



**14 Tech Circle
Natick, MA 01760
508-653-ROPE(7673)
www.frozenropes.com/natick
natick@frozenropes.com**

**Winter III 2012
Schedule of Events
Baseball
Ages 13+**

**February 13th - April 1st
(No classes 2/20/12 - 2/26/12)**

Tunnel Rentals

Iron Mike, Home Plate and Jugs pitching machines,
and open tunnels for hitting and pitching.

<u>30 min</u>	<u>60 min</u>
\$30 / \$25*	\$50 / \$43*

Individual Lessons

30 minutes \$50 / \$43* (ages 8+)
60 minutes \$90 / \$77* (ages 10+)
See box to right for lesson plans

Semi-Private Lessons (60 minutes)

2 players.....\$100 / \$85*
3 players\$125 / \$106*
4 players\$145 / \$123*

* Membership Pricing

World Membership Program *

(see reverse side for details)

Five Tool Boot Camp (ages 13-15)

Advanced program designed around the Five Tools of Baseball; hitting for average, hitting for power, throwing speed, running speed and fielding.

Thur 6:45pm - 7:45pm

Feb. 16, Mar. 1, 8, 15, 22, 29 \$170 / \$145*

Baseball Hitting Boot Camp (ages 13+)

Using video analysis, reach your goals as a hitter by increasing bat speed in the batter's box, understanding your swing and the role visual mechanics plays in hitting.

Tue 8:00pm - 9:00pm

Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

Wed 8:00pm - 9:00pm

Feb. 15, 29, Mar. 7, 14, 21, 28 \$170 / \$145*

End Game Pitching (ages 13+)

Topics include: increased velocity while not sacrificing control, pitching from the wind-up vs. the stretch, holding runners on and building arm strength through the weighted ball program. Pitchers will take part in our video analysis.

Wed 8:00pm - 9:00pm

Feb. 15, 29, Mar. 7, 14, 21, 28 \$170 / \$145*

Frozen Ropes College Bound Program

"Get Better, Get Noticed, Get Ready!"

The Frozen Ropes College Bound Program combines our unmatched experience in instruction, evaluation and education within the college selection process. Our diversity of programs will allow you to carefully select which events will maximize your playing skills and increase your exposure to the colleges that fit your academic profile. (Ask our staff for details!)

Developmental Lessons

10 thirty minute lessons	\$440 / \$375*
20 thirty minute lessons	\$850 / \$725*
30 thirty minute lessons	\$1,230 / \$1,045*
40 thirty minute lessons	\$1,580 / \$1,345*

- ◆ Thirty minute lessons can be combined for sixty minute lessons
- ◆ All lesson plans are valid for 1 year from

REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE

Player's Name _____ Date of Birth _____
Address _____ Parent(s) Name _____
City _____ State _____ Zip _____ Phone Number _____
Emergency Phone Number _____ Email Address _____
Class day & time _____ Session # _____ Total Payment \$ _____
Visa () Mastercard () Discover () Credit Card # _____ Exp. Date _____

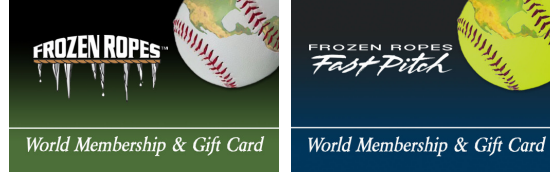
Classes begin the week of February 13th
(No classes 2/20/12 - 2/26/12)

Make checks payable to and mail to: Frozen Ropes, 14 Tech Circle Natick, MA 01760

Tel: 508-653-7673 Fax: 508-653-0733 www.frozenropes.com Email: natick@frozenropes.com

ALL PROGRAMS HAVE LIMITED ENROLLMENT

The Frozen Ropes Advantage



World Membership Program

3 New options

Bronze Level: \$195 (includes 10 thirty minute rentals)

Silver Level: \$295 (includes 20 thirty minute rentals and 1 session of classes)

Gold Level: \$345 (includes 30 thirty minute rentals and 1 session of classes)

All Membership plans include the following:

- ◆ Special membership pricing on all programs and Pro Shop sales
- ◆ Earn a 5% cash reward every time you visit Frozen Ropes, redeemable for instruction, apparel or equipment.
- ◆ Access to our Instructional and Coaching on-line videos in the Amateur Coaches Alliance program
- ◆ Discounts at our on-line sporting goods store with major discounts on brand name items

"If you want to be a complete hitter, spend time improving with your visual skills. Frozen Ropes is the best in baseball in teaching the visual game."

Manny Ramirez, Seven-Time All Star
Boston Red Sox

"Frozen Ropes has the ability to develop a player's skills both mentally and physically. Their quality instructors prepare players for the next level. As a former Frozen Ropes participant, I strongly recommend it."

Sam Militello,
Former NY Yankee Pitcher
Assistant Baseball Coach
University of Tampa

"As recruiting coordinator and assistant baseball coach for Fordham University, Frozen Ropes Training Center has served as a major tool in our recruiting program. Their college marketing and indoor showcase provide us with the opportunity to evaluate High School athletes during the winter season."

Anthony Mellaci, Assistant Coach
Fordham University

"The Frozen Ropes Training Center is unquestionably the most progressive teaching "laboratory" baseball has ever seen. In the 26 years I have written about baseball and the ingenious concept coaches use to better their athletes, nobody has been more progressive than Frozen Ropes. They are the soul of baseball's future."

Lou Pavolovich, Jr.
Editor/Collegiate Baseball