



JULY 2017 Newsletter

From Little League to the Big Leagues!

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COACHES CORNER

A message from our Founder, Tony Abbatine

Three things you should never tell a hitter you want to see have success past 10 yrs old:

"Turn your hips" – Squish the bug went out in the 80's. Turning hips give you a hooker swing; not a compliment!

"Head down" – The last time we checked, the head doesn't see! A better teaching cue: "Eyes on".

"Swing level or down" – Do the science. Swinging down on a ball gets you a ground ball. That's great with the winning run on 3rd base, not an option when it's time to hit!

WHAT'S NEW?



When in Chester, NY, come meet our friend,
FOPO
The Penguin!

UPCOMING EVENTS



July 6, 2017 July 27, 2017

Get exposed to top College Coaches during the biggest Showcamps of the Northeast.
FrozenRopes.com for more info

HOW GOOD IS OUR INSTRUCTION?

Ask some of our past clients...



Our location or yours. FrozenRopes.com

Founder, TonyAbbattine.com

ANNOUNCEMENT

We're excited to launch our new website: **FROZENROPES.COM**
Check out our Blog Series: On the Verge, keep up with our National News & Events, find a Frozen Ropes near you, explore ways to tap into our Innovative Coaching, and discover how we can take your player to the next level with our Clear Path Instructional Library.

ACKNOWLEDGMENT

JAMES KARINCHAK



In the 9th round of the 2017 MLB Draft, the Cleveland Indians selected Bryant University pitcher, and former Frozen Ropes player, James Karinchak.

As a junior at Bryant, Karinchak had a dominating 2016 season utilizing a fastball that hits 96 mph, and pitch speed that regularly sits in the 90-93 mph range. He is also known for his professional caliber breaking ball. Karinchak trained at the Frozen Ropes National Training Center in Chester, NY with former MLB pitcher, Mike Bertotti, while playing high school baseball for Valley Central.

DANIEL SWAIN



In the 34th round of the 2017 MLB Draft, the Arizona Diamondbacks selected Siena College centerfielder, and former Frozen Ropes player, Daniel Swain.

Swain, a senior at Siena College, finishes his career in the top 10 for Siena in triples, at-bats, total bases, extra-base hits, hits, doubles, runs scored, walks, and home runs. Dan trained at Frozen Ropes Natick since 2007 and traveled to play for the Frozen Ropes Rockies and trained at the Frozen Ropes National Training Center, in Chester, NY while a junior in High School.

FROZEN ROPES NATIONAL TRAINING CENTER

24 Old Black Meadow Road, Chester, NY 10918 | www.frozenropes.com | Chester@FrozenRopes.com | 845-469-9507



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