



Baseball AND Softball

TRAINING CENTERS

Majors Program

Academy Memberships

\$225 per month for 8 classes and off peak tunnel rentals
(MVP Membership)

or

\$225 per month for 4 Lessons and off peak tunnel rentals
(All Star Membership)

* Must use Classes & Lessons during the 30 day period, no carry over

Team Training

Team training at Frozen Ropes or we can come to your field. Practices tailored to fit your needs and can include any combination of hitting, pitching, defense and BFS.

Full 90 min. team practice with 1 instructor:

\$15 per player
(Minimum 10 players)

BFS (60 min.):

\$10 per player
(Minimum 10 players)

Our Majors Program is for players ages 10 to 12. We offer classes to develop the total baseball player & athlete.

Majors Hitting

Focuses on proper swing mechanics to allow each player to improve contact, power, bat speed and bat control. Additional topics covered include: Strike zone awareness, situational hitting, mental approach, hitting the curveball and change-up, bunting. Includes pre/post hitting evaluations and video analysis.

Five week session (One Day a Week) - \$150
Tuesday 6:00-7:00
Saturday 11:30-12:30

Bigger, Faster, Stronger (BFS)

Focuses on speed, agility, strength, and conditioning geared directly for baseball movements. Players in this class will be separated by age & ability into stations and put through a high intensity workout program.

\$20 per session
10 sessions - \$180

Tuesday 7:00-8:00
Wednesday 7:00-8:00

Majors Create-A-Class

Have a group of 3-6 players that wants to train together? You tell us what you want to work on and we can arrange the day and time around your schedule.

\$100 per 1 Hour Session

www.sdfrozenropes.com

858.485.9399

4S Ranch Frozen Ropes
10710 Thornmint Road
San Diego, CA 92127
4sranch@frozenropes.com

FROZEN ROPES IN THE NEWS

