

Games are great, but when do you spend time improving your individual skills?

Frozen Ropes High School & Middle School Prospect Baseball Skills Class



Intensive 2 Hour Classes - Our program designed to get you ready for your season & beyond!

For Middle School & High School Baseball players.
Mondays & Wednesdays & Fridays: 7:00 pm - 9:00 pm

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Nov. 14, 21, 28, Dec. 5, 12, 19, 26, Jan. 2, 9, 16, 23, 30,
Feb. 6, 13, 20, 27, Mar. 5, 12, 19, 26

Wednesdays: 7:00 pm - 9:00 pm
Nov. 9, 16, 23, 30, Dec. 7, 14, 21, 28, Jan. 4, 11, 18, 25,
Feb. 1, 8, 15, 22, 29, Mar. 7, 14

Fridays: 7:00 pm - 9:00 pm
Nov. 11, 18, Dec. 2

"Frozen Ropes has the ability to develop a player for the next level. As a former Frozen Ropes student and major league player, I strongly recommend their training."
-Sam Militello, Baseball Coach, Univ. of Tampa

Class topics will include a combination of baseball skills training, mental skills training and strength and conditioning. There will be a focus on position work, specific strength and flexibility needs.

All sessions conducted by the Frozen Ropes Senior Staff; former college and professional players.

Sign up for individual or multiple sessions
Please call or visit to register.
\$45 for single session
\$170 for 4 pack
\$325 for 8 pack

