



Winter Baseball/Softball Schedule of Events

AGES 12 AND UNDER PROGRAMS

FROZEN ROPES ACADEMIES (Ages 5-6, 7-8, and 9-12 **BASEBALL/SOFTBALL**)

Our academy will develop the next generation of baseball and softball players.

Throwing, Fielding and Hitting are the main skills.

JUNIOR (Ages 5-6)

4 weeks	Tuesdays	January 2 – January 23	5:00pm – 6:00pm	\$85*/\$100
4 weeks	Tuesdays	January 30 – February 20	5:00pm – 6:00pm	\$85*/\$100
4 weeks	Tuesdays	February 27 – March 20	5:00pm – 6:00pm	\$85*/\$100
4 weeks	Saturdays	January 6 – January 27	12:00pm – 1:00pm	\$85*/\$100
4 weeks	Saturdays	February 3 – February 24	12:00pm – 1:00pm	\$85*/\$100
4 weeks	Saturdays	March 3 – March 24	12:00pm – 1:00pm	\$85*/\$100

SENIOR (Ages 7-8)

4 weeks	Tuesdays	January 2 – January 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	January 30 – February 20	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	February 27 – March 20	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Saturdays	January 6 – January 27	1:00pm – 2:00pm	\$95.20*/\$112
4 weeks	Saturdays	February 3 – February 24	1:00pm – 2:00pm	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	1:00pm – 2:00pm	\$95.20*/\$112

ALL-SKILLS (Ages 9-12)

4 weeks	Tuesdays	January 2 – January 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Tuesdays	January 30 – February 20	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Tuesdays	February 27 – March 20	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Saturdays	January 6 – January 27	2:00pm – 3:00pm	\$95.20*/\$112
4 weeks	Saturdays	February 3 – February 24	2:00pm – 3:00pm	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	2:00pm – 3:00pm	\$95.20*/\$112

TOTAL PERFORMANCE HITTING (Ages 7-12)

This 60 minute session will cover all aspects of hitting including in-game adjustments.

3 weeks	Mondays	January 8 – January 22	5:00pm – 6:00pm	\$71.40*/\$84
4 weeks	Mondays	January 29 – February 19	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Mondays	February 26 – March 19	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Fridays	January 5 – January 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Fridays	February 2 – February 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Fridays	March 2 – March 23	6:00pm – 7:00pm	\$95.20*/\$112
2 weeks	Saturdays	January 20 – January 27	10:00am – 11:00am	\$47.50*/\$56
4 weeks	Saturdays	February 3 – February 24	10:00am – 11:00am	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	10:00am – 11:00am	\$95.20*/\$112

CORE 4 BASEBALL PITCHING BOOT CAMP (Ages 7-12)

All aspects of throwing and building a pitching delivery. Emphasis on our CORE 4 pitching model.

4 weeks	Fridays	January 5 – January 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Fridays	February 2 – February 23	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Fridays	March 2 – March 23	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Saturdays	January 6 – January 27	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	Saturdays	February 3 – February 24	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	3:00pm – 4:00pm	\$95.20*/\$112

INTRO TO SOFTBALL PITCHING (Ages 7-12)

Class emphasis on arm action and mechanics to maximize control and speed levels.

3 weeks	Mondays	January 8 – January 22	6:00pm – 7:00pm	\$71.40*/\$84
4 weeks	Mondays	January 29 – February 19	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	February 26 – March 19	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Saturdays	January 6 – January 27	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	Saturdays	February 3 – February 24	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	3:00pm – 4:00pm	\$95.20*/\$112

CATCHING BOOT CAMP (Ages 7-12)

Boot camp to improve a catcher's pop time and overall skills, focusing on glove and footwork, blocking and receiving, and ball transfer

3 weeks	Mondays	January 8 – January 22	6:00pm – 7:00pm	\$71.40*/\$84
4 weeks	Mondays	January 29 – February 19	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	February 26 – March 19	6:00pm – 7:00pm	\$95.20*/\$112

MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 9-12)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

4 weeks	Tuesdays	January 2 – January 23	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Tuesdays	January 30 – February 20	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Tuesdays	February 27 – March 20	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Fridays	January 5 – January 26	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Fridays	February 2 – February 23	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Fridays	March 2 – March 23	6:00pm – 7:00pm	\$229.50*/\$270

SOFTBALL PITCHING SPL'S (Ages 7-12)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

4 weeks	Wednesdays	January 3 – January 24	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	7:00pm – 8:00pm	\$229.50*/\$270

BASEBALL PITCHING/HITTING SPL'S (Ages 7-12)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

3 weeks	Mondays	January 8 – January 22	5:00pm – 6:00pm	\$172.13*/\$202.50
4 weeks	Mondays	January 29 – February 19	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Mondays	February 26 – March 19	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Thursdays	January 4 – January 25	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Thursdays	February 1 – February 22	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Thursdays	March 1 – March 22	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Saturdays	January 6 – January 27	12:00pm – 1:00pm	\$229.50*/\$270
4 weeks	Saturdays	February 3 – February 24	12:00pm – 1:00pm	\$229.50*/\$270
4 weeks	Saturdays	March 3 – March 24	12:00pm – 1:00pm	\$229.50*/\$270

WINTER LEAGUE (Ages 4-8)

Play on a team this winter! Co-ed indoor games, competitive learning environment, pre-game instruction, in-game coaching. Includes Frozen Ropes t-shirt! (Snowdate: March 18th) ***must register by February 1st***

Ages 4-5	6 weeks	Sundays	February 4 – March 11	3:00pm – 4:30pm	106.25*/\$125
Ages 6-8	6 weeks	Sundays	February 4 – March 11	4:30pm – 6:00pm	106.25*/\$125

LITTLE LEAGUE PRE-SEASON SKILLS CAMP (Ages 5-12)

League wide practices that focus on throwing hitting and defense for our Little League partner players!

must register one week prior to class

Ages 5-6	12 weeks	Thursdays	January 4 – March 29	5:00pm – 6:00pm	\$20.00 per week
Ages 7-8	12 weeks	Thursdays	January 4 – March 29	6:00pm – 7:00pm	\$20.00 per week
Ages 9-12	12 weeks	Thursdays	January 4 – March 29	7:00pm – 8:00pm	\$20.00 per week

NEW! ROOKIE PRIVATE LESSON (ages 3-4)

Schedule a private 30-minute lesson to introduce them to the skills of hitting, throwing, and fielding. **\$25 per lesson**

AGES 13+ PROGRAMS

TOTAL PERFORMANCE HITTING (Ages 13+)

This 60 minute session will cover all aspects of hitting with emphasis on timing and pitch selection.

3 weeks	Mondays	January 8 – January 22	7:00pm – 8:00pm	\$71.40*/\$84
4 weeks	Mondays	January 29 – February 19	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Mondays	February 26 – March 19	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Fridays	January 5 – January 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Fridays	February 2 – February 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Fridays	March 2 – March 23	7:00pm – 8:00pm	\$95.20*/\$112
2 weeks	Saturdays	January 20 – January 27	11:00am – 12:00am	\$47.50*/\$56
4 weeks	Saturdays	February 3 – February 24	11:00am – 12:00am	\$95.20*/\$112
4 weeks	Saturdays	March 3 – March 24	11:00am – 12:00am	\$95.20*/\$112

TONY ABBATINE HITTING SPL'S (Ages 13+)

4 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

4 weeks	Wednesdays	January 3 – January 24	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 3 – January 24	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Wednesdays	January 31 – February 21	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Wednesdays	February 28 – March 21	7:00pm – 8:00pm	\$229.50*/\$270

MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

4 weeks	Tuesdays	January 2 – January 23	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Tuesdays	January 30 – February 20	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Tuesdays	February 27 – March 20	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Fridays	January 5 – January 26	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Fridays	February 2 – February 23	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Fridays	March 2 – March 23	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	Fridays	January 5 – January 26	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Fridays	February 2 – February 23	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Fridays	March 2 – March 23	7:00pm – 8:00pm	\$229.50*/\$270

SENIOR STAFF HITTING SPL'S (Ages 13+)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting.

4 weeks	Tuesdays	January 2 – January 23	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Tuesdays	January 30 – February 20	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Tuesdays	February 27 – March 20	6:00pm – 7:00pm	\$229.50*/\$270

NEXT LEVEL PITCHING BLUEPRINT (Ages 13+)

Our most popular training event is back! Join Frozen Ropes Founder and MLB consultant, Tony Abbattine in a workout that puts you in control of your own pitching success! This 75 minute workout will cover: arm action and arm strength, delivery moments that you need to feel and repeat, strength bands and weighted balls as a tool, controlling your emotions and mindset as a foundation for pitching success.

Only 12 players per session / \$50.00 per session

November

Wednesday Nov. 22, 4pm
Sunday Nov. 26, 4pm
Monday Nov. 27, 5pm

December

Saturday Dec. 2, 11am
Monday Dec. 4, 6pm
Monday Dec. 11, 7pm

January

Tuesday Jan. 2, 7PM
Tuesday Jan. 9, 6PM
Monday Jan. 15, 4PM
Tuesday Jan. 23, 7PM

CREATE YOUR OWN

PRIVATE LESSONS (All ages)

30 Minute Lesson \$42.50*/\$50, 1 Hour Lesson \$76.50*/\$90, 10 (30) minute lesson package \$374*/\$440

Pre-paid lessons are valid for one year from purchase date.

CREATE A GROUP LESSON

*Don't see a class time that fits your schedule? You can create a group lesson with your teammates for 1 hour working on your choice of skills. Minimum of 3 players and a maximum of 6 players. **\$120 per session**. Schedule your day and time, available every day.*

RENTALS – For individuals or teams – including Baseball or Softball pitching machine if needed

30 Minute Rental \$38.25*/\$45, 1 Hour Rental \$55.25*/\$65, Team Special 1 Hour Rental \$50, *Full Facility Available Upon Request

SPECIAL PROGRAMS AND EVENTS

REC NIGHT

REC NIGHT ACTIVITIES (ages 13 and Under)

Drop in for a combination of Dodgeball, Kickball, Capture the Flag, or Homerun Derby! Snack & drink included, no registration needed.

7 weeks **Fridays** January 12 – February 23 7:30pm-9:00pm \$20 per week

HOLIDAY EVENTS

HOLIDAY BREAK CLINICS AND LESSONS (No school? No problem!)

Ages 7-12: Join us for Baseball Pitching, Co-ed Hitting, and Co-ed All -Skills clinics! Come for one or all four days!

All Ages: \$30 30-minute private lessons

Christmas | Tuesday, December 26th - Friday, December 29th, Spring | Monday, March 26th - Friday, March 30th

ONE DAY SPECIALS

\$20 1-hour classes, \$30 30-minute private lessons! (lessons must be booked and paid in advance, no refunds/changes)

Martin Luther King, Jr. Day | Monday, January 15th, President's Day | Monday, February 19th

UPCOMING EVENTS

LITTLE LEAGUE COACHES CLINICS

Let us help you get ready for a season of success! Join us for 1 or all 4!

Friday, November 17, 2017 7-9pm | Focus: New to Coaching? Have no fear! We Coach the Coaches!

Saturday, January 13, 2018 7-9pm | Focus: General Coaching Principles

Friday, February 9, 2018 7-9pm | Focus: Practice Organization and Technical Skills

Saturday, March 10, 2018 7-9pm | Focus: Practices, Game Day, Pitching/Hitting

COLLEGE BOUND INFO NIGHT

Our College Bound program provides the guidance and credibility you need in the recruiting jungle. Learn the common mistakes that are made in the college search process and learn how you can develop a solid plan to take your playing career to the next level.

\$20 per person | FREE FOR MEMBERS AND EXISTING TRAVEL TEAM PLAYERS - CALL TO REGISTER

Wednesday, December 13, 2017 8pm | Wednesday, January 24, 2018 8pm | Wednesday, February 14, 2018 8pm

FROZEN ROPES COLLEGE BOUND WINTER SHOWCAMPS

Our showcamps combine college exposure with next level instruction in one, can't miss event!

\$125 per player

SOFTBALL: Saturday, January 6, 2018 9am – 12pm, BASEBALL: Saturday, January 13, 2018 9am – 12pm

WEAPONS OF MENTAL DOMINANCE (MENTAL SKILLS) TRAINING

Our WMD (Weapons of Mental Dominance) training presents the most effective and age appropriate strategies to improve confidence and deal with other game performance obstacles.

\$20 per person | FREE FOR MEMBERS AND EXISTING TRAVEL TEAM PLAYERS - CALL TO REGISTER

Wednesday, January 17, 2018 8-10pm | Friday, April 20, 2018 7-9pm | Friday, July 13, 2018 7-9pm



MEMBERSHIP

Being a Member has it's perks!

- 15% OFF Classes, Lessons, Rentals...to name a few
- Earn 5% Credit back with our Rewards Points
- SIX FREE ½ hour Tunnel Time
- FREE Quarterly Weapons of Mental Dominance Workshops

***Denotes Member Pricing**

Frozen Ropes at The Rock Sports Park
24 Old Black Meadow Rd, Chester NY 10918
(845) 469-9507 | Chester@frozenropes.com