



THERE'S *NEVER*
AN OFFSEASON

2024 SUMMER PROGRAMS

- Baseball
- Softball
- Multi-Sport

(For Ages 3-4, 5-7, 8-12, 13+)



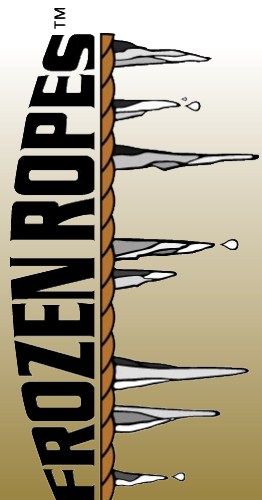
508-653-7673

natick@frozenropes.com
www.frozenropes.com/natick

Online Registration
Available



Frozen Ropes Natick
14 Tech Circle
Natick, Massachusetts



Frozen Ropes
14 Tech Circle
Natick, MA 01760



Celebrating Over 30 Years!



Dear Families,
We are excited to have you join us this summer at a Frozen Ropes Summer Program! With over 30 years offering programs in the MetroWest Boston area, we are proud to offer a first class experience by fostering a love of sports, friendships and fun. With the help of our well-trained staff, your child will spend their summer days developing their skills and having fun through a variety of safe and structured activities.

We hope to see you soon!



Locations



Frozen Ropes Indoor Facility
14 Tech Circle Natick



Natick Hunnewell Fields
Pleasant Street Natick



Natick East School
Field (Oak Street)



Medway High School
Maddie Lamson Field



EMC Park Hopkinton

Program Features:

Baseball

Softball

Multi-Sport

Gametime / Tournament Week Baseball

Giant Water Slide

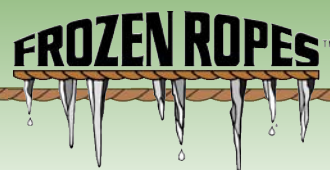
T-Shirts



Available for Ages:

- 3-4 Coed
- 5-7 Coed
- 8-12 Coed Baseball
- 8-13 Softball
- 13+ Baseball

All programs meet all state and local requirements per Mass Board of Health document 105 CMR 430.



Program Registration

4 Easy Ways to Register!



- Register Online at: www.frozenropes.com/natick
- Register by Phone by calling: **508-653-7673**
- Register in Person at our facility: **14 Tech Circle, Natick**
- Complete this form and send by US Mail to:
- Frozen Ropes Natick, 14 Tech Circle, Natick, MA 01760

Player's Name _____ DOB: _____

Program Choice _____ Start Date: _____

Morning ☐ Full Day ☐ Days: (Circle Days) M T W T H F \$ _____ Member ☐ Non-Member ☐

Player's Name _____ DOB: _____

Program Choice _____ Start Date: _____

Morning ☐ Full Day ☐ Days: (Circle Days) M T W T H F \$ _____ Member ☐ Non-Member ☐

Player's Name _____ DOB: _____

Program Choice _____ Start Date: _____

Morning ☐ Full Day ☐ Days: (Circle Days) M T W T H F \$ _____ Member ☐ Non-Member ☐

Player's Name _____ DOB: _____

Program Choice _____ Start Date: _____

Morning ☐ Full Day ☐ Days: (Circle Days) M T W T H F \$ _____ Member ☐ Non-Member ☐

Parent(s) Name _____

Address _____

City _____

Parent's Phone _____

Emergency Phone Number _____

Email _____

INFORMATION PACKET WILL BE EMAILED TO YOU UPON REGISTRATION

Frequently Asked Questions



Q: What should the players bring?

A. Players should bring their glove, batting gloves (optional), hat, water bottle, sunscreen if needed, bat (optional), snack and lunch. All personal items should be clearly marked with the player's name. Sunglasses, cleats, protective cups, baseball pants and personal helmets are a few additional pieces of equipment that should be considered.

Q: What should the players wear?

A. Most players wear shorts and t-shirts. Uniforms and baseball pants are not required.

Q: Is lunch served?

A. No, all players ages 5-12 need to bring their lunch each day and also bring a snack.

Q: What is the instructor/player ratio?

A. The maximum ratio will be 1 instructor for 10 players but it is often lower.

Q: What is a typical day like?

A. The agenda will change throughout the week. Players will participate in stations and drills along with fun in the sun activities in the morning. Controlled scrimmages will be played daily. Players are divided by age and skill level for all stations and games. Lunch is usually at noon and players will be given water breaks throughout the day.

Q: Can parents stay and watch?

A. Parents are more than welcome and encouraged to observe all of the activities.

Q: Are any of the instructors CPR/First Aid Certified?

A. The senior instructor at each location is first aid and CPR certified. Also, many of the instructors are certified. First aid kits are available and the staff have mobile phones in the event of an emergency.

Q: Will the Frozen Ropes instructors apply sunscreen?

A. No they will not. Sunscreen should be applied to players before arriving. Instructors will remind players to reapply sunscreen throughout the day.



Q: Do you have Policies and Procedures?

A. Yes, Frozen Ropes has many policies and procedures and meets all state and local requirements per Mass Board of Health document 105 CMR 430. You have the right to review our policies at any time.

Q: Does Frozen Ropes have insurance?

A. Yes, we are fully insured for activity within our Training Center as well as activity at offsite locations. Insurance certificates are filed with the town.

Q: What if it rains?

A. There are 2 scenarios:
1. Full Day Washout - if it rains overnight and looks like it will be a washout the next day we will make a decision by 7am. Please check our website for cancellations. If there is no cancellation message, then please proceed to the program location.

If the message indicates that the outdoor program has been cancelled, there will also be details regarding the possibility of holding the program at our indoor facility in Natick. This will depend on the total number of registrations for all of our programs that week. If we cannot accommodate every program indoors due to town regulations, we will issue prorated vouchers good towards future indoor or outdoor group program.

2. Partial Day Rain - if it rains while the players are outdoors, all players will go undercover and the instructors will wait for the rain to stop. If the fields become unplayable, all parents and guardians will be contacted to pick the players up. NO PLAYERS will be left unattended! Instructors will stay on site until all players have been picked up.

Summer Program Features



Baseball and Softball Programs

For the young athlete that wants to spend most of his or her day on their favorite sport. We will cover all aspects of skill development and game situations. With many years of experience, our coaches and instructors will help take your game to the next level.



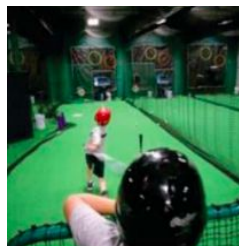
Multi-Sport Programs

Experience the ultimate in summer fun with a Frozen Ropes recreational camp. Participants will be playing a variety of multi-sport games where teams are competing to be Champion! This multi-sport option will break-up the day by providing new games and new opportunities to have fun, make friends and stay active!



Hitting Boot Camps

Our baseball and softball hitting boot camps for ages 13+ include visual skill development, hitting specific strength training, video analysis, live BP and in-game mental skills training.



Born to Play Programs

An awesome first summer experience for ages 3-4! A great introduction to baseball with friends and friendly baseball coaches focused on making this first summer program memorable and fun!



Gametime / Tournament Week Baseball

This camp is held at the Hunnewell Baseball fields in Natick. This is a skills camp that will also work on situational game play. Players will receive jerseys and play on the same team all week and compete in a round robin - tournament style. Trophies will be awarded on Friday. We welcome parents to watch some games and cheer on their child's team!



Dates, Times & Locations



Pricing



	Ages 3-4	Ages 5-7	Ages 8-12	Ages 8-13	Ages 13+
Week 1 6/10 - 6/14 @ Frozen Ropes Indoor Facility	BORN TO PLAY 6/10, 6/11, 6/12 9:30am - 11:30am	Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 2 6/17 - 6/21 @ Natick Hunnewell Field			Gametime / Tournament Week (Baseball) 8:30am-2:30pm (5 day sign-up only)		
Week 3 6/24 - 6/28 @ Natick Conor Hefler (Oak Street)	BORN TO PLAY 6/25, 6/26, 6/27 9:30am - 11:30am	Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 4 7/1 - 7/3 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 5 7/8 - 7/12 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		Indoor Hitting Boot Camp (Baseball and Softball) 7/9, 7/10, 7/11 10:00am - 1:00pm
Week 6 7/15 - 7/19 @ Hopkinton EMC Park		(Baseball) AM: 8:30am-12:30pm Full: 8:30am-2:30pm (5 day sign-up only)	(Baseball) Full: 8:30am-2:30pm (5 day sign-up only)	(Softball) Full: 8:30am-2:30pm (5 day sign-up only)	
Week 7 7/22 - 7/26 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 8 7/29 - 8/2 @ Medway High School		(Baseball) AM: 8:30am-12:30pm Full: 8:30am-2:30pm (5 day sign-up only)	(Baseball) Full: 8:30am-2:30pm (5 day sign-up only)	(Softball) Full: 8:30am-2:30pm (5 day sign-up only)	Outdoor Baseball Camp 7/30, 7/31, 8/1 10:00am - 1:00pm
Week 9 8/5 - 8/9 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 10 8/12 - 8/16 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 11 8/19 - 8/23 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		
Week 12 8/26 - 8/30 @ Frozen Ropes Indoor Facility		Multi-SPORT AM: 8:30am-12:30pm Full: 8:30am-2:30pm	Multi-SPORT Full: 8:30am-2:30pm		

Program Objectives:

FRIENDSHIP: Relationships that last a lifetime.
FUN: Whether recreational or competitive, our programs offer an enjoyable and rewarding experience.
SMILES: Players that smile more, play better!



MULTI-DAY REGISTRATION REQUIRED

(include Hopkinton, Medway, Gametime / Tournament week and 13+ programs)

Hopkinton EMC Park (5 Days)

- Morning (8:30am - 12:30pm) **\$310***
- Full Day (8:30am - 2:30pm) **\$445***

Medway High School (5 Days)

- Morning (8:30am - 12:30pm) **\$285***
- Full Day (8:30am - 2:30pm) **\$425***

Game Time / Tournament Week (5 Days)

- Full Day (8:30am - 2:30pm) **\$445***

Ages 13+ Indoor and Outdoor (3 Days)

- 3 Hours (10:00am - 1:00pm) **\$168***

SINGLE DAY REGISTRATION AVAILABLE

(excludes Hopkinton, Medway, Gametime / Tournament week and 13+ programs)

AGES 3-4 (9:30am - 11:30am)

- Per Day **\$45***

AGES 5-7 Morning (8:30am - 12:30pm)

- 5 Days **\$285***
- Per Day **\$65***

AGES 5-7 & 8-12 Full Day (8:30am - 2:30pm)

- 5 Days **\$425***
- Per Day **\$100***

EARLY DROP-OFF AND LATE PICK-UP

(Available for camps at Frozen Ropes Indoor Facility)

Early Drop-off (1 hour) 7:30am - 8:30am

Late Pick-up (1 hour) 2:30pm - 3:30pm

Late Pick-up (2 hours) 2:30pm - 4:30pm

\$15* per hour

*** Members Receive 15% off**

2 Great Ways to Save Money



Purchase a Family Membership Plan and save 15% Off all programs throughout the year!

Refer friends and get a \$25 Frozen Ropes Gift Card for each referral. Some restrictions apply. See website for details.

CAMP POLICIES:

- 5 day pricing only applies to 5 days purchased in the same week.
- Additional days for the same week may be purchased after initial registration at the daily rate.
- Cancellations are allowed up until 1 week of program start. Account credit will be applied to your Frozen Ropes Account.
- Credit card refund are subject to a 5% fee.
- Program cancellations or changes made within 1 week of program start will be charged a \$20 fee.
- Refunds and credits are not available for same day cancellations or missed programs.