



**Winter 2011-2012 Fastpitch Schedule of Events**

**Born to Play Class (ages 3-4)** An activity class designed to introduce children to athletic movement, supervised exercise and baseball!

4 Week Session - \$64/\$58*	Session times	Session dates
Session # 1 - Saturdays	9:00am - 9:50am	Dec. 3, 10, 17, 31
Session # 2 - Saturdays	10:00am - 10:50am	Dec. 3, 10, 17, 31
Session # 3 - Saturdays	9:00am - 9:50am	Jan. 7, 14, 21, 28
Session # 4 - Saturdays	10:00am - 10:50am	Jan. 7, 14, 21, 28
Session # 5 - Saturdays	9:00am - 9:50am	Feb. 4, 11, 18, 25
Session # 6 - Saturdays	10:00am - 10:50am	Feb. 4, 11, 18, 25
Session # 7 - Saturdays	9:00am - 9:50am	Mar. 3, 10, 17, 24
Session # 8 - Saturdays	10:00am - 10:50am	Mar. 3, 10, 17, 24

**10 Week Winter Clinic (ages 12 & under)** 10 Week Clinic - 90 minute sessions - focusing on the Fundamentals & the Big 3: Hitting, Fielding and Throwing

10 Week Session - \$340/\$310*	Session times	Session dates
Session # 1 - Tuesdays	5:00pm - 6:30pm	Jan. 10, 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 6, 13
Session # 2 - Sundays	4:00pm - 5:30pm	Jan. 8, 15, 22, 29, Feb. 12, 19, 26, Mar. 4, 11, 18

**Girls Got Game Class (ages 12 & under)** Instructional softball class focusing on the fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Fridays	5:00pm - 6:00pm	Dec. 9, 16, 23, 30
Session # 2 - Fridays	5:00pm - 6:00pm	Jan. 6, 13, 20, 27
Session # 3 - Fridays	5:00pm - 6:00pm	Feb. 3, 10, 17, 24
Session # 4 - Fridays	5:00pm - 6:00pm	Mar. 2, 9, 16, 23

**Scope & Rope Hitting Class (ages 12 & under)** Softball hitting class to improve the fundamentals of the swing and increase bat speed and power.

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Sundays	12:00pm - 1:00pm	Dec. 4, 11, 18, Jan. 8
Session # 2 - Sundays	12:00pm - 1:00pm	Jan. 15, 22, 29, Feb. 5
Session # 3 - Sundays	12:00pm - 1:00pm	Feb. 12, 19, 26, Mar. 4
Session # 4 - Sundays	12:00pm - 1:00pm	Mar. 11, 18, 25, Apr. 1

**Fastpitch Pitching Class (ages 12 and u)** Softball Pitching Class to improve mechanics, velocity & prepare for game situations.

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Thursdays	5:00pm - 6:00pm	Dec. 8, 15, 22, 29
Session # 2 - Thursdays	5:00pm - 6:00pm	Jan. 5, 12, 19, 26
Session # 3 - Thursdays	5:00pm - 6:00pm	Feb. 2, 9, 16, 23
Session # 4 - Thursdays	5:00pm - 6:00pm	Mar. 1, 8, 15, 22

**10 Week Winter Clinic (ages 12+)** 10 Week Clinic - 90 minute sessions - focusing on the Fundamentals & the Big 3: Hitting, Fielding and Throwing

10 Week Session - \$340/\$310*	Session times	Session dates
Session # 1 - Tuesdays	7:00pm - 8:30pm	Jan. 10, 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 6, 13
Session # 2 - Wednesdays	4:30pm - 6:00pm	Jan. 11, 18, 25, Feb. 1, 8, 15, 22, 29, Mar. 7, 14

**Girls Got Game Class (ages 12+)** Instructional softball class focusing on the fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Mondays	4:00pm - 5:00pm	Dec. 12, 19, 26, Jan 2
Session # 2 - Mondays	4:00pm - 5:00pm	Jan. 9, 16, 23, 30
Session # 3 - Mondays	4:00pm - 5:00pm	Feb. 6, 13, 20, 27
Session # 4 - Mondays	4:00pm - 5:00pm	Mar. 5, 12, 19, 26

**Scope and Rope Hitting Class (ages 12+)** Softball hitting class to improve the fundamentals of the swing and increase bat speed and power.

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Sundays	1:00pm - 2:00pm	Dec. 4, 11, 18, Jan. 8
Session # 2 - Sundays	1:00pm - 2:00pm	Jan. 15, 22, 29, Feb. 5
Session # 3 - Sundays	1:00pm - 2:00pm	Feb. 12, 19, 26, Mar. 4
Session # 4 - Sundays	1:00pm - 2:00pm	Mar. 11, 18, 25, Apr. 1



**Winter 2011-2012 Fastpitch Schedule of Events**

**Fastpitch Pitching Class (ages 12+)** Softball Pitching Class to improve mechanics, velocity & prepare for game situations.

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Wednesdays	8:00pm - 9:00pm	Nov. 30, Dec. 7, 14, 21
Session # 2 - Wednesdays	8:00pm - 9:00pm	Dec. 28, Jan. 4, 11, 18
Session # 3 - Wednesdays	8:00pm - 9:00pm	Jan. 25, Feb. 1, 8, 15
Session # 4 - Wednesdays	8:00pm - 9:00pm	Feb. 22, 29, Mar. 7, 14

**Super Girl Class for HS & MS players** 2 Hour Advanced training class with a focus on softball skills training and strength & conditioning

4 Week Session - \$175/\$157*	Session times	Session dates
Session # 1 - Mondays	6:00pm - 8:00pm	Dec. 12, 19, 26, Jan 2
Session # 2 - Wednesdays	6:00pm - 8:00pm	Nov. 30, Dec. 7, 14, 21
Session # 1 - Mondays	6:00pm - 8:00pm	Jan. 9, 16, 23, 30
Session # 2 - Wednesdays	6:00pm - 8:00pm	Dec. 28, Jan. 4, 11, 18
Session # 1 - Mondays	6:00pm - 8:00pm	Feb. 6, 13, 20, 27
Session # 2 - Wednesdays	6:00pm - 8:00pm	Jan. 25, Feb. 1, 8, 15
Session # 1 - Mondays	6:00pm - 8:00pm	Mar. 5, 12, 19, 26
Session # 2 - Wednesdays	6:00pm - 8:00pm	Feb. 22, 29, Mar. 7, 14

**Diamond Strength (ages 10+)** Strength and Conditioning Class intended to increase flexibility and functional strength.

4 Week Session - \$99/\$89*	Session times	Session dates
Session # 1 - Mondays	7:00pm - 8:00pm	Dec. 12, 19, 26, Jan 2
Session # 2 - Tuesdays	7:00pm - 8:00pm	Dec. 6, 13, 20, 27
Session # 3 - Wednesdays	7:00pm - 8:00pm	Nov. 30, Dec. 7, 14, 21
Session # 4 - Thursdays	7:00pm - 8:00pm	Dec. 8, 15, 22, 29
Session # 5 - Mondays	7:00pm - 8:00pm	Jan. 9, 16, 23, 30
Session # 6 - Tuesdays	7:00pm - 8:00pm	Jan. 3, 10, 17, 24
Session # 7 - Wednesdays	7:00pm - 8:00pm	Dec. 28, Jan. 4, 11, 18
Session # 8 - Thursdays	7:00pm - 8:00pm	Jan. 5, 12, 19, 26
Session # 9 - Mondays	7:00pm - 8:00pm	Feb. 6, 13, 20, 27
Session # 10 - Tuesdays	7:00pm - 8:00pm	Jan. 31, Feb. 7, 14, 21
Session # 11 - Wednesdays	7:00pm - 8:00pm	Jan. 25, Feb. 1, 8, 15
Session # 12 - Thursdays	7:00pm - 8:00pm	Feb. 2, 9, 16, 23
Session # 13 - Mondays	7:00pm - 8:00pm	Mar. 5, 12, 19, 26
Session # 14 - Tuesdays	7:00pm - 8:00pm	Feb. 28, Mar. 6, 13, 20
Session # 15 - Wednesdays	7:00pm - 8:00pm	Feb. 22, 29, Mar. 7, 14
Session # 16 - Thursdays	7:00pm - 8:00pm	Mar. 1, 8, 15, 22

**MVP Development Program** Frozen Ropes professionals work with you to design a high impact customized training program

Advanced training program to take players to the next level.  
 Combination of private lessons and classes and improve specific skills and athletic ability.

**Softball College Fest** Train with college softball coaches and hear about the college recruiting process directly from the college coaches

Coaches from Fairfield University , University of Pennsylvania are among those scheduled to attend and train players.

Saturday, December 3 - 2:00pm - 5:00 pm *\$99 per Session or \$150 for Both Sessions*

- 2:00pm - 3:00pm - Fielding, Throwing, Pitching Session
- 3:00 - 3:30 - Recruiting Discussion
- 3:30pm - 5:00pm - Hitting Session

**Thanksgiving Friday Day Camp** Day Camp - Baseball activities and fun. Full and Half Day options available

Full Day: \$55/\$48\*      Half Day: \$30/\$27\*  
 Friday, November 25      Half Day : 9:00 - 12:00 or 12:30 - 3:30      Full Day : 9:00 - 3:30

\*World Member Pricing