting or Pitching Lessons

All-Star

Hitting \$985.00 Pitching \$1050.00
Receive (10) 1 hour Hitting or Pitching Lessons

Membership, lessons and rentals will expire 1 year from purchase.
6000 W. Touhy - Chicago, IL 60646 773.631.4300 www.frozenropes.com

FROZEN ROPES CHICAGO REGISTRATION FORM
6000 W. Touhy - Chicago, IL 60631 773.631.4300 www.frozenropes.com

Players Name _____ DOB _____

Parents Name _____

Address _____ City _____ Zip _____

Home Number _____ Cell Number _____

Email Address _____

Membership _____ Type _____ Member # _____

Expiration Date _____

Total Payment _____

Cash Check _____ Visa Mastercard Discover

CC# _____ Exp. Date _____ V-code _____

AGREEMENT AND RELEASE OF LIABILITY

In consideration of being allowed to participate in the activities and programs of **Froze Ropes Training Center Chicago** and to use its facilities, equipment and machinery in addition to payment of any fee or charge, I do hereby waive, release, and forever discharge **Frozen Ropes Training Center Chicago** and its officers, agents, employees, representatives, executors, "Frozen Ropes" and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned activities. I do hereby release all of those mentioned and any others acting on their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of Frozen Ropes or others acting on its behalf in any way arising out of or connected with my participation in any activities of **Frozen Ropes Training Center Chicago** or the use of any equipment at **Frozen Ropes Training Center Chicago**.

I understand that the activity of baseball and softball, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death. (Please initial _____)

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment or machinery except as specifically set forth below. I do hereby acknowledge that I have been informed of a need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that it had been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, and the use of exercise and training equipment so that I might have his/her recommendation concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

Player or Parent signature (if under the age of 18)

Date