

Jr. Black Bear Travel Teams November – Summer 2011

Player Receives:

- 2 Uniform tops and 2 pair of pants with belt and socks
- 6 Tournaments – (Entry Fees avg. \$450/per tourney older groups \$500-\$600)
- Training in the Portland Sports Center as well as in Frozen Ropes
- Team Workouts (1 per week) Starting November 2010
- Individual evaluation with video analysis if needed
- ASA/Pony/NSA Insurance
- ACE Certified Coach
- Instruction and curriculum supervised by Frozen Ropes Senior Staff
- 1 half hour FREE cage rental per week with at least 1 program member (limited during Jan. – Apr.)
 - Must call the day of to reserve. Take advantage of Sept.-Dec. and June –Aug.
- 1 set of workout shirt and shorts
- Evaluation at the Parisi Speed School in Saco Maine
- Visual and mental training
- Discount on Additional FROZEN ROPES Classes
- Discount on individual lessons (\$30 per 1/2hour \$60 per 1 hour) Regular cost \$45/\$90
- Discount on small group lessons 3-6 players for 1 hour \$20/player
- Discounts on Equipment and Apparel – travel suits, sweatshirts, equipment bags, bats, helmets, etc.

Opportunity to go to Florida during February vacation for SOFTBALL TRAINING! (extra fee)

OVERVIEW OF FROZEN ROPES - Jr. Black Bear Travel Teams

Why choose us?

Welcome to the Frozen Ropes Jr. Black Bear Travel Team Program for the 2010/11 season. We are very excited to get started on another year with the most committed of the softball world. We are coming off a very successful summer for all of our teams! The 12's and 14's won their share of the tournaments as well as the 18's winning 4 out of 6. The 18U team finished the season with a 28-4-3 record, the best in the program's history! We are graduating many of our girls to college and we all wish them well.

Sam Bedore – University of Rhode Island
Audrey Grinnell – University of Connecticut
Julianna Fekete – Worcester Polytechnic Institute
Hannah Hill – returning to Seton Hall
Becca McCarty – University of Southern Maine
Samantha Morse – University of Southern Maine
Sarah Maxwell – Ursuline College, Ohio

One of our major goals is to help prepare these athletes for the next level. The next level may be Middle School for some, High School for others and finally College. Some of our current players will be moving up to the next age level as well. This year we are adding the 16U age group with the help of Fryeburg Academy's Coach Fred Apt. Coach Apt will be joining the Jr. Black Bear Team of Coaches and we are very fortunate to be able to bring this level of coaching to the 16U age group! We now have teams in the 12U, 14U, 16U and 18U. The selection of coaches is very crucial to the success of the program as we want to be able to give each and every athlete the best opportunity to learn and to be led with professionalism. We take pride in the fact that we hand select good people to coach the girls as well as provide a positive learning environment.

The Frozen Ropes Jr. Black Bear Program is unlike any other organization in the state. You simply get what you pay for. We pride ourselves in the fact that we do this every day of the year. We are professional teachers and coaches of the game. We spend our time finding ways to teach the skills to each individual and provide them with the environment where they can grow both on and off the field. We look for positive families with a team mentality to join our family at Frozen Ropes. Talented athletes are critical, however true character plays an enormous role in who is selected to the teams. We want it to be a good fit for all involved. That is why we stress a high importance on communication between all parties. We have pretty simple expectations of players and parents. We know that your daughter is most important to you; however, we as coaches have 11 other girls to manage and develop. This is an individual sport in a team setting. You can't play it without your teammates. In other words, do your best to prepare yourself to compete and the "team" will be successful. We expect parents and families to be supportive of all players as well as coaches, opposing teams/fans and certainly the umpires. We all represent Frozen Ropes and the state of Maine when we play. Most importantly, you represent yourself and your family. Please allow the coach to do just that, "coach" your daughter.

Training and Teaching the Game!

As far as the training goes, players have a home at Frozen Ropes. This is a comprehensive program which means that players will work on their primary position but will also be exposed to other positions. Players are more attractive to coaches if they can play more than one position. The training offered during the fall and winter is probably the most important aspect of the program! This is a time for players to get to know each other as well as it giving the coaches a chance to learn as much about them as they can.

We do not have the mentality of “win at all cost”. Do we like to win? Absolutely! However, we will win by doing all of the little things correctly. Hustle, execution of plays, moving runners, throwing strikes, being supportive of teammates, etc. they are all part of the big picture. We teach the game so that eventually, these players won't need constant reminders; they just react because the fundamentals have been taught over and over again. Quantity and quality repetition is the name of the game.

What makes us different is that we have a sincere passion for helping **all** kids grow through the sport of softball. The confidence that has been built in some athletes has been so rewarding. Knowing that they will go to the next level a stronger athlete in mind and spirit will make the transition so much easier.

The bottom line when deciding if this program is for your daughter is for you to do some homework and research what we have provided in the past for athletes involved in softball and baseball. Owners Mike and Lynn Coutts along with long time Staff and Player Development Director Nick Caiazzo, have worked very hard to develop an environment where everyone gets an opportunity to learn and improve their skills. We are all one big family when it comes to our teams which include the player's extended families. This is a family commitment as we will all be spending tremendous amounts of time together over the next 9-10 months. As parents, we believe that you want your daughter in the most positive environment where she can grow both skill wise as well as grow her confidence to be the best she can be.

We look forward to working with you and your daughter should this program be what you are looking for. Please feel free to contact Lynn Coutts should you have any questions. She can be reached at lynncouttsc@gmail.com.

We look forward to seeing you at the tryouts on Sunday August 22, 2010 at Springbrook Complex in Scarborough, Maine.

12U – Coach Jeff Treadwell

14U – Coach Nick Caiazzo

16U – Coach Fred Apt

18U – Coach Lynn Coutts