



Team Training Area

6,000 sq. ft. (4 tunnels) for full team workouts. We provide the screens, balls, bases and tees. All tunnels have retractable netting to customize your workouts. Coaches coach their own players or have one of our **Certified Instructors run your practice.**

\$150/hour
Instructors: \$30/hour
Per Instructor

Diamond Strength Speed and Conditioning

This program integrates speed, agility, flexibility and strength training specifically for the baseball and softball player. Results and performance are logged to show increases in progression. One of our most popular and successful programs!

Individual Class: \$10

Multiple Class Packages Available with Discounted Rates,...please see front desk.



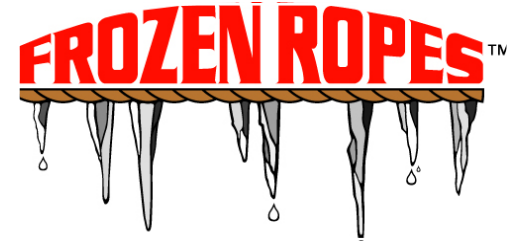
Rampage Baseball Club

20 Championships
23 Second Place finishes

In less than two full seasons!

Our Mission is to build competitive teams that reflect our philosophy on **Development.** Each team and player will be provided with an environment to not only learn the game of baseball at a higher level, but also to grow as young men. With our Frozen Ropes Franchise Certified Instructors and Coaches, we plan to instill our values of **Work Ethic, Sportsmanship, Team Concepts and Pride in Self.**

For more information about our Baseball Club, program benefits and tryout dates, please ask at the front desk or email us.



120 Kenyon Drive
Lakewood, NJ 08701
www.frozenropes.com
lakewood@frozenropes.com
732-363-8913

Ocean Counties Premier Baseball & Softball Training Facility. **Our 15,000 sq. ft. Field Turf playing surface includes:**

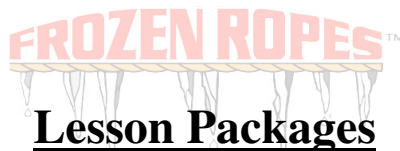
- ◆ 10 Hitting/Pitching Tunnels (80x15)
- ◆ 3 Iron Mike Pitching Machines
- ◆ 3 JUGS Softball Machines
- ◆ L Screens, Sock Screens, Hitting Tees, Mounds
- ◆ Climate Controlled Party Room
- ◆ Viewing Mezzanine/TV and Vending
- ◆ Professional Instruction
- ◆ T2 Video Training System
- ◆ ProBatter Hitting Simulator

Individual Lessons

30 minutes.....\$50
60 minutes.....\$90

Tunnel Rentals

30 minutes.....\$25
60 minutes.....\$50



Lesson Packages

30 Minutes

5 pack for \$225 (10% savings)
10 pack for \$425 (15% savings)

60 Minutes

5 pack for \$405 (10% savings)
10 pack \$765 (15% savings)

Tunnel Packages

30 Minutes

5 pack for \$113 (10% savings)
10 pack for \$213 (15% savings)

60 Minutes

5 pack for \$225 (10% savings)
10 pack \$425 (15% savings)

T2 Video Analysis

Our T2 Motion Video Analyst Machine, has the state of the art technology to break down our mechanical flaws in every swing and or pitch. Video Analysis is viewed in High Definition and is included in all our 1 hour Lesson Packages. Packages.



Bullpen Throwing Program **(Ages 13+)**

Perfect program for pitchers playing Fall Ball. Each pitcher will throw a supervised bullpen session and put through specific exercises to keep the pitcher sharp all season

End Game Pitching **(Ages 7-12)**

Class introduces: Pitching movement, increasing velocity, building arm strength, and throwing more strikes

Velocity Pitching Program **(Ages 12+)**

Designed to increase velocity by improving throwing mechanics.

Scope & Rope Hitting Class **(Ages 12+)**

Session designed to increase bat speed and power at the plate with a focus on the visual mechanics of hitting.....

**All Programs:
5 weeks for \$150
One Hour each Class**



Create-A-Class **(All Ages)**

Get together with friends or teammates and design a class specifically for your group of at least 3-6 players

Rookie Program **(Ages 6-8)**

Have fun while you play and learn the right way! A fun baseball class focusing on hitting, fielding and throwing

Grip It & Rip It **(Ages 8-11)**

Introduction to hitting fundamentals using useful drill work

Defense Program **(Ages 7-11)**

Class includes: feet set up, glove angle, top hand, soft feet, feet movement, proper positioning, and much more

Born to Hit **(Ages 3-5)**

Activity class designed to introduce children to athletic movement, supervised exercise, and fundamentals of hitting

