



Spring Baseball/Softball Schedule of Events

AGES 12 AND UNDER PROGRAMS

NOTE: NO CLASSES MONDAY, MAY 28TH (Memorial Day)

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)

5 weeks	Tuesdays	April 3 – May 1	5:00pm – 6:00pm	\$106.25*/\$125
5 weeks	Tuesdays	May 8 – June 5	5:00pm – 6:00pm	\$106.25*/\$125
5 weeks	Sundays	April 8 – May 6	1:00pm – 2:00pm	\$106.25*/\$125
5 weeks	Sundays	May 13 – June 10	1:00pm – 2:00pm	\$106.25*/\$125

SENIOR (Ages 7-8)

5 weeks	Tuesdays	April 3 – May 1	6:00pm – 7:00pm	\$119*/\$140
5 weeks	Tuesdays	May 8 – June 5	6:00pm – 7:00pm	\$119*/\$140
5 weeks	Sundays	April 8 – May 6	2:00pm – 3:00pm	\$119*/\$140
5 weeks	Sundays	May 13 – June 10	2:00pm – 3:00pm	\$119*/\$140

ALL-SKILLS (Ages 9-12)

5 weeks	Tuesdays	April 3 – May 1	7:00pm – 8:00pm	\$119*/\$140
5 weeks	Tuesdays	May 8 – June 5	7:00pm – 8:00pm	\$119*/\$140
5 weeks	Sundays	April 8 – May 6	3:00pm – 4:00pm	\$119*/\$140
5 weeks	Sundays	May 13 – June 10	3:00pm – 4:00pm	\$119*/\$140

TOTAL PERFORMANCE HITTING (Ages 7-12)

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

5 weeks	Mondays	April 2 – April 30	6:00pm – 7:00pm	\$119*/\$140
4 weeks	Mondays	May 7 – June 4	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	Fridays	April 6 – May 4	6:00pm – 7:00pm	\$119*/\$140
5 weeks	Fridays	May 11 – June 8	6:00pm – 7:00pm	\$119*/\$140

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.

5 weeks	Wednesdays	April 4 – May 2	6:00pm – 7:00pm	\$119*/\$140
5 weeks	Wednesdays	May 9 – June 6	6:00pm – 7:00pm	\$119*/\$140

SOFTBALL PITCHING ACADEMY (Ages 7-12)

Pitching class for improving mechanics, control, and speed.

5 weeks	Thursdays	April 5 – May 3	6:00pm – 7:00pm	\$119*/\$140
5 weeks	Thursdays	May 10 – June 7	6:00pm – 7:00pm	\$119*/\$140

BOBBI JO GONNELLO SOFTBALL ALL-SKILLS SPL'S (Ages 7-12)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting. Bobbi Jo will instruct in proper mechanics of throwing, fielding, and hitting for softball.

5 weeks	Thursdays	April 5 – May 3	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	Thursdays	May 10 – June 7	7:00pm – 8:00pm	\$286.88*/\$337.50

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. Proper form and building basic pitching technique will be emphasized.

5 weeks	Fridays	April 6 – May 4	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	Fridays	May 11 – June 8	6:00pm – 7:00pm	\$286.88*/\$337.50

MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 7-12)

3 players max, our SPL's (Semi Private Lessons) allow for customized instruction in a small group setting. Proper form and building basic pitching technique will be emphasized.

5 weeks	Wednesdays	April 4 – May 2	5:00pm – 6:00pm	\$286.88*/\$337.50
5 weeks	Wednesdays	May 9 – June 6	5:00pm – 6:00pm	\$286.88*/\$337.50

SENIOR STAFF 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. Time will be divided to give attention to both pitching and hitting.

BASEBALL

5 weeks	Thursdays	April 5 – May 3	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	Thursdays	May 10 – June 7	6:00pm – 7:00pm	\$286.88*/\$337.50

SOFTBALL

5 weeks	Thursdays	April 5 – May 3	5:00pm – 6:00pm	\$286.88*/\$337.50
5 weeks	Thursdays	May 10 – June 7	5:00pm – 6:00pm	\$286.88*/\$337.50

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.

4 weeks	Wednesdays	April 4 – April 25	7:00pm – 8:00pm
4 weeks	Sundays	April 8 – April 29	4:00pm – 5:00pm
		All 4 Weeks	\$40.80*/\$48.00
		Drop In	\$10.20/\$12.00

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**

NEW! LITTLE LEAGUE BUDDY LESSON (ages 12 and Under)

Schedule a 60-minute lesson for yourself and up to 2 additional players! You pick the skills you'd like to work on! **\$60 per lesson**

Purchase a 3-lesson pack for \$150

single and multi-pack lessons are not subject to member pricing or any further discounts

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.

5 weeks	Mondays	April 2 – April 30	7:00pm – 8:00pm	\$119*/\$140
4 weeks	Mondays	May 7 – June 4	7:00pm – 8:00pm	\$95.20*/\$112
5 weeks	Fridays	April 6 – May 4	7:00pm – 8:00pm	\$119*/\$140
5 weeks	Fridays	May 11 – June 8	7:00pm – 8:00pm	\$119*/\$140

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. Proper form and building multiple pitches will be emphasized.

5 weeks	Fridays	April 6 – May 4	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	Fridays	May 11 – June 8	7:00pm – 8:00pm	\$286.88*/\$337.50

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. Proper form and learning to throw a variety of pitches will be emphasized.

5 weeks	Tuesdays	April 3 – May 1	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	Tuesdays	May 8 – June 5	7:00pm – 8:00pm	\$286.88*/\$337.50

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. Tony will focus on both the physical technique for quality hitting, as well as cover the mental aspects needed for success in the batters box.

5 weeks	Wednesdays	April 4 – May 2	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	Wednesdays	May 9 – June 6	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	Wednesdays	April 4 – May 2	7:00pm – 8:00pm	\$286.88*/\$337.50
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4 weeks	Sundays	April 8 – April 29	4:00pm – 5:00pm
	All 4 Weeks	\$40.80*/\$48.00	
	Drop In	\$10.20/\$12.00	

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

UPCOMING EVENTS

FROZEN ROPES COACHES CERTIFICATION CLASSES

Learn from the best to become one of the best!

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

Thursday, March 15, 2018 6-9pm

Thursday, March 22, 2018 6-9pm

Thursday, April 15th 2018 6-9pm

Thursday, April 22nd 2018 6-9pm

FROZEN ROPES BIG APPLE COLLEGE SOFTBALL SHOWCAMP

Join top college coaches for a day of instruction, interaction, and game play. Show them what you've got and have the opportunity to learn from them, building connections.

\$225 per player | Thursday, July 5, 2018 9am-5pm

FROZEN ROPES COLLEGE BASEBALL SHOWCAMP

Join top college coaches for two days of instruction, and interaction. With 20 different schools spread out across this 2-day event, you have double the opportunities for forging college connections and showing them your skills.

\$175 per day, \$300 when registering for both days | Wednesday, July 25th and Thursday, July 26th 9am-1pm

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, April 4th 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

Wednesday, April 11th 8-10pm | Thursday, May 17th 8-10pm | Friday, July 13, 2018 7-9pm

***Denotes Member Pricing**

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



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