

FROZEN ROPES™

TEAM TRAINING PROGRAM

TRANSFORM YOUR PLAYERS WITH THE BEST.

ATTN: COACHES

Frozen Ropes of Glendora is offering a great opportunity to help train your baseball or softball players with a total team training program under one roof. Choose from any three of our package plans to get the training your team needs ... we do it all.

HOW WE TURN GOOD PLAYERS INTO GREAT ONES:

- Certified Speed & Agility Trainers to get your players faster & more athletic
- Certified Strength & Conditioning Coaches to get your players better & stronger
- Experienced Hitting, Fielding & Pitching Instructors
- Multi-purpose Batting Cages with pitching machines, screens, tees, mounds & more.



**WHAT ARE YOU WAITING FOR?
SPEAK WITH GENERAL MANAGER
JOHN CARRANZA TODAY & BEGIN
TRAINING TOMORROW!**

626.335.3700

**JOHN.CARRANZA@FROZENROPES.COM
2244 E. ROUTE 66 GLENDORA, CA
FROZENROPES.COM/GLENDORA**



PACKAGE A

TRAIN 1x PER WEEK:

\$725/Mo.**PER TEAM**

(14 player max)

1-hour workouts with our certified trainer (speed & agility and/or weight training) PLUS 1-hour cage time (2 cages with your coaches)

PACKAGE B

TRAIN 2x PER WEEK:

\$1200/Mo.**PER TEAM**

(14 player max)

1-hour workouts w/our certified trainer (speed & agility and/or weight training) TWICE per week, PLUS 1-hour cage time (2 cages with your coaches TWICE per week)

PACKAGE C

TRAIN 2x PER WEEK:

\$1400/Mo.**PER TEAM**

(14 player max)

1-hour workouts w/our certified trainer (speed & agility and/or weight training) TWICE per week, PLUS 1-hour cage time with 1 Ropes hitting OR pitching instructor (plus your coaches) TWICE per week

PLAYERS IN OUR TEAM TRAINING PROGRAM ALSO RECEIVE:

- Individual lessons (hitting, pitching, fielding, catching) at 15% off regular rates.
- Membership to our Frozen Ropes Fitness group sessions (supervised workouts) for only \$25/month.
- One Video Analysis session (hitting or pitching) with our staff.
- Access to our Team Meeting Room (must be reserved in advance).
- Monthly Coaches Round table with guest speakers.
- Intro to Jaeger Sports' J-Bands & Throwing Program.
- Introductory Coaching Clinic for all your coaches run by Ropes' head instructors.

CAGE RENTAL ONLY PACKAGES (NO ROPES COACHES)**PACKAGE 1**

1x PER WEEK:

\$350/Mo.**PER TEAM**

(\$430 value!)

2 cages for 1 hour
(Ex. Every Tuesday, 6-7pm with
TWO cages)

PACKAGE 2

2x PER WEEK:

\$600/Mo.**PER TEAM**

(\$860 value!)

2 cages for 1 hour
Ex. Every Tuesday & Thursday,
6-7pm with TWO cages)

TEAM AGE: _____ BASEBALL OR SOFTBALL: _____

ARE YOU NEW TO TRAVEL BALL?: _____

WHAT NIGHTS CAN YOU TRAIN HERE: _____

*OUR FROZEN ROPES REFERRAL PROGRAM PROVIDES INCENTIVES FOR OUR INSTRUCTORS WHO SUCCESSFULLY SIGN UP TEAMS FOR OUR TEAM TRAINING PROGRAM.

WHICH INSTRUCTOR REFERRED YOU? : _____

ADD ONE OF OUR EXPERIENCED ROPES HITTING, FIELDING, PITCHING OR STRENGTH COACH FOR AN ADDITIONAL \$40/HR PER SESSION!

*Must commit to minimum of 3 months for quoted prices. Full monthly payment due prior to 1st scheduled date. We must have current team roster for players to get discounts. All players and coaches must have signed waivers on file at Ropes before participating. We cannot guarantee credit or makeup dates if you cannot make your scheduled time slot.

For non-peak time slots (3-5pm) get 10% off above prices. We'll also hang your team banner at Ropes (we'll pay for the banner)