



Grid Kids & Running Back Classes starting in December!



GRID KIDS

Grid Kids is a class that teaches the next generation of football players the rules and core skills of the game.

The 5-7 year olds will learn basic (non-contact) football skills in a non-competitive session with emphasis on group rules, teammate interaction and football etiquette.

All players will learn the dynamics of the gridiron and the primary rules of playing organized football.

T O P G U N I N S T R U C T I O N A L F O O T B A L L



RUNNING BACK

Running Back Training Camp provides progressive development of the necessary skills and athletic ability to compete at the Running Back position in any of today's high school offenses.

Sessions include: training to improve speed, agility, balance, and coordination, with an emphasis on improving running, receiving and blocking skill/techniques.
(Ages 8-13)

Session 1: Dec 11, 18 Jan 8, 15 \$95/*\$80

Session 2: Jan 22, 29 Feb 5, 12 \$95/*\$80

Session 3: Feb 19, 26 Mar 4, 11 \$95/*\$80

(* indicates member pricing)

Running Back	2pm - 3pm	Ages 8-13
Grid Kids	3pm - 4pm	Ages 5-7

Registration for GRIDKIDS is available online, by phone, or by the form below.

Player's Name _____

Date of Birth _____

Address _____

Parent(s) Name _____

City _____ State _____ Zip _____

Emergency _____

Phone Number _____

Email Address _____

REGISTER MY PLAYER FOR (circle one): Grid Kids Running Back

Total Payment \$ _____

Visa () Mastercard () Amex () Credit Card #: _____ Exp. Date: _____

Make checks payable to and mail to: Frozen Ropes 24 Old Black Meadow Rd. Chester, NY 10918

Tel: 845.469.9507

Fax: 845.469.6742

Email: chester@frozenropes.com



therocksportspark.com
ALL PROGRAMS HAVE LIMITED ENROLLMENT