

**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**

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  
Time: 8:00am-10:00am  
Price per player: \$600.00

**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.



**FROZEN ROPES  
TRAINING CENTER**

300 Executive Blvd.  
Elmsford, NY 10523  
914-345-3370

Westchester@frozenropes.com

**Winter 2011  
Girls Schedule of Events**

**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

## GIRLS NIGHT OUT

Develop your skills in the off season with our Girls night out program. Players will focus on mechanics of throwing, fielding and hitting skills! This is a program designed for player Development between the ages of 7 –12.

2 / Ten week programs.

2 days per week

1 Session \$450

2 Sessions:\$800

Monday and Wednesday

-7-9 yr olds-6:00-7:00pm

-10-12 yr olds-7:00-8:00pm

Session # 1 Sept 20 –Nov 29)

( No Class Week of Nov 22)

Session #2 Jan 10 -Mar 21)

(No Class Week of Feb 21st)

## 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 3 - Feb 7

**Session #2:** Feb 28 - April 4

(no class week of Feb21)

**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 3 - Feb 7

**Session #2:** Feb 28 - Apr 4

### 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**

Tue 4pm - 5pm                  7-9yr olds

Tue 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

### **Windmill Pitching Classes: \$215**

Wed 5pm - 6pm                  7-9yr olds

Wed 6pm - 7pm                  10-12yrs old

### **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

**Session #1:** Jan 3 - Feb 7

**Session #2:** Feb 28 - Apr 4

(no class week of Feb21)

### **Catchers Clinic \$215**

Friday

12 and under: 5-6pm

13 and older-6:-7pm

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