

REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE

Player's Name _____ Date of Birth _____
Address _____ Parent's Name _____
City _____ State _____ Zip _____ Phone Number _____
Emergency Phone Number _____ Email Address _____
Class day & time _____ Session# _____ Total Payment \$ _____
Visa () MasterCard () Credit Card #: _____ Exp. Date _____

Make checks payable to and mail to: Frozen Ropes, 300 Executive Blvd. Elmsford, NY 10523
Tel: (914) 345-3377 Fax: (914)345-3383 www.frozenropes.com/elmsford Email: Elmsford@frozenropes.com
ALL PROGRAMS HAVE LIMITED ENROLLMENT



World Membership Program

Don't leave home plate without it!

Look what you receive as a world member!

- ◆ Earn 5% cash rewards each time you visit Frozen Ropes
- ◆ Special membership pricing on all programs and Pro Shop sales
- ◆ Access to our National Video Training Library offering tips and drills on how to improve your game

Cost: \$245 Annual World Membership

Birthday Parties

Baseball and Birthdays make a winning Combination! Your child and their friends will score big playing a game on our new turf field.

Packages starting at \$400 for the first 12 players.

Diamond Strength

Baseball & Softball specific cross training classes
Combine Proper Mechanics for a Stronger & Faster Body!

Please call 914-345-3370 for more info.



**FROZEN ROPES
TRAINING CENTER**

300 Executive Blvd.
Elmsford, NY 10523
Phone:914-345-3370
Fax:914-345-3383

Email: elmsford@frozenropes.com

Winter 2012

Schedule of Events

Boys 13 and Older

INTRO PACKAGE

(5 x 1/2 hr lessons & 5 x 30 min rentals) \$299
(5 x 1/2 hr lessons & 5 x 60 min rentals) \$399

INDIVIDUAL LESSONS:

Individual lessons are only offered in packages of:
(3 x 1/2hr) \$150
(5 x 1/2hr) \$250
(10 x 1/2hr) \$475
(20 x 1/2hr) \$900
Video Profile \$200

BUDDY CLASSES: (2 players)

10 x 1 hour classes - \$500 per player

PRIVATE CLASSES:(3-5 players)

10 x 1 hour classes \$350 per player

HITTING TUNNEL (35mph—80 mph)

Iron-Mike, Pro Batter, and Jugs Softball Machine
15 min. \$20 30 min. \$30
45 min. \$45 60 min. \$60

Infield rental -- \$240 per hour

Flexible Class Program for Advanced Classes

Purchase the number of classes you want and use them any time between the week of January 2 and the week of February 27.

Receive FREE tunnel rentals when you purchase a package

8 Classes: \$400 (2:1/2hr rentals)
16 Classes: \$750 (4:1/2hr rentals)
24 Classes: \$1,000 (6:1/2hr rentals)
32 Classes: \$1,200 (8:1/2hr rentals)
56 Classes: \$1,600 (10:1/2hr rentals)

With over 4 classes per week to choose from, players do not have to sacrifice in-season training once their game and practice schedule begins. Each class is designed to prepare players for their upcoming games.

- ◆ Classes expire week of 02/27/12
- ◆ Rentals do not expire
- ◆ Advance registration required to reserve spot
- ◆ Must call in registrations
- ◆ Online registrations is NOT available
- ◆ 24 hour cancellation policy
- ◆ Registrations cancelled within 24 hours of the scheduled class will be forfeited

Advanced Skills Camps

Ages 13-18 yrs
10:00-12:00pm

There's no better way to spend your time off from school than attending our Advanced Skills Camp. Topics will include: hitting, pitching, fielding, strength, speed, and agility.
Dec. 26-28 (Mon/Tues/Wed)
\$150 per player
Feb. 20/22/24 (Mon/Wed/Fri)
\$150 per player
Apr. 16/18/20 (Mon/Wed/Fri)
\$150 per player

Advanced Classes

Clinics are limited to 8 players per session. Dates are on the week of the following:

Week of: 1/2, 1/9, 1/16, 1/23,
1/30, 2/6, 2/13, & 2/27

Advanced Hitting Classes

Player will work on their Hitting & Visual mechanics. Players will improve in their pitch recognition and hitting to the opposite field. Players will also work on pre pitch routine. Players will participate in strength and conditioning session specifically for hitters.

Monday: 7-9pm
Wednesday 7-9pm

Advanced Pitching Classes

Players will work on pitching drills and Secondary pitches. Pitchers will also work on holding runners on. Pre & post games warm ups and cool downs. Players will participate in strength & conditioning session for pitchers.

Tuesday: 7pm-9pm
Thursday 7pm-9pm

Catchers Clinic

(Not part of flexible program)

Friday 6-7pm
\$215 per session

Session #1: Week of Jan 2 - Week of Feb 7
Make-up week: week of Feb 13

Session #2: Week of Feb 27 - Week of Apr 9
Make-up week: week of Apr 9

DEVELOPMENTAL TEAMS **(50 players per day/8-13yr olds)**

12 Week Developmental Group Workouts/Tryouts

Saturday or Sunday: You can pick one day only!

Winter workouts are a means of introducing new players to the program and training returning players in order to prepare them for their middle school and/or high school spring seasons. Workouts/tryouts cover a range of topics: Visual Hitting Mechanics, Hitting to all fields, Hitting the curveball, Arm Care and Injury Prevention Clinics, Velocity, Control, and Movement enhancement for Young Pitchers, Diamond Strength Classes, etc. Winter workouts/tryouts are facilitated by Frozen Ropes Professional Full-Time Staff and Minor League Players. However, more important than their backgrounds our instructors possess outstanding Communication Skills, a True Love for the game, and enjoy working with young people.

Start Date: November 19, 2011

Time: 6-8 PM

Program Options

12 Weeks \$600 per player (Starting November)
8 Weeks \$400 per player (Starting in January)

“Whether you are trying out for a Frozen Ropes Team or looking to try out for another league, this is the workout for you. Joining our Developmental workouts will not guarantee you a spot on a Frozen Ropes Team, but will help you in your overall workout skills.”

Frozen Ropes Team

Frozen Ropes Teams

Frozen Ropes Elmsford offers a number of different team options.

(1) Elite Teams:
Extensive travel / Tournaments (8-10) / League play, Winter workouts /Spring, Summer, Fall
(must play in all three)

(2) Devo Teams:
Some travel / Tournaments (4-5) / League play / Spring, Summer, Fall (can join by season)

(3) Town Team:
Run your own team / F.R will train (team/coach) / help with scheduling / your pick team name / ask for more details.

November 19 & 20, 2011 until March 3 & 4, 2012
Team tryouts Make-up date: March 10 & 11, 2012