

Advanced Skills Camps

Ages 13-18 yrs
10:00-12:00pm

There's no better way to spend your time off from school than attending our Advanced Skills Camp. Topics will include: hitting, pitching, fielding, strength, speed, and agility.

Dec. 27-29 (Mon/Tues/Wed)

\$150 per player

Feb. 21/23/25 (Mon/Wed/Fri)

\$150 per player

Apr. 18/20/22 (Mon/Wed/Fri)

\$150 per player

Diamond Strength

Baseball & Softball specific cross training classes

*Combine Proper Mechanics with Stronger and Faster Body!

Please call 914-345-3370 for more info.

Our training success has been featured in:



Advanced Classes

8 Week Session \$400 per session
Clinics are limited to 8 players per session!
Dates are on the week of the following:

Week of: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, & 11/8

Advanced Hitting Classes

Player will work on their Hitting and Visual mechanics. Players will improve in their pitch recognition and hitting to the opposite field. Players will also work on pre pitch routine. Players will participate in strength and conditioning session specifically for hitters.

Monday: 7:00-9:00pm

Wednesday 7:00-9:00pm

Advanced Pitching Classes

Players will work on pitching drills and Secondary pitches. Pitchers will also work on holding runners on. Pre & post games warm up's and cool downs. Players will participate in strength and conditioning session for pitchers.

Tuesday: 7:00pm-9:00pm

Thursday 7:00pm-9:00pm

Catchers Clinic

Friday 6:-7pm

\$215 per session

Fall Session 1: Sep24 –Oct 29

Fall Session 2: Nov 5 – Dec 17
(11/26 no class)

Winter Session 1: Jan 7- Feb 11

Winter Session 2: Mar 4- Apr 8

DEVELOPMENTAL TEAMS

(50 players per day-8-13yr olds)

12 week Developmental Group Workouts/tryouts

Saturday or Sunday: You can pick one day only!

Winter workouts are a means of introducing new players to the program and training returning players in order to prepare them for their middle school and/or high school spring seasons. Workouts/tryouts cover a range of topics: Visual Hitting Mechanics, Hitting to all fields, Hitting the curveball, Arm Care and Injury Prevention Clinics, Velocity, Control, and Movement enhancement for Young Pitchers, Diamond Strength Classes, et cetera. Winter workouts/tryouts are facilitated by Frozen Ropes Professional Full-Time Staff and Minor League Players. However, more important than their backgrounds our instructors possess outstanding Communication Skills, a True Love for the game, and enjoy working with young people.

Start Date: November 20th 2010

Time: 6:00-8:00 PM

Price :\$600.00 per player

12 Week Developmental workout-Select
*This Program is for Selected Players only *
Includes:

- Winter Workouts (please see above)
- Elite Team Weeknight Workout
- 4 on 1 Hitting Sessions
- 10 1/2 hrs 1 On 1 lessons
- SEASON PACKAGE
- Spring season
- Summer Season
- Fall Season

Teams will participate in tournaments such as:

*Cooperstown Tourney *Cal Ripken Tourney

*The Rock *ECTB *Triple Crown

*Wood Bat *

10U Play 46/60

** 11U & 12U Play 50/70**

Call us at (914) 345-3370 for more info