

FROZEN ROPES
SUMMER BASEBALL / SOFTBALL CAMP
Most Frequently Asked Questions

- **Registration?**
 1. Only on the **first** day of camp, registration will begin at 8:30am for the 9:00am start time. Each day after that, camp will start promptly at 9:00am.
 2. All medical and emergency forms should be filled out and returned before the first day of camp (players will not be able to participate without having these forms signed).
 3. Your balance **must be paid in full** before the first day of the camp to secure your player's spot in camp. Many camps have a limited number of players to enroll in each camp.
- **Rain Day?**
 1. Staff will decide by 7:30am if camp will be held outside on that particular day. We will put a message on our answering machine (207-878-2600) and update the www.frozenropes.com/portland website. *Some outdoor camps that we run may have the option of coming into the FRTC for the day if weather is an issue.*
 2. If weather is questionable we will hold camp unless severe thunderstorms are predicted. In the unlikely event that a thunderstorm comes unexpectedly, we will go under shelter until the storm subsides. We will never play in thunderstorms or lightning!
 3. If there is prolonged rain we will be calling parent(s)/guardians to come pick up players. We know this may be an inconvenience and if you're not able to pick up your player, please plan for a relative or friend to be able to do so.
 4. If there is a rain day, a **credit** will be issued for that day to be used towards any Frozen Ropes event or service for **one calendar year**.
- **What to bring to camp?**
 1. Baseball or Wind/Sweat pants for the game part of camps and shorts for the skills and drills (throwing, fielding, hitting, base running, Fun in the Sun) part of camp. **NO JEANS or CARGO PANTS!**
 2. Hat is recommended for all players
 3. Sunscreen
 4. Water bottle: we will have water jugs on site and the players can fill up water bottles to take to their respective station or field they are working on.
 5. Baseball glove is required; bats, helmets, and other equipment needs will be provided by FRTC. Whatever equipment your players bring please make sure their name is on it.
 6. Lunch and snack food. For the long day in the sun, we do have times (mid morning and mid afternoon) where we will have full camp discussion/demonstrations. At this time we allow players to rest and grab another small snack to replenish their bodies.

7. Players are advised NOT to bring their own baseballs as they will likely be lost.
 8. Lost and Found – we will have a lost and found on the camp site, at the end of the day/week please check to see if any of your belonging are their as everything collected will be delivered to Goodwill or Salvation Army. Frozen Ropes is not responsible for lost or misplaced belongings.
- **Player's Age**
 1. Players 7-9 years old will start together for skills/drill and games. The 10-12 year old players will start off together for games and skills/drills. Many times the camp Director will give the 10 year old players a choice to which age group they want to work out with (this depends on skill level, baseball experience, other friends in camp).
 2. Our staff will evaluate players the first day and a half. If there are players that are “head and shoulders” above the other players in the group, then we will move that player up to the next level. If there is a player that needs to be moved down a level for safety reasons or to gain more confidence playing wise then that is the decision our staff can make.
 3. If a player knows of another player that will be in camp, you may have teammate request on the player's information card. We will do our very best to meet the needs of all player requests but keep in mind that the level of play for the camp needs to be consistent (i.e. an 8 year old brother wants to be on the same team as his 11 year old brother) with skill level.
 - **What is a Typical Day Like?**

9:00am	Start Up / Talk for the Day
9:15am	Dynamic Warm Up / Functional Strength
9:30am	Progressive Throwing Program
9:45am	Drink Break
9:50am	Skills and Drills (Station Work)
	- Throwing, fielding, hitting, base running, Fun in the Sun Activity
10:50am	Full Group Discussion / Demonstration
11:00am	Situational Games
12:15pm	LUNCH
12:45pm	Full Camp Activity / Team Building Exercises
1:00pm	Skills and Drills (Station Work)
	- Throwing, fielding, hitting, base running, Fun in the Sun Activity
2:00pm	Drink Break
2:05pm	Situational Games
2:55pm	Clean Up / Review of Day
3:00pm	Dismissed
 - **Note to Parents:** Please be advised that no child will be left unattended after camp is dismissed. There is a 15 minute courtesy rule for pick up; after 15 minutes it will cost you \$1 per minute your player is supervised. The camp Director will be the last person to leave the camp site.