

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

Winter 2011

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

ROOKIE CLUB COMBO CLASSES

\$220 per session - 6 Week Sessions
Prepares your Little Leaguer for a successful season!! Program includes 90 min of Fielding, Throwing & Hitting.

Saturdays 11am-12:30pm (ages:5-7)
3pm-4:30pm (ages:8-10)
4:30pm- 6:00pm(ages 5-7)

Sundays 10:30 am-12:00pm(Ages 5-7)
12pm-1:30pm (ages:8-10)
4pm-5:30pm (ages:5-7)

Session #1: Jan 8/9, 15/16, 22/23, 29/30,
Feb 5/6, 12/13 Snow Date: Feb 19/20

Session #2: Mar 5/6, 12/13, 19/20,
26/27, Apr 2/3 April 9/10 Snow Date:Apr16/17

BORN TO PLAY PROGRAM (12 players)

An activity class designed to introduce 3-5 year olds to athletic movement, supervised exercise, and baseball.

Minimum of 4 players per time slot.
\$195 Per Session
6 Week Sessions

Session #1: Jan 3rd - Feb 7th

Session #2: Feb 28th - April 4th

Thursday:	Saturday :	Sunday:
1pm-1:50pm	9am - 9:50am	9am - 9:50am
2pm-2:50pm	10am - 10:50am	

AFTER SCHOOL BASEBALL AND SOFTBALL ACADEMY (12 players)

6 Week Sessions \$200 Per Session

Mon: 4-5pm Ages:6-8 / 5-6pm Ages:9-12

Wed: 4-5pm Ages:9-12 / 5-6pm Ages:6-8

Session #1: Jan 3rd - Feb 7th

Session #2: Feb 28th - Apr 4th

SCHOOL VACATION CAMPS (6-12yr)

There's no better way to spend your time off from school than attending our School Vacation Camp. Players will be divided by age & skill level. Topics will include: hitting, pitching, fielding, catching, strength, speed, and agility.

Dec. 27-30 (Mon-Thu) \$225 per player

Feb 21-24 (Mon-Thu) \$225 per player

Apr 18-21 (Mon-Thu) \$225 per player

BIRTHDAY PARTIES

Baseball and Birthdays make a winning Combination! Your child and their friends will score

big playing a game on our new turf field in our brand new facility. Packages starting at \$400 for the first

12 players.

Catchers Clinic

Friday 5:-6pm

\$215 per session

Fall Session 1: Sep24 -Oct 29

Fall Session 2: Nov 5 - Dec 17 (11/26 no class)

Winter Session 1: Jan 7- Feb 11

Winter Session 2: Mar 4- Apr 8

Diamond Strength

Baseball & Softball specific cross training classes

*Combine Proper Mechanics with Stronger and Faster Body!

Please call 914-345-3370 for more info.

Classes (10 players)

6-week sessions specializing in specific baseball & softball skills

Hitting Classes: \$215

Tues 4pm - 5pm 7-9yr olds

Tues 5pm - 6pm 10-12yr olds

Thu 5:30pm - 6:30pm 7-9yr olds

Thu 6:30pm-7:30pm 10-12yr olds

Sat 10am-11am 7-9yr olds

Sat 11am-12pm 10-12yr olds

Sun 10am-11am 10-12yr olds

Sun 11am-12pm 7-9yr olds

Pitching Classes: \$215

Tues 4pm - 5pm 10-12yr olds

Tues 5pm - 6pm 7-9yr olds

Thu 5:30pm - 6:30pm 10-12yr olds

Thu 6:30pm - 7:30pm 7-9yr olds

Sat 10am - 11am 10-12yr olds

Sat 11am - 12pm 7-9yr olds

Sun 10am - 11am 7-9yr olds

Sun 11am - 12pm 10-12yr olds

Hitting/Fielding Combo Classes: \$240

Tue 6pm - 7:15pm 7-9yr olds

Tue 6pm - 7:15pm 10-12yr olds

Thu 4pm - 5:15pm 7-9yr olds

Thu 4pm - 5:15pm 10-12yr olds

Sat 1pm - 2:15pm 7-9yr olds

Sat 1pm - 2:15pm 10-12yr olds

Sun 1pm - 2:15pm 7-9yr olds

Sun 1pm- 2:15pm 10-12yrols

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