



**160 Despatch Drive
East Rochester, NY 14445
585-385-0420**

www.FrozenRopes.com/Rochester
email: rochester@frozenropes.com

**Winter 2010
January-March
Schedule of Events
Baseball
Ages 13-18**

Individual Lessons

30 minutes	\$40
10-pak Lesson Plans	\$360
20-pak Lesson Plans	\$650

Seek To Excel Group Training

2 players	\$45
3 players	\$35
4 players	\$30
5+ players	\$25

Facility Rentals

	<u>30 min</u>	<u>60 min</u>
Tunnel (throw/hit)	\$25	\$50
½ Facility	N/A	\$140
Full Facility	N/A	\$200

NEW OFFERINGS

High Performance Class Ages 15-18

The class is a mix of batting practice, diamond strength, and simulated games. The games will consist of two teams facing each other each week, hitting league style, with pitchers throwing to live hitters and a catcher. There will be opportunities for additional tee work off to the side. Perfect for players getting ready for the season, it gives both pitchers and hitters an opportunity to see where they are. Limited to 14 players. Session 2 ages will expand to 13-18 year olds.

Monday 6:30pm-7:55pm
Session 1: Jan. 4, 11, 18, 25, Feb. 1, 8
\$150
Session 2: Feb. 22, Mar. 1, 8, 15, 22
\$125

Pitching with the Pros Ages 13-18

Join pro baseball player and Frozen Ropes staff member Pat Urckfitz as he runs players through professional pitching drills. Some of the topics cover will be arm care, strength training for pitchers, getting into good post and pre game routines. This is a must attend for the high school pitcher looking to step up his game, especially those pitchers headed to college next year. This will be a great introduction to life of a pitcher at the higher levels. Don't miss this limited opportunity!

Wednesday 6:30pm-7:25pm
Session 1: Jan. 6, 13, 20, 27, Feb. 3, 10
\$150

Classes 13-18

Advance Baseball Workouts Ages 13-18

Intense, high energy instructor led workouts for the serious high school ballplayer. There will be plenty of repetitions and instruction in hitting, fielding and throwing. This is a 10 week program that will give players opportunities to work on all facets of the game in order to be ready for tryouts.

Sundays 8:30pm-10:00pm
Jan. 3, 10, 17, 24, 31, Feb. 14, 21, 28, Mar. 7, 14
\$200 Pre-paid
\$25 Walk-in

Classes 13-18 Continued

Throwing Program Ages 13-18

Speed Thrills! This class is designed specifically for the player that wants to throw harder. This is a high intensity class and requires players to put in maximum effort in order to get the maximum results. Through a mix of weighted ball training, long toss, band exercises and core training players will increased arm strength and arm speed. This class meets twice a week.

Tuesdays and Thursday 7:30pm-8:25pm
Session 1: Jan. 5, 7, 12, 13, 19, 21, 26, 27, Feb. 2, 4, 8, 11
\$300
Session 2: Feb. 23, 25, Mar. 2, 4, 9, 11, 16, 18, 23, 25
\$250

Catcher's Class Ages 13-18

Players will learn everything from how to receive the ball properly, proper stances, throwing, covering the plate and covering bunts. This is a great way to get players comfortable with wearing the gear and also opportunities will be available for catchers enrolled to catch live pitching.

Wednesday 6:30pm-7:25pm
Session 1: Jan. 6, 13, 20, 27, Feb. 3, 10
\$150
Session 2: Feb. 24, Mar. 3, 10, 17, 24
\$125

Diamond Strength Ages 13-18

It is time to supplement your training with proper strength and conditioning. Players run through a course full of activities designed to generate power, explosiveness and quickness. This is a great way to take your game to the next level or get in shape for the upcoming season.

Tuesdays and Thursdays 7:30pm-8:25pm
Single Class/Walk-in
\$10
10 Pre Paid Classes
\$80

Registration Form

REGISTRATION FOR CLASSES AVAILABLE BY APPLICATION OR BY PHONE

Player's Name _____

Date of Birth _____

Parent(s) _____

Address _____

City _____

State _____ Zip _____

Phone Number _____

Emergency Phone Number _____

Email _____

Class day & time _____ Session # _____

Total Payment \$ _____

Visa () Mastercard () Discover ()

Credit Card # _____ Exp. _____

Classes begin the week of January 4th for Session 1, the week
of February 22 for Session 2

Make checks payable to and mail to:

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**ALL PROGRAMS HAVE LIMITED
ENROLLMENT**

School Break Camps and Clinics

Advanced Baseball Workout Ages 13-18

Players will be put through a series of game speed fielding drills and competitions. There will be a mix of simulated situations and lots of live ground balls.

Thursday 10:00am- 12:00pm

Session 1: Dec. 31st

Session 2: Feb. 18th

\$25

Holiday Hitting Showdown Ages 13-18

Live hitting competition where players are split into teams and hit off a live pitcher. Games will be umpired by members of our staff. A great way for players to see pitches coming from their peers and also to gauge where they are going into the season.

Wednesday 12:30pm-3:00pm

Session 1: Dec. 31st

Session 2: Feb. 18th

\$25

Lunch Included with Workout and Showdown Sign-up

Create Your Own

Frozen Ropes gives you the option to create your own class for your team or group of friends. We can customize our award winning curriculum to meet the needs of each group. Get the early start on the season with plenty of repetitions and game simulations. It is also a great option for those with tight schedules, you will be able to fit your training around your schedule. Call or ask for more details.

Classes 13-18 Continued

Scope and Rope Hitting Ages 13-18

Players will be divided into smaller groups according to age. Topics covered will include: set-up, timing, pitch-recognition, swing plane and general body awareness. A mix of tee-work, drills and batting practice will help students improve in these areas.

Tuesdays 6:30pm-7:25pm

Session 1: Jan. 5, 12, 19, 26, Feb. 2, 8

\$150

Session 2: Feb. 23, Mar. 2, 9, 16, 23

\$125

Saturdays 11:00am-11:55am

Session 1: Jan. 9, 16, 23, 30, Feb. 6, 13

\$150

Session 2: Feb. 27, Mar. 6, 13, 20, 27

\$125

Modified Hitting League Ages 13-15

This is the perfect opportunity for players, teams or groups of friends to get ready for the season. The league will consist of four teams and will give hitters a chance to see live pitching and pitchers a chance to throw to hitters. Additional space will be available for players to take additional batting practice, tee work or get in extra pitches.

Wednesdays: 7:30pm-9:00pm

Feb. 7, 21, 28, Mar. 7, 14

\$90