



# 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

## Minors Program

Our Minors Program is for players ages 8 to 10. We offer classes to develop the total baseball player and athlete.

### Minors Player Development Program

Fun, fast-paced class that focuses on the Big Three keys to success: Hitting, Throwing, and Fielding. Also introduces important concepts including: base running, positioning, communication, teamwork, game situations, and rules of the game.

**Tuesday 4:00-5:00**

**Friday 6:00-7:00**

**Wednesday 4:00-5:00**

### Minors Hitting

Focuses on proper swing mechanics and visual skills to allow each player to improve contact, power, bat speed & bat control. Additional topics introduced: Strike zone awareness, situational hitting, mental approach, and bunting. Includes pre/ post hitting evaluations and video analysis. Players will receive a personal DVD to chronicle their progress.

**Monday & Wednesday 5:00-6:00**

**Friday 4:00-5:00**

**Tuesday 5:00-6:00**

**Saturday 11:00-12:00**

### Minors Pitching

Develop proper pitching mechanics for improved velocity and control.

**Tuesday 6:00-7:00**

**Friday 5:00-6:00**

**Thursday 4:00-5:00**

**Saturday 11:00-12:00**

### Minors 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

