



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
 Softball
 Ages 9-18

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 |

Classes 9-12

Girls Nite Out
Ages 9-12

This class designed to make the girls improve in hitting, throwing and fielding. A mix of drills and repetitions, it is a great class to work on core skills. Proper movements and techniques will be emphasized.

Thursdays 5:30pm-6:25pm
Session 1: Jan. 7, 14, 21, 28, Feb. 4, 11
\$150
Session 2: Feb. 25, Mar. 4, 11, 18, 25
\$125

Windmill Pitching Class
Age 10+

Come learn proper grips, technique and warm-up routines. Class will be a mix of drills and repetitions. Perfect for the beginning pitcher and also those who would like to further their skills. Girls are encouraged to have a catcher but one is not required.

Thursdays 6:30pm-7:25pm
Session 1: Jan. 7, 14, 21, 28, Feb. 4, 11
\$150
Session 2: Feb. 25, Mar. 4, 11, 18, 25
\$125

Classes 13-18

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

Classes 13-18 Years Old 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, 14, 19, 21, 26, 28, Feb. 2, 4, 9, 11
\$300
Session 2: Feb. 23, 25, Mar. 2, 4, 9, 11, 16, 18, 23, 25
\$250

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

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.

Mondays 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:

Frozen Ropes
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**ALL PROGRAMS HAVE LIMITED
ENROLLMENT**

Advanced Workouts

Advance Softball 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 7:00pm-8:30pm

Jan. 3, 10, 17, 24, 31, Feb. 14, 21, 28, Mar. 7, 14

\$200 Pre-paid

\$25 Walk-in

Little League FUNdamentals

Softball Spring Training

Ages 9-15

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!

Sundays, 12:00pm-12:55pm

Session 2

Sundays: Mar. 14, 21, 28, Apr. 11, 18

Special Price \$100

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 Front Desk for more details

