

FROZEN ROPES

Fast Pitch

2010 Fall Schedule of Events: **SOFTBALL**

24 Old Black Meadow Rd Chester, NY 10918

(845) 469-9507

Individual lessons are available by appointment.

**Indicates Rock Membership Pricing*

www.Therocksportspark.com

Please Check Session(s) you're registering for.

BEGINNER PITCHING \$95/*\$80 per session. Classes are 60 minutes.

Learn the fastball and change-up while improving fundamentals and pitching mechanics.

Wednesday 5:00pm:

- Session 1: Sep 15, 22, 29, Oct 6
- Session 2: Oct 13, 20, 27, Nov 3
- Session 3: Nov 10, 17, 24, Dec 1

ADVANCED PITCHING ACADEMY (ages 12-18) \$95/*\$80 per session. Classes are 60 minutes.

Increase velocity and improve control while learning new pitches and grips. Learn how to field your position, and be mentally tough.

Thursday 6:00pm:

- Session 1: Sep 16, 23, 30, Oct 7
- Session 2: Oct 14, 21, 28, Nov 4
- Session 3: Nov 11, 18, 25, Dec 2

SCOPE AND ROPE HITTING CLASS \$95/*\$80 per session. Classes are 60 minutes.

Improve your setup, hit for more power, increase bat speed. Class designed for all beginner softball players.

Monday 6:00pm:

- Session 1: Sep 13, 20, 27, Oct 4
- Session 2: Oct 11, 18, 25, Nov 1
- Session 3: Nov 8, 15, 22, 29

GOLD LEVEL HITTING (ages 12-18) \$95/*\$80 per session. Classes are 60 minutes.

Hitting, hitting and more hitting. Emphasis on improving power and hitting to all fields. Understanding the strike zone, and learning how to manufacture more runs.

Thursday 7:00pm ages 12 & up:

- Session 1: Sep 16, 23, 30, Oct 7
- Session 2: Oct 14, 21, 28, Nov 4
- Session 3: Nov 11, 18, Dec 2

THROW LIKE A GIRL (ages 8-12) \$95/*\$80 per session. Classes are 60 minutes.

Emphasis on throwing drills to improve your defensive game.

Tuesday 5:00pm:

- Session 1: Sep 14, 21, 28, Oct 5
- Session 2: Oct 12, 19, 26, Nov 2
- Session 3: Nov 9, 16, 23, 30

CATCHING FOR BEGINNERS \$95/*\$80 per session. Classes are 60 minutes.

This beginner class focuses on blocking, framing, throwing out runners, and understanding bunt coverage

Monday 5:00pm:

- Session 1: Sep 13, 20, 27, Oct 4
- Session 2: Oct 11, 18, 25, Nov 1
- Session 3: Nov 8, 15, 22, 29

ROCKFIT (ages 9-12) and **ADVANCED ROCKFIT** (ages 13 & up) \$110/*\$95 per session.

Classes are 60 minutes. The ultimate conditioning class for the serious athlete.

RockFit Friday 5:00pm:

- Session 1: Sep 17, 24, Oct 1, 8
- Session 2: Oct 15, 22, 29, Nov 5
- Session 3: Nov 12, 19, 26, Dec 3

Advanced RockFit Tuesday 6:00pm:

- Session 4: Sep 14, 21, 28, Oct 5
- Session 5: Oct 12, 19, 26, Nov 2
- Session 6: Nov 9, 16, 23, 30

TURN & BURN SPEED SCHOOL (ages 8-18) \$110/*\$95 per session. Classes are 60 minutes. Speed strength training, dynamic stretching, sprint plyometrics *Overload speed techniques *Sports specific running

Wednesday 6:00pm:

- Session 1: Sep 15, 22, 29, Oct 6
- Session 2: Oct 13, 20, 27, Nov 3
- Session 3: Nov 10, 17, 24, Dec 1

Thursday 5:00pm

- Session 4: Sep 16, 23, 30, Oct 7
- Session 5: Oct 14, 21, 28, Nov 4
- Session 6: Nov 11, 18, 25, Dec 2

FASTPITCH FALL BALL (ages 12 & under) \$125/*\$100 per session. One and one half hour session.

6 weeks of live game play! Competition in a learning environment, pre-game training session, weekly hitting practice at Frozen Ropes, Frozen Ropes t-shirt and visor.

Thursday 7:00pm:

- Session 1: Sep 16, 23, 30, Oct 7, 14, 21