

FALL BASEBALL SOE



13-18 Year Olds (September 4th – November 26th, 2017)

*Classes * Lessons * Rentals * Camps/Clinics * Birthday Parties*

Catchers Clinic – (ages 13+) *Designed to introduce the proper mechanics to improve as a defensive catcher. A catcher with proper fundamentals and good mechanics can help a team win ball games.*
 Wednesdays 6:00 PM – 7:00 PM 6 weeks for \$120 Begins October 4th

Elite Catchers Clinic – (ages 13+) *A class geared toward a more advanced catcher, working on the finer aspects of the position. Game calling, responsibilities, fundamentals, and the goals of catching.*
 Wednesdays 7:00 PM – 8:00 PM 6 weeks for \$120 Begins October 4th

Semi-Private Lessons (Ages 13+) *Our SPLs are a full hour, allowing for more repetitions and training with our staff. Designed to stimulate learning by watching and competing, which individual lessons don't afford. Pitching SPLs and hitting SPLs are available.*
 Call for available days and times 4 weeks for \$225

High School Prep Class – *This class is designed for the modified, freshman, JV or Varsity player to get them both mentally and physically ready for their upcoming spring tryouts and season.*

Hitters – *Start from the ground up and work on your hitting mechanics. Improve timing, pitch recognition and see live pitching.*

Pitchers – *Build arm strength through long toss and band work. Build up stamina in bullpen sessions and develop leg strength through pitcher specific workouts. Learn to repeat mechanics and develop the mental game while improving secondary pitches.*

Pitchers: Sundays at 12:00 PM – 1:30 PM

Hitters: Sundays at 1:30 PM – 3:00 PM

Catchers: Sundays at 12:00 PM – 1:30 PM then hit for free from 1:30 PM – 3:00 PM

12 weeks for \$300 or \$500 for both sessions
 December 3rd – March 4th

Speed and Agility Class – Core strength, speed and agility. This class is designed to help you with your footwork and core strength while increasing agility. A must for any player looking to make a major jump in their playing level.

\$10 per class

Wednesdays 7 PM – 8 PM Additional days or 1-on-1 available

Facility and Cage rentals: Rent one of our cages, pitching machines or our facility. Cages are available for reservation or on a first come, first serve basis. Ask about our seasonal rates!

15 min = \$10 ▪ 30 min = \$20 ▪ 60 min = \$40

Private Lessons (ages 5+): Individual lessons available by appointment.

Private

30 min = \$40

60 min = \$75

5 pack (30 min) = \$185

30 pack (30 min) = \$960

10 pack (30 min) = \$360

40 pack (30 min) = \$1200

15 pack (30 min) = \$525

50 pack (30 min) = \$1400

20 pack (30 min) = \$680

100 pack (30 min) = \$2500

World Membership: A Family Membership that saves you money and gives you free training time along with discounts on all lessons, classes, clinics and camps.

- Bronze Membership: \$250 annual fee. Includes (12) ½ hour cage rentals and 1 free 30 minute lesson.
- Silver Membership: \$350 annual fee. Includes (24) ½ hour cage rentals and 2 free 30 minute lessons.
- Gold Membership: \$450 annual fee. Includes (40) ½ hour cage rentals and 3 free 30 minute lessons.

All memberships save you 25% off all classes, camps, clinics, and lessons along with 10% off all proshop purchases. Rentals and lessons are valid for 1 year from date of purchase.

All memberships include the Hit Trax annual player registration fee (\$100 value)

Frozen Ropes Albany

3 Interstate Ave.

Albany, NY 12205

518-435-2424

www.frozenropes.com/albany