



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

#### **SENIOR** (Ages 7-8)

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

#### **ALL-SKILLS** (Ages 9-12)

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

4 weeks	<b>Mondays</b>	January 29 – February 19	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	February 26 – March 19	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	February 2 – February 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 2 – March 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 3 – February 24	10:00am – 11:00am	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	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	<b>Fridays</b>	February 2 – February 23	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 2 – March 23	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 3 – February 24	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	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.*

4 weeks	<b>Thursdays</b>	February 1 – February 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	March 1 – March 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 3 – February 24	3:00pm – 4:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 3 – March 24	3:00pm – 4:00pm	\$95.20*/\$112

### **BOBBI JO GONNELLO 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	<b>Wednesdays</b>	January 31 – February 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	6:00pm – 7:00pm	\$229.50*/\$270

### **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*

4 weeks	<b>Mondays</b>	January 29 – February 19	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	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	<b>Tuesdays</b>	January 30 – February 20	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	February 27 – March 20	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	January 31 – February 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	January 5 – January 26	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	February 2 – February 23	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	March 2 – March 23	6:00pm – 7:00pm	\$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.*

4 weeks	<b>Mondays</b>	January 29 – February 19	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	February 26 – March 19	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Thursdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Thursdays</b>	March 1 – March 22	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Saturdays</b>	February 3 – February 24	12:00pm – 1:00pm	\$229.50*/\$270
4 weeks	<b>Saturdays</b>	March 3 – March 24	12:00pm – 1:00pm	\$229.50*/\$270

**TURN AND BURN** (All Ages)*Integrating the industry's best speed instruction with sprint strength training! Our program includes sprint mechanics, dynamic stretching, acceleration, overload speed techniques, speed strength training, and sport specific running.*

6 weeks	<b>Thursdays</b>	February 15 – March 22	6:00pm – 7:00pm
	All 6 Weeks	\$61.20*/\$72.00	
	Drop-In	\$25.50*/\$30.00	

**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 18<sup>th</sup>) **\*must register by February 1<sup>st</sup>\****

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

<b>Ages 5-6</b>	12 weeks	<b>Thursdays</b>	January 4 – March 29	5:00pm – 6:00pm	\$20.00 per week
<b>Ages 7-8</b>	12 weeks	<b>Thursdays</b>	January 4 – March 29	6:00pm – 7:00pm	\$20.00 per week
<b>Ages 9-12</b>	12 weeks	<b>Thursdays</b>	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.*

4 weeks	<b>Mondays</b>	January 29 – February 19	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	February 26 – March 19	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	February 2 – February 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 2 – March 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 3 – February 24	11:00am – 12:00am	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 3 – March 24	11:00am – 12:00am	\$95.20*/\$112

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

**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	<b>Wednesdays</b>	January 31 – February 21	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	January 31 – February 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	January 31 – February 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	January 31 – February 21	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	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	<b>Tuesdays</b>	January 30 – February 20	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	February 27 – March 20	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	February 2 – February 23	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	March 2 – March 23	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	February 2 – February 23	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	March 2 – March 23	7:00pm – 8:00pm	\$229.50*/\$270

**BOBBI JO GONNELLO SOFTBALL 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	<b>Wednesdays</b>	January 31 – February 21	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 28 – March 21	7:00pm – 8:00pm	\$229.50*/\$270

**NEXT LEVEL BLUEPRINTS (Ages 13+)**

Our most popular training events are back! Join Frozen Ropes Founder and MLB consultant, Tony Abbatine in workouts that put you in control of your own pitching or hitting success! The 75 minute pitching 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. From set up to vision issues in the swing, the hitting workout will cover all parts of developing your hitting skills.

**Only 12 players per session / \$50.00 per session****Pitching**

Tuesday Feb. 13, 6:30pm  
 Tuesday Feb. 20, 5pm  
 Tuesday Feb. 27, 6:30pm

**Hitting**

Tuesday Feb. 13, 5pm  
 Tuesday Feb. 20, 6:30pm  
 Tuesday Feb. 27, 5pm

**TURN AND BURN (All Ages)***Integrating the industry's best speed instruction with sprint strength training! Our program includes sprint mechanics, dynamic stretching, acceleration, overload speed techniques, speed strength training, and sport specific running.*

6 weeks	<b>Thursdays</b>	February 15 – March 22	6:00pm – 7:00pm
		All 6 Weeks	\$61.20*/\$72.00
		Drop-In	\$25.50*/\$30.00

**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

## HITTRAX HITTING LEAGUES

### HITTRAX 6 WEEK HITTING LEAGUES

Compete in simulated virtual games against other teams in your division. A Frozen Ropes pitcher is provided as each team plays a 1 hour double header per week with Home Run Derby and Playoffs at the end. Join as a team of 5 or register as an individual and we will assign you a team! **\$150 per player**

**Juniors (Under 12) | Sundays, 3-5pm, begins Feb. 11**

**Seniors (13+) | Wednesdays, 5-7pm, begins Feb. 14**

**Mens (35+) | Mondays, 6-8pm, begins Feb. 12**

## HOLIDAY EVENTS

### HOLIDAY BREAK CAMP (No school? No problem!)

Ages 7-13: Join us for Baseball or All Sport Camp, Full or Half Day options available. Come for one or all four days!

**Spring | Monday, March 26<sup>th</sup> – Thursday, March 29<sup>th</sup>**

Full Day: \$38.25\*/\$45 per day

Half Day: \$21.25\*/\$25 per day

### ONE DAY SPECIALS

\$20 1-hour classes – ages 7-13. 11AM: Co-Ed Hitting, 1PM: Co-Ed All-Skills

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

**President's Day | Monday, February 19<sup>th</sup>**

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

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

### FROZEN ROPES COACHES CERTIFICATION CLASSES

Learn from the best to become one of the best! 4 class dates with time divided between classroom and on-field instruction.

**\$125.00 per person. Must attend 3 of 4 dates to become certified!**

**Thursday, March 15, 2018 6-9pm**

**Thursday, April 15<sup>th</sup> 2018 6-9pm**

**Thursday, March 22, 2018 6-9pm**

**Thursday, April 22<sup>nd</sup> 2018 6-9pm**

### 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, February 14, 2018 8pm**

### 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**

**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  
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