



2012 Frozen Ropes February Break Camps February 20th – 23rd

Baseball Ages 8-12

Baseball Skills and Drills

February 20th-21st (Two Days) 9am -12pm

Get an early start on your season with 2 days full of hitting, throwing, infield and outfield skills and drills. Join our Frozen Ropes staff as we put the players through various drills in all aspects of the game to ready their skills for the upcoming season. This is a must attend for anyone looking to get a leg up on the competition this season.

\$60

Hitting Boot Camp

February 20th 1pm- 4pm

Players will work on building the towards the perfect swing. This camp will teach hitters to hit consistent line drives to all fields as well as learn what it takes to start driving the ball with more power. Our Frozen Ropes instructors will put players through a variety of hitting stations and there will be plenty of live batting practice and game situation at bats.

\$30

Pitching Boot Camp

February 21st 1pm – 4pm

Arm injuries for a young pitcher are always a concern. Our Frozen Ropes instructors will help alleviate that concern by teaching pitchers how to maximize the use of their lower body and core when delivering each pitch. Players will also learn the proper way to get warm before throwing and then transition into learning a proper throwing motion along with the proper throwing drills to perform before stepping on the mound.

\$30

Baseball Ages 13+

HS Baseball Tryout Prep Camp

February 22nd – 23rd 1pm – 4pm

High school baseball tryouts are coming up in March. This camp is designed to prepare players for these upcoming tryouts. Our Frozen Ropes instructors will run players through every imaginable drill and situation they will face during tryouts and help them make the needed changes to succeed during their school tryouts. This is a great way for players to figure out strengths and weaknesses in their game before showing them off to their school coaches and it leaves plenty of time to make changes before the real thing in

March!

\$60

Softball Ages 10+

Softball Skills and Drills

February 22nd -23rd (Two Days) 9am -12pm

Get an early start on your season with 2 days full of hitting, throwing, infield and outfield skills and drills. Join our Frozen Ropes staff as we put the players through various drills in all aspects of the game to ready their skills for the upcoming season. This is a must attend for anyone looking to get a leg up on the competition this season.

\$60

Register Online at www.FrozenRopes.com/Rochester

or call us at 585-385-0420