



# Baseball AND Softball

TRAINING CENTERS

## New 2010 Fall Schedule

### Majors Class Pricing

Four-Week Sessions:  
One class per week - \$100  
Two classes per week - \$160

\*Diamond Strength is \$100  
for two weekly sessions

### Frozen Ropes' Academy

Join the Academy for  
maximum development and  
maximum savings!

#### All-Star Academy Membership

- \$200 per month
- Three classes per week
- Unlimited off-peak hitting

#### MVP Academy Membership

- \$300 per month
- Unlimited classes
- Unlimited hitting all day,  
every day
- 10% off all private lessons
- 10% off all birthday parties

## Majors Program

Our Advanced Program is for players ages 11 to 13.  
We offer classes to develop the total baseball player  
and athlete.

### Majors Player Development Program

Focuses on the Big Three keys to success: Hitting, Throwing,  
and Fielding while introducing important additional baseball  
concepts including: base running, positioning, communication,  
teamwork, game situations, and rules of the game.

Tuesday 5:00-6:00

Wednesday 4:00-5:00

Friday 6:00-7:00

### 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. Each  
player will receive a DVD to chronicle their progress.

Monday & Friday 4:00-5:00

Wednesday 5:00-6:00

Thursday 6:00-7:00

Saturday 11:00-12:00

### Majors Pitching

Develop proper pitching mechanics for improved velocity and  
control.

Monday 5:00-6:00

Friday 5:00-6:00

Wednesday 6:00-7:00

Saturday 10:00-11:00

### Diamond Strength

Improve speed, agility, core strength, flexibility and conditioning.  
Program designed for two weekly workouts.

Tuesday 6:00-7:00

Thursday 5:00-6:00

Saturday 12:00-1:00

### Majors Create-a-Class

Have a group of 4 or more 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 group session

[www.frozenropes.com/sandiego](http://www.frozenropes.com/sandiego)

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### FROZEN ROPES IN THE NEWS

Junior  
**BASEBALL**

Sports  
**Illustrated**

The New York Times

The  
Washington  
Post

Collegiate Baseball  
The Voice Of  
Amateur Baseball

USA  
**TODAY**

BASEBALL PARENT  
TIMES HERALD-RECORD

**Newsweek**