



512 Warren Ave  
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## 2012 Baseball January—February Schedule of Events Ages 13-18

### YEARLY MEMBERSHIP

\$190.00

- ◆ 10 FREE—30 minute cage rentals - only \$15.00 after first 10 are used
- ◆ Preferred pricing on events such as private lessons
- ◆ Reduced membership pricing on multi-player events
- ◆ Limited number of membership available

### MIDDLE SCHOOL HIGH PERFORMANCE CLASS

Designed to prepare players for their upcoming season.. 8 week progressive program which goes right up to the start of the MS Season MSHP includes all position specific training and will include live hitting and pitching. Throwing, fielding, hitting, pitching and base running. **For Grades 6 to 8**

| Sat                                   | 3:00 - 4:30pm       | Non-Member    |
|---------------------------------------|---------------------|---------------|
| MSHP                                  | Jan. 21 to March 17 | \$275 / \$235 |
| No class Feb Vacation week: Fri. 2/25 |                     |               |

### “BRAIN” DAY SKULL SESSIONS (Ages 11 & 14)

Do you have the brain to play this game? Do you know game situations, strategies? Come test your mind against others.

| Wed.   | 5:00-6:00pm                 | Non-Member  |
|--|-----------------------------|-------------|
| BDSS 1   | Jan 11, 18, 25; Feb 1, 8 15 | \$75 / \$55 |
| Sign up for “Double Play Class at same time and receive a \$40 off discount! |                             |             |

### College Recruiting Video

HS players: Need a college recruiting video for a college coach? call Frozen Ropes. We will do the work and have your video professionally edited for you.

1 Skill = \$300    2 Skills = \$330  
3 Skills = \$375    4 Skills = \$400  
Skills include: Hitting, Pitching, Fielding,  
Catching, Baserunning

### “BIG 3” PROGRAM (Ages 13-15) (6:1 ratio)

When Professional Baseball Scouts evaluate players they do so by evaluating 5 tools - hitting, hitting for power, running, throwing and fielding. This 4 week class is designed to improve your skills in those 5 areas.

| Mon   | 6:00 - 7:30pm      | Non-Members   |
|-------|--------------------|---------------|
| 5TM 1 | Jan. 9, 16, 23, 30 | \$140 / \$105 |
| 5TM 2 | Feb. 6, 13, 20, 27 | \$140 / \$105 |
| Fri   | 6:00—7:30pm        | Non-Members   |
| 5TM3  | Jan. 6, 13, 20, 27 | \$140 / \$105 |
| 5TM4  | Feb. 3, 10, 17, 24 | \$140 / \$105 |

### HITTING CLASS (Ages 13-15) (4:1 ratio)

These sessions are designed to improve hitter’s timing and pitch selection. Balance and body awareness are also focused on.

| Thurs. | 6:00 - 7:00pm      | Non-Members  |
|--------|--------------------|--------------|
| HM 1   | Jan. 5, 12, 19, 26 | \$125 / \$85 |
| HM 2   | Feb. 2, 9, 16, 23  | \$125 / \$85 |
| Wed.   | 7:30-8:30pm        | Non-Members  |
| HM 3   | Jan. 4, 11, 18, 25 | \$125 / \$85 |
| HM 4   | Feb. 1, 8, 15, 22  | \$125 / \$85 |
| Sun.   | 1:00—2:00pm        | Non-Members  |
| HM 5   | Jan. 8, 15, 22, 29 | \$125 / \$85 |
| HM 6   | Feb. 5, 12, 19, 26 | \$125 / \$85 |

### PITCHING CLASS (Ages 13-15) (6:1 ratio)

Topics to include overall pitching fundamentals, grips and pitch types, discovering hitter’s weaknesses and developing a pitching routine will be covered.

| Thurs. | 5:00—6:00pm        | Non-Member   |
|--------|--------------------|--------------|
| PCM 1  | Jan. 5, 12, 19, 26 | \$125 / \$85 |
| PCM 2  | Feb. 2, 9, 16, 23  | \$125 / \$85 |
| Wed    | 6:30 - 7:30pm      | Non-Member   |
| PCM 3  | Jan. 4, 11, 18, 25 | \$125 / \$85 |
| PCM 4  | Feb. 1, 8, 15, 22  | \$125 / \$85 |
| Sun    | 2:00-3:00pm        | Non-Member   |
| PCM 5  | Jan. 8, 15, 22, 29 | \$125 / \$85 |
| PCM 6  | Feb. 5, 12, 19, 26 | \$125 / \$85 |

### CATCHING CLASS (Ages 13-18) (6:1 ratio)

With Nick Caiazzo, the class will focus on the catching skills of stances, receiving, blocking and footwork on throws to bases. 7 week program

| Sat. | 1:00—2:00pm                        | Non-Member    |
|------|------------------------------------|---------------|
| CC 1 | Jan. 7, 14, 21, 28,; Feb 4, 11, 18 | \$215 / \$175 |

**WE SELL GIFT CERTIFICATES; MAKES A GREAT HOLIDAY OR BIRTHDAY GIFT**

### HITTING CLASS (Ages 16+)

| Sat.  | 1:00 - 2:00pm      | Non-Member   |
|-------|--------------------|--------------|
| HCH 1 | Jan. 7, 14, 21, 28 | \$125 / \$85 |
| HCH 2 | Feb. 4, 11, 18, 25 | \$125 / \$85 |
| Mon.  | 6:30 - 7:30pm      | Non-Member   |
| HCH 3 | Jan. 9, 16, 23, 30 | \$125 / \$85 |
| HCH 4 | Feb, 6, 13, 20, 27 | \$125 / \$85 |

### HIGH SCHOOL HIGH PERFORMANCE CLASS

Designed to prepare players for their upcoming HS season. 8 week progressive program which goes right up to the start of the HS Season HSHP includes all position specific training and will include live hitting and pitching. Throwing, fielding, hitting, pitching and base running.

**For Grades 10 to 12 (9th graders = Call FRTC)**

| Thurs | 7:30 - 9:00pm     | Non-Member    |
|-------|-------------------|---------------|
| HSHP  | Jan. 26— March 22 | \$275 / \$235 |

No class Feb Vacation week: Thurs. 2/23

*This class sold out last 5 of 6 winters, don't delay!*

### THE ULTIMATE PITCHING PROGRAM (Ages 15+)

This 8 week 90 minutes of the very best training to make you a better pitcher. It isn't simply about mechanics - it's about improving your agility, flexibility, strength, quickness, power, reaction, speed and mental capacity. It is designed to make your on-field performance better and more consistent.

**Non-Member \$275.00 / \$235**

| Mon   | 7:30 - 9:00pm                               | NO CLASS 02/20! |
|---|---|-----------------|
| UPP 1   | Jan 16, 23, 30, Feb.6, 13, 27, March 5, 12, |                 |
| Active and dynamic stretching, medicine ball throws for functional strength, skill specific functional strength, ladder quickness, large and small hurdle training, weighted balls, body blades, functional warm-ups and cool downs, pre-Game pitching routines, flat ground and mound work |   |                 |

*This is a highly intense event and your complete mental and physical focus is needed in order to benefit.*

### PITCHING “Change Up” CLASS

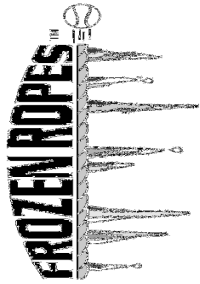
**Sat Noon-1:00pm on Jan. 21st**

### PITCHING “Curve Ball” CLASS

**Sat Noon-1:00pm on Jan. 28th**

Join former professional pitcher and UMaine all-star Mike Collar to fine tune the “off-speed” pitches.

\$25 for 1 class or sign up for both classes for \$40.  
Limited # of participants/class!



512 Warren Ave  
Portland, ME 04103

Pre-Sorted Standard  
U.S. Postage  
PAID  
Portland, ME  
Permit #108

2012 January thru February Baseball Schedule of Events for 13-18yr olds

**SMALL GROUP "Buddie" LESSONS (60 mins)**

You decide what you want to work on and we design training to fit your needs. More individual instruction than a clinic format . You set the date(s) Great for car pooling. Small group training for 2 to 6 players.  
**ONE OF OUR MOST POPULAR PROGRAMS.!**

|          | <u>2 Players</u> | <u>3 Players</u> | <u>4 Players</u> | <u>5 Players</u> | <u>6 Players</u> |
|----------|------------------|------------------|------------------|------------------|------------------|
| 1 Visit  | \$50             | \$47             | \$44             | \$41             | \$38             |
| 4 Visits | \$190            | \$175            | \$165            | \$155            | \$145            |

*Pricing is quoted per player!*

**INDIVIDUAL LESSONS (effective Jan 1st)**

|           | <u>Member</u> | <u>Non-Member</u> |
|-----------|---------------|-------------------|
| 1 Lesson  | \$45          | \$49              |
| 6 Lessons | \$225         | \$259             |

Lessons packages are quoted 30 minutes in length.

**THE SKILL VIDEO LESSON**

*For those who want to excel*

- 60 minutes total, for 1 skill (hitting, pitching or defense)
- ◆ 40 minutes of skill work
  - ◆ 20 minutes of review skill on video analysis computer
- 1 lesson for \$95.00 or 4 lessons for \$350.00***

**TUNNEL RENTALS** 30 minutes

- ◆ Year Family Membership Rat \$15  
*After use of 10 rentals that come with Membership*
- ◆ Non-membership Rate \$25

**LEAGUES and TEAMS**

Reduced rates are available for teams and leagues for cage rentals and small group or team training. Let Frozen Ropes become the official training center of your league or team & reap the benefits. Call Nick!

**YEAR ROUND PART TIME INSTRUCTORS:**

- ◆ Glenn Reeves— former Florida Marlins player
- ◆ Billy O'Brien— former USM player & coach
- ◆ Kevin Smith— current USM Pitching Coach
- ◆ Mike Collar— former Houston Astros pitcher
- ◆ Todd Cifelli— current scout for Cincinnati Reds
- ◆ Josh Stowell—14u Travel team coach+Cheverus
- ◆ Ryan Jones— 14u Travel team Head Coach
- ◆ Joe Finocchiaro—10 yrs+ of private instruction
- ◆ Christian Boileau—Greely Legion Head Coach

**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 \_\_\_\_\_ Total Payment \$ \_\_\_\_\_ Exp. Date \_\_\_\_\_

Visa ( ) Mastercard ( ) Amex ( ) Credit Card #: \_\_\_\_\_

**Make checks payable to and mail to: Frozen Ropes, 512 Warren Ave, Portland, ME 04103**

Tel: 207-878-2600 Fax: 207-878-6100 www.frozenropes.com Email: portland@frozenropes.com  
ALL PROGRAMS HAVE LIMITED ENROLLMENT