



Frozen Ropes Training Centers  
 Today's youngsters will spend hundreds of hours practicing and playing baseball and softball hoping to achieve some degree of athletic success and personal satisfaction. The unfortunate reality is many players develop incorrect habits early in their playing career, which makes improvement and long-term participation difficult.

Now there is a solution...  
 Since 1988, **Frozen Ropes** has provided players of all ages with top-notch instruction in all aspects of baseball and softball. Thousands of little league and high school programs have implemented our teaching techniques and innovative programs. How good is our training? The **NY Mets, NY Yankees, Boston Red Sox & Colorado Rockies**, have hired our staff to assist in their players development.

From the backyards to Camden Yards, the Frozen Ropes success stories continue. Join us and see why players of all ages have become true believers in Frozen Ropes.

## The Frozen Ropes Advantage

**Manny Ramirez,**  
**All-Star Boston Red Sox**  
 "If you want to be a complete hitter, spend time improving your "looks." Frozen Ropes is the best in baseball in teaching the visual game."

**Howard "Ho Jo" Johnson,**  
**New York Mets**  
 "As a Frozen Ropes owner and former major leaguer, the training and teaching strategies of Frozen Ropes is by far, the best in baseball."

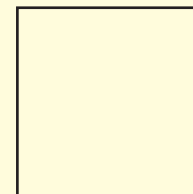
**John Tumminia,**  
**Scouting Supervisor, Chicago White Sox**  
 "Frozen Ropes Training Center is the Mecca in pitching for the amateur players..."

**Lou Pavlovich, Jr.,**  
**Editor, Collegiate Baseball**  
 "The Frozen Ropes Training Center is unquestionably the most progressive teaching 'laboratory' baseball has ever seen...nobody has been more progressive than Frozen Ropes. They are the soul of baseball's future."

**Pat Murphy,**  
**Head Baseball Coach, Arizona State University**  
 "Frozen Ropes Training Center is what baseball is all about. Reaching out in a professional way to facilitate the development of young players."

**Leah O'Brien-Amico**  
**Two-time USA Olympic Softball Gold Medal winner**  
 "The Frozen Ropes training equipment is better than anything around. It will help softball players improve all aspects of their game, including their mental and visual skills."

Frozen Ropes  
 645 Stewart Ave  
 Garden City, NY 11530



The world leaders in  
**BASEBALL and SOFTBALL**



**WE HAVE A PROGRAM FOR EVERY AGE AND SKILL LEVEL!**

645 Stewart Ave  
 Garden City, NY 11530  
 516-794-ROPE (7673)

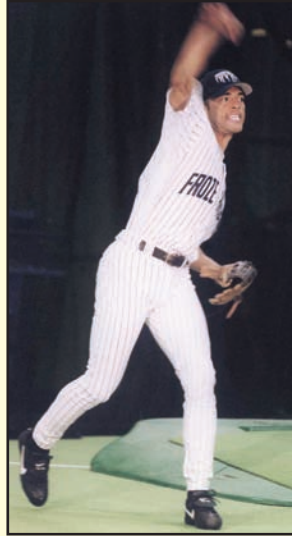
[www.frozenropes.com/gardencity](http://www.frozenropes.com/gardencity)  
[gardencity@frozenropes.com](mailto:gardencity@frozenropes.com)

# TRAINING



All-Star Mike Bordick in the Frozen Ropes infield DVD "Leather To Lace."

All-Star Mariano Rivera in the Frozen Ropes pitching DVD "Calm Before the Storm."



## The Lessons at Frozen Ropes

All of our instructors have undergone hours of classroom and field training so each workout remains consistent. From basic fundamentals to advanced visual mechanics, the Frozen Ropes curriculum expands as the student comprehends the preceding lesson topics.

## The Instruction at Frozen Ropes

Players of all ages participate in individual lessons, private classes and group clinics covering all aspects of baseball and softball. Training topics include hitting, pitching, catching, infield and outfield play.

# PERFORMANCE

## The Students at Frozen Ropes

Whether your son or daughter joins our Born to Play Club or takes individual lessons, Frozen Ropes can make the difference. Students range from toddlers to professional players.



Our softball instruction is nationally recognized.

Trained professionals in a teaching environment with a curriculum that is the talk of the baseball and softball world.

# RESULTS...

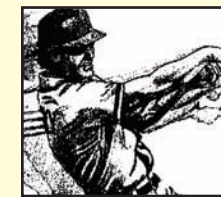


## Mental

- \* Concentration and focus
- \* Goal setting and visualization
- \* Self talk and relaxation skills

## Visual

- \* Pitch recognition
- \* Visual mechanics
- \* Video analysis



## Physical

- \* Biomechanical applications of throwing and hitting
- \* Youth strength training

## PROGRAMS INCLUDE:

- \* Individual and Class Instruction
- \* Team and League Training
- \* Facility Rentals
- \* Born to Play Classes
- \* After-School Programs
- \* Hitting Leagues
- \* Indoor Games
- \* Fastpitch and Pitching
- \* Coaching Seminars
- \* Summer Camps
- \* Birthday Parties
- \* Diamond Strength Classes
- \* Cape Cod Overnight Camps



With locations worldwide, Frozen Ropes has become the most recognized name in baseball and softball instruction!

**Our training success has been featured in:**



Visit our National Website:  
[www.frozenropes.com](http://www.frozenropes.com)



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