



Training Options

Option 1 - Double Play

- *August thru October - Tryouts, Fall Ball, 1 practice per week*
- *October thru April - 2 to 3 practices a week*
- *April thru July - Games, 1 practice per week*
- *August - Down time*

Option 2 - Triple Play (ages 9-13)

- *September thru October - Tryouts, Fall Ball, 1 practice per week*
- *November thru April - 2 to 3 practices a week*
- *April thru July - Games, 1 practice per week*
- *August - Down time*
- *4 semi-private instructional sessions per month*
- *12 Month training program*

Option 3 - 5 Tool Program (ages 14 & up)

- *September thru October - Tryouts, Fall Ball, 1 practice per week*
- *November thru April - 2 to 3 practices a week*
- *April thru July - Games, 1 practice per week*
- *August - Down time*
- *8 semi-private instructional sessions*
 - *1 hitting, 1 defense or 1 pitching per week*
- *8 conditioning sessions per month with Elite Fitness*
- *12 Month training program*

Please call Frozen Ropes for specific pricing on above packages.