



**2020/21 WINTER  
BASEBALL SOE  
December 1<sup>st</sup>, 2020 – April 1<sup>st</sup> 2021**

**Born to Play** (Ages 3-4) This is a Co-Ed class that introduces your player to baseball in a fun teaching environment.  
Saturday's 10:00am-10:50am **4 weeks for \$80**

Age based skills classes focusing on the Big Four: hitting, throwing, fielding and catching.

**Rookie Class** (Ages 5-6) Saturday's 11am-12pm  
**Minors Class** (Ages 7-9) Saturday's 12pm-1pm **4 weeks for \$100**  
**Majors Class** (Ages 10-12) Saturday's 1pm-2pm

**Zach's Pitching Camp** Building clean and consistent mechanics with a proper warm up and recovery routine. Using data to create a competitive environment and improve skills.

Tuesday's 6:00pm-7:00pm (Ages 8-12) **4 weeks for \$100**  
Thursday's 7:00pm-8:00pm (Ages 13-18)

**Catchers Clinic** (Ages 8-16) A class just for catchers. Improve your receiving, blocking, and throw downs.

Wednesday's 5:00pm-6:00pm **4 weeks for \$100**

**Hitting Boot Camp** A baseball only hitting class that teaches situations, bat speed, strength, visual mechanics, contact angles and lots of reps. Quick moving stations to give you different looks and drills to improve!

Thursday's 6:00pm-7:00pm (Ages 8-12) **4 weeks for \$100**  
Thursday's 7:00pm-8:00pm (Ages 13+)

**High School Prep Class** (Ages 13-18) This class is designed for the Modified/Freshman and the JV/Varsity player to both mentally and physically prepare them for their upcoming spring tryouts and season.

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

Pitchers- Work on building up arm strength through the use of plyo balls and specific exercises that will help promote long term arm health. Data collected using Rapsodo to adjust or create new pitches.

Sunday's 12:00pm-3:00pm **12 weeks for \$500**

**World Membership:** A Family Membership that saves you money and gives you free training time. You will receive discounts on all lessons, rentals, classes, clinics and camps. Valid for 1 year from the purchase date.

- Family membership: **\$300 annual fee**. Includes 12 (1/2 hour) cage rentals and 2 free 30 minute lessons.
- Save 20% on all lessons, rentals, camp and clinics along with 10% on all pro-shop purchases.

**Facility and Cage Rentals:** Rent one of our cages and work on hitting, pitching, or fielding! Cages are available by reservation only.

**\$50 Per Hour**

**Private Lessons** (Ages 5+) Individual lessons are available by appointment.

**30 min= \$45      60 min= \$85**

5 pack (30 min)= \$210      15 pack (30 min)= \$600  
10 pack (30 min)= \$410      20 pack (30 min)= \$780

**Frozen Ropes Albany**

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



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