



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 3-12

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

Advanced Winter Baseball Program
Ages 10-12

Scouts evaluate players by looking at 5 tools-hitting, hitting for power, running, throwing and fielding. This program is designed to improve your skills in those 5 areas. This will be a high tempo class for the advanced ball player.

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

Youth Coaching Seminar

Whether it's running a little league team or working with the kids in the back yard, there is a great deal of responsibility that comes with being called coach. Come get hands on training, lectures, handouts and diagrams from the best in baseball and softball instruction. Topics covered will include Practice Organization, Game Strategies, Player/Coach relationship, Pitching absolutes, Hitting, Fielding, Throwing, Catching, Base Running and Team Defense.

Tuesdays 8:00pm-9:30pm
Session 2: Feb. 23, Mar. 2, 9, 16, 23, 30
\$150

Classes 3-5 Years Old

Born To Play™ Club
Ages 3-5

A fun, positive and energetic class designed to introduce young children to athletic movements, balance, coordination and baseball!

Tuesdays 2:00pm-2:45pm
Session 1: Jan. 5, 12, 19, 26, Feb. 2, 9
Session 2: Feb. 23, Mar. 2, 9, 16, 23
Thursdays 1:30pm-2:15pm
Session 1: Jan. 7, 14, 21, 28, Feb. 4, 11
Session 2: Feb. 25, Mar. 4, 11, 18, 25
Saturdays 9:00am-9:45am
Session 1: Jan. 9, 16, 23, 30, Feb. 6, 13
Session 2: Feb. 27, Mar. 6, 13, 20, 27
Session 1: \$90
Session 2: \$75

Create Your Own Club Today!

The perfect afternoon activity for your child's play group!
 Create your own class. Call to check available days and times.

Birthday Parties

Is your ballplayer having a birthday soon? Why not celebrate with a memorable birthday party at Frozen Ropes? Our trained staff of birthday specialists can handle all of your birthday party needs and keep your day totally stress free.

Call or ask Front Desk for more details

Classes 5-12 Years Old

Rookie Class
Ages 5-6

It's a great mix of learning and fun. We will instruct ballplayers in the Big 3, hitting, throwing and fielding using various drills and fun games. It's a great way to learn the game for the first time or to polish your skills for the upcoming season.

Mondays 4:30pm-5:25pm
Session 1: Jan. 4, 11, 18, 25, Feb. 1, 8
\$120
Session 2: Feb. 22, Mar. 1, 8, 15, 22
\$100
Saturdays
9:00am-9:55am
Session 1: Jan. 9, 16, 23, 30, Feb. 6, 13
\$120
Session 2: Feb. 27, Mar. 6, 13, 20, 27
\$100

Academy Class
Ages 7-12

Players will be divided into smaller groups according to age and receive instruction in hitting, fielding and throwing. Coaches will provide age appropriate drills and fun at each level. A perfect class for players of all ages and abilities.

Mondays 5:30pm-6:25pm
Session 1: Jan. 4, 11, 18, 25, Feb. 1, 8
\$150
Session 2: Feb. 22, Mar. 1, 8, 15, 22
\$125
Saturdays
10:00am-10:55am
Session 1: Jan. 9, 16, 23, 30, Feb. 6, 13
\$150
Session 2: Feb. 27, Mar. 6, 13, 20, 27
\$125

Homework Catcher's Class
Ages 9-12

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 5:30pm-6:25pm
Session 1: Jan. 6, 13, 20, 27, Feb. 3, 10
\$150
Session 2: Feb. 24, Mar. 3, 10, 17, 24
\$125

Create Your Own Class

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. It is also a great option for those with tight schedules to fit their training around their schedule.

Call or ask Front Desk for more details

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:

Frozen Ropes
160 Despatch Drive
East Rochester, NY 14445

585-385-0420
www.FrozenRopes.com/Rochester
rochester@frozenropes.com

ALL PROGRAMS HAVE LIMITED
ENROLLMENT

Classes 5-12 Years Old Continued

Diamond Strength

Ages 10-12

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 or 10 Pre Paid Classes \$80

School Break Camps and Clinics

All-Star Skills Clinic and Evaluation

Ages 7-12

Tons of repetitions in hitting, throwing and fielding. Our instructors will provide players with training tools and drills necessary to improve in each category. Players will be evaluated by our instructors over the two days and get a written evaluation to take home. Afternoon scrimmages and skills competitions.

Monday and Tuesday 9:30am-3:00pm

Session 1: Dec. 28th-29th Session 2: Feb. 15th-16th

\$65 Half Day

\$125 Full Day (Lunch included)

Advanced Baseball Workout

Ages 10-12

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.

Wednesday 10:00am- 12:00pm

Session 1: Dec. 30th Session 2: Feb. 17th

\$25

Holiday Hitting Showdown

Ages 10-12

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. 30th Session 2: Feb. 17th

\$25

Lunch Included with Workout and Showdown Sign-up

MLK Day Camp

Ages 7-12

Tons of repetitions in hitting, throwing and fielding. Our instructors will provide players with training tools and drills necessary to improve in each category. Afternoon scrimmages and skills competitions. Lunch included for full day campers.

Monday, Jan. 18

\$35 Half day

\$65 Full Day

Classes 5-12 Years Old Continued

Scope and Rope Hitting

Ages 7-12

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 5:30pm-6:25pm

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

\$150

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

\$125

End Game Pitchers Class

Ages 9-12

First and foremost, a proper and safe throwing motion will be stressed. The goal of the class, using various drills and demonstrations, is to improve on both speed and accuracy. A great class for those who are looking to be pitchers or those who would like to improve on what they have accomplished.

Wednesday 5:30pm-6:25pm

Session 1: Jan. 6, 13, 20, 27, Feb. 3, 10

\$150

Session 2: Feb. 24, Mar. 3, 10, 17, 24

\$125

Little League FUNdamentals

Calling all Little Leaguers! Keep off all the rust during the winter months. Saturdays and Sundays will be jam packed with work in all areas of the game. Scrimmages and game play will be stressed in each age group. Your player is sure to be ready for the upcoming season mix a great mix of instruction and reps. Sure to be tons of fun!

Session 1:

Fridays: Jan. 15, 22, 29, Feb. 5, 12

Saturdays: Jan. 16, 23, 30, Feb. 6, 13

Session 2:

Fridays: Feb. 26, Mar. 5, 12, 19, 26

Saturdays: Feb. 27, Mar. 6, 13, 20, 27

5-6 year olds Baseball Academy (boys and girls)

Fridays 5:30pm-6:25pm

7-8 year olds Baseball Academy (boys and girls)

Fridays 6:30pm-7:25

9-10 year olds Baseball: Developing the 5-Tool Player

Saturdays, 4:15-5:10pm

11-12 year olds Baseball: Developing the 5-Tool Player

Saturdays, 5:15-6:10pm

9-12 year olds Baseball Spring Training: Pitchers & Catchers Report (Session 2 only)

Saturdays, 6:15-7:10pm

Special Price of \$100 per session