

REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE

Player's Name _____ Date of Birth _____
Address _____ Parent(s) Name _____
City _____ State _____ Zip _____ Phone Number _____
Emergency Phone Number _____ Email Address _____
Class day & time _____ Session# _____ Total Payment \$ _____
Visa () MasterCard () Credit Card #: _____ Exp. Date _____

Make checks payable to and mail to: Frozen Ropes, 300 Executive Blvd. Elmsford, NY 10523

Tel: (914) 345-3370 Fax: (914)345-3383 www.frozenropes.com Email: Westchester@frozenropes.com

ALL PROGRAMS HAVE LIMITED ENROLLMENT

DEVELOPMENTAL TEAMS

(50 players per day-8-13yr olds)

12 week Developmental Group Workouts/tryouts

Saturday or Sunday: You can pick one day only!

Winter workouts are a means of introducing new players to the program and training returning players in order to prepare them for their middle school and/or high school spring seasons. Workouts/tryouts cover a range of topics: Visual Hitting Mechanics, Hitting to all fields, Hitting the curveball, Arm Care and Injury Prevention Clinics, Velocity, Control, and Movement enhancement for Young Pitchers, Diamond Strength Classes, et cetera. Winter workouts/tryouts are facilitated by Frozen Ropes Professional Full-Time Staff and Minor League Players. However, more important than their backgrounds our instructors possess outstanding Communication Skills, a True Love for the game, and enjoy working with young people.

Start Date: November 20th 2010

Time: 6:00-8:00 PM

Price :\$600.00 per player

12 Week Developmental workout-Select

*This Program is for Selected Players only *

Includes:

- Winter Workouts (please see above)
- Elite Team Weeknight Workout
- 4 on 1 Hitting Sessions
- 10 1/2 hrs 1 On 1 lessons
- SEASON PACKAGE**
- Spring season
- Summer Season
- Fall Season

Teams will participate in tournaments such as:

*Cooperstown Tourney *Cal Ripken Tourney

*The Rock *ECTB *Triple Crown

*Wood Bat *

10U Play 46/60

** 11U & 12U Play 50/70**

Call us at (914) 345-3370 for more info



**FROZEN ROPES
TRAINING CENTER**

300 Executive Blvd.

Elmsford, NY 10523

914-345-3370

Westchester@frozenropes.com

Fall 2010

Schedule of Events

Boys 12 and Under

INTRO PACKAGE

(5 x 1/2 hr lessons & 5 x 30 min rentals) \$299

(5 x 1/2 hr lessons & 5 x 60 min rentals) \$399

INDIVIDUAL LESSONS:

Individual lessons are only offered in packages of:

(3 x 1/2hr) \$150

(5 x 1/2hr) \$250

(10 x 1/2hr) \$475

(20 x 1/2hr) \$900

Video Profile \$200

Ask about same instructor lesson plan.

BUDDY CLASSES: (2 players)

10 x 1 hour classes - \$500 per player

PRIVATE CLASSES:(3-5 players)

10 x 1 hour classes \$350 per player

HITTING TUNNEL (35mph—80 mph)

Iron-Mike, Pro Batter, and Jugs Softball Machine

15 min. \$20

30 min. \$30

45 min. \$45

60 min. \$60

Infield rental -- \$240 per hour

