

# Winter Schedule of Events Baseball Ages 13+

## 2012 Class Sessions

Session 1: January 9th-February 4th  
 Session 2: February 6th-March 10th (Skips February Break Week, 2/20-2/25)  
 Session 3: March 12th- April 7th  
 All Classes are \$80 for 4 weeks



160 Despatch Drive  
 East Rochester, NY 14445

585-385-0420

[www.frozenropes.com/rochester](http://www.frozenropes.com/rochester)

Individual Lessons		
Amount	12 & Under	13+
1 Lesson	\$40	\$45
10 Pack	\$360	\$400
20 Pack	\$650	\$720
50 pack	\$1500	\$1650

Tunnel Rentals		
	30 min	60 min
Hitting Tunnel	\$25	\$45
1/2 Facility	N/A	\$140
Full Facility	N/A	\$200
<i>Call for Multi-day Discounts</i>		

Create Your Own Class (60 minutes)	
2 players.....	\$45 each per hr
3 players .....	\$35 each per hr
4 players .....	\$30 each per hr
5 players .....	\$25 each per hr

	Mondays	Tuesdays	Wednesdays	Thursdays
6:30pm	Lessons	Lessons	Hitting Boot Camp (Ages 13-14)	Lessons
7:30pm	HS Pitching Prep (Ages 13+) Phase 1 Session 1 Only Phase 2 Sessions 2 & 3 Lessons	Hitting Boot Camp (Ages 13-14) Lessons HS Pitching Prep (Ages 13+) Phase 1 Session 2 Only	Pitching Boot Camp (Ages 13+) Hitting Boot Camp (Ages 15+) Lessons	Hitting Boot Camp (Ages 15+) Lessons
	10:00am	11:00am	12:00pm	1:00pm
Saturdays	Lessons	Lessons	Coz's Crew Lessons	Lessons

## Class Descriptions For Baseball Ages 13+

<p><b>Hitting Boot Camps</b></p> <p>Hitting Workouts are a more intense version of our traditional hitting classes. Players will be pushed to take their swing to the next level through a variety of drills and strength and conditioning designed to develop more power, better pitch recognition and situational hitting. With the new BBCOR bat restrictions taking some of the pop out of bat, players now have to learn to build a strong body with a strong swing. Perfect for those getting ready for Spring School Baseball</p> <p><b>\$80/Session</b></p>	<p><b>HS Pitching Prep Phase 1</b></p> <p>Players will be divided between playing levels (Modified, JV, Varsity). In all ages groups, pitchers will learn to be more explosive and gain velocity through their lower body and core. Proper use of the entire body is key to keeping pitchers arms strong and injury free. This will be an intense workout of proper pitching motion and strength and conditioning specific to pitchers.</p> <p><b>\$80/Session</b></p> <p>Going through both Phase 1 and Phase 2 is highly recommended to take the steps to becoming a complete pitcher but is not mandatory.</p>	<p><b>HS Pitching Prep Phase 2</b></p> <p>In Phase 2, players will take the stronger and more efficient motions learned in Phase 1 to the mound for a more throwing intensive workout. Development of secondary pitches will be covered as well as a full video analysis of each pitchers motion. Going into tryouts and the season each pitcher will have gained the confidence and tools to command the strike zone.</p> <p><b>\$80/Session</b></p> <p>Going through both Phase 1 and Phase 2 is highly recommended to take the steps to becoming a complete pitcher but is not mandatory.</p>
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<p><b>Friday Hit Club</b></p> <p><b>Fridays 3:00pm-6:00pm</b></p> <p>Come in Fridays and get in as many swings as you can during this time. Whether it is hitting off the tee, iron mike machines, or live swings from a parent or teammate.</p> <p><b>\$10 a player per week</b></p>	<p><b>Pitching Boot Camp</b></p> <p>Pitching Boot Camps are a more intense version of our traditional pitching classes. Players will learn to develop secondary pitches and learn to use more of their lower body through a variety of drills and strength and conditioning Commanding the strike zone and techniques to work on arm strength and stamina will be highlighted</p> <p><b>\$80/Session</b></p>	<p><b>Create Your Own Class</b></p> <p>If you can't make it to the classes on our schedule but still want to get the best training in town or if you have a group of players or team that would like to train together, we have you covered. Call us and we can create a class at a time and day that works for your group. Classes can be created in any game disciplines to meet your needs. Rates for create your</p>
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<p><b>Coz's Crew</b></p> <p><b>Special Offering</b></p> <p>Join Former Professional baseball player Greg Constantino, "Coach Coz", for a 1.5 hour hitting workout every Saturday afternoon. This is a great opportunity for those looking to excel in their high school programs as well as pursue college baseball both in the future. Coz has done a wonderful job helping players in the college process and getting them ready to compete at the next level.</p> <p><b>5 week program for \$150</b>  <b>Saturdays: 12:00-1:30</b></p>	<p><b>Winter Break Camps and Clinics</b></p> <p>Spend the Holiday Season with Frozen Ropes! Whether it is to break in the new glove, get some swings with the new bat or to improve your game before next season. Be ready for intense workouts and ways to take your game to the next level before the spring.</p> <p><b>JV and Varsity Hitting Clinic \$30</b>                      Thursday, December 29th 9:30am-12:00pm  <b>JV and Varsity Pitching Clinic \$30</b>                      Thursday, December 29th 1:00pm-3:30pm  <b>JV and Varsity Fielding Clinic \$30</b>                      Friday, December 30th 1:00pm-3:30pm</p>
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