

# Frozen Ropes Winter Break Baseball Events



## All-Star Camp for Ages 7 to 12

**Monday & Tuesday, Feb. 19 & 20 (2-day event)**

**Morning Session: 9:30 am to 12 Noon \$65 Per Player**

**Full-Day Session: 9:30 am to 3:30 pm \$125 Per Player**

*9 AM drop-off & 4 PM pick-up permitted. Lunch for full-day players.*

- ◆ Certified Frozen Ropes Instructors
- ◆ Hitting Instruction, Drills & Stations...and plenty of swings!
- ◆ High-Energy Fielding & Throwing Instruction
- ◆ Baserunning, Gameplay & Strategy
- ◆ Games & Scrimmages in the afternoon...and maybe some Triple Pickle too!

## Advanced Workouts for Prep/HS Players

**\*Softball\* Wednesday, Feb. 21, 10 AM to 12 Noon \*Softball\***

**\*Baseball\* Thursday, Feb. 22, 10 AM to 12 Noon \*Baseball\***

**\$20 per Player, Ages 13+**

Grab your gear, bring a friend and get your reps in! This event will be an organized, intense workout and is a must for all ball players preparing themselves for the upcoming season.

- ◆ Frozen Ropes Instructors will run high-energy hitting and fielding drills

## High School Hitting Showdown, \$20 per Player

**\*Softball\* Wednesday, Feb. 21, 1 to 3:30 PM \*Softball\***

**\*Baseball\* Thursday, Feb. 22, 1 to 3:30 PM \*Baseball\***

**\$15 per Player, Ages 13+**

Face live pitching from Frozen Ropes Instructors and compete in small teams against local HS ball players in simulated games. Bragging rights are on the line!

Lunch provided (pizza & soda) for full-day players!



**RESERVE YOUR SPOT NOW!**

**For More Information or to Register,**

**(585) 385-0420**

**[www.FrozenRopesRochester.com](http://www.FrozenRopesRochester.com)**

**Frozen Ropes Baseball & Softball Training Center**

**160 Despatch Drive, East Rochester, NY 14445**