



**Perfect practice,
makes
perfect performance!**

Minor League Class



The Minor league class consists of instructional sessions focusing on the Big Three,

- **Hitting**
- **Throwing**
- **Fielding**

Classes consist of hands on group instruction, continuous station change to promote speed of play and controlled scrimmages.

Players will have access to:

- **Hitting tunnels**
- **Regulation pitching mounds**
- **Instructional training aids**
- **Diamond strength and conditioning equipment**

Ages 7 to 9

TUESDAYS 5pm:

Session 1: Mar 30, Apr 6, 13, 20
Session 2: Apr 27, May 4, 11, 18
Session 3: May 25, Jun 7, 14, 21

SATURDAYS 2pm:

Session 4: Apr 3, 10, 17, 24
Session 5: May 1, 8, 15, 22
Session 6: May 29, Jun 5, 12, 19

Please contact Frozen Ropes for answers to scheduling questions.

Players should bring their glove.

Instructional class with game situations designed to improve hitting, throwing and fielding skills.
Registration fee: \$100

www.frozenropes.com

845.469.9507

Frozen Ropes has been featured in:



The New York Times

Newsweek

Registration for **Minor League Class** is available on-line, by the form below, or by phone.

Player's Name _____
Address _____
City _____ State _____ Zip _____
Emergency Phone Number _____

Date of Birth _____
Parent(s) Name _____
Phone Number _____
Email Address _____

Minor League Session # _____

Total Payment \$ _____

Visa () Mastercard () Amex () Credit Card # _____ Exp. Date _____

Make checks payable to and mail to: **FROZEN ROPES 12 Elkay Drive - Chester, NY 10918**

Tel: 845.469.9507

Fax: 845.469.6742

www.frozenropes.com

Email: chester@frozenropes.com

ALL PROGRAMS HAVE LIMITED ENROLLMENT



FROZEN ROPES
Fast Pitch