



# WINTER 2019 Baseball/Softball Schedule of Events

\*Denotes Member Pricing

**Jump into Classes already in Session at pro-rated fees**

## AGES 3-4



**Get ready for  
ALL  
Organized Sports!**

Ages 3-4. One Hour Class learning all sports fundamentals. Player max: 12 per class

4 weeks <b>Mondays</b>	February 4 – February 25	1:00pm – 2:00pm	\$68*/\$80
4 weeks <b>Mondays</b>	March 4 – March 25	1:00pm – 2:00pm	\$68*/\$80
4 weeks <b>Wednesdays</b>	January 30 – February 20	10:00am – 11:00am	\$68*/\$80
4 weeks <b>Wednesdays</b>	February 27 – March 20	10:00am – 11:00am	\$68*/\$80
4 weeks <b>Fridays</b>	February 1 – February 22	1:00pm – 2:00pm	\$68*/\$80
4 weeks <b>Fridays</b>	March 1 – March 22	1:00pm – 2:00pm	\$68*/\$80
4 weeks <b>Saturdays</b>	February 2 – February 23	9:00am – 10:00am	\$68*/\$80
4 weeks <b>Saturdays</b>	March 2 – March 23	9:00am – 10:00am	\$68*/\$80

## AGES 5-12

### **Throwing, Fielding, Hitting**

#### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 5-6, 7-9, and 10-12)**

Our academy **CLASSES** will develop the next generation of baseball and softball players. *Throwing, Fielding and Hitting* are the main themes. Player max: 12 per class

##### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	February 5 – February 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	March 5 – March 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	10:00am – 11:00am	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	10:00am – 11:00am	\$95.20*/\$112

##### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	February 5 – February 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	March 5 – March 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	January 31 – February 21	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	February 28 – March 21	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 2 – February 23	10:00am-11:00am	\$95.20/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	10:00am-11:00am	\$95.20/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	11:00am – 12:00pm	\$95.20/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	11:00am – 12:00pm	\$95.20*/\$112

##### **All-Skills (Ages 10-12)**

4 weeks	<b>Tuesdays</b>	February 5 – February 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	March 5 – March 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	January 31 – February 21	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	February 28 – March 21	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	12:00pm – 1:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	12:00pm – 1:00pm	\$95.20*/\$112

### **Hitting**

#### **TOTAL PERFORMANCE HITTING (Ages 7-9)**

This 60 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class

4 weeks	<b>Mondays</b>	February 4 – February 25	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	March 4 – March 25	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	January 30 – February 20	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	February 27 – March 20	6:00pm – 7:00pm	\$95.20*/\$112

## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class*

4 weeks	<b>Fridays</b>	February 1 – February 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 1 – March 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 2 – February 23	9:00am – 10:00am	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	9:00am – 10:00am	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	1:00pm – 2:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	1:00pm – 2:00pm	\$95.20*/\$112

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class*

4 weeks	<b>Mondays</b>	February 4 – February 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	March 4 – March 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	January 30 – February 20	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	February 27 – March 20	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	February 1 – February 22	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 1 – March 22	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 2 – February 23	10:00am – 11:00am	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	10:00am – 11:00am	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	2:00pm – 3:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	2:00pm – 3:00pm	\$95.20*/\$112

## Pitching

### **BOOM! BASEBALL PITCHING BOOT CAMP** (Ages 7-9)

*All aspects of throwing and building a pitching delivery. Player max: 6 per class*

4 weeks	<b>Mondays</b>	February 4 – February 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	March 4 – March 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	February 5 – February 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	March 5 – March 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 2 – February 23	11:00am – 12:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	11:00am – 12:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	2:00pm – 3:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	2:00pm – 3:00pm	\$95.20*/\$112

### **MIKE BERTOTTI BOOM! BASEBALL PITCHING SPL'S** (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 3*

4 weeks	<b>Tuesdays</b>	February 5 – February 26	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	March 5 – March 26	4:00pm – 5:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	February 1 – February 22	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Fridays</b>	March 1 – March 22	6:00pm – 7:00pm	\$229.50*/\$270

### **INTRO TO SOFTBALL PITCHING CLASS** (Ages 7-9)

*Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class*

4 weeks	<b>Mondays</b>	February 4 – February 25	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	March 4 – March 25	5:00pm – 6:00pm	\$95.20*/\$112

### **SOFTBALL PITCHING CLASS** (Ages 10-12)

*Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class*

4 weeks	<b>Mondays</b>	February 4 – February 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	March 4 – March 25	6:00pm – 7:00pm	\$95.20*/\$112

## Catching

### **INTRO TO CATCHING** (Ages 9-12)

*This 60 minute session will cover all aspects of CATCHING. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 30 – February 20	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	February 27 – March 20	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	February 1 – February 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Fridays</b>	March 1 – March 22	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	February 2 – February 23	11:00am – 12:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	11:00am – 12:00pm	\$95.20*/\$112

## AGES 13+

## Hitting

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 60 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6*

4 weeks	<b>Saturdays</b>	February 2 – February 23	12:00pm- 1:00pm	\$95.20*/\$112
4 weeks	<b>Saturdays</b>	March 2 – March 23	12:00pm- 1:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	February 3 – February 24	1:00pm – 2:00pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	March 3 – March 24	1:00pm – 2:00pm	\$95.20*/\$112

### **HITTING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3*

4 weeks	<b>Mondays</b>	February 4 – February 25	5:00pm – 6:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	March 4 – March 25	5:00pm – 5:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	January 30 – February 20	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 27 – March 20	6:00pm – 7:00pm	\$229.50*/\$270



## Pitching

### **MIKE BERTOTTI BOOM! BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3*

4 weeks	<b>Mondays</b>	February 4 – February 25	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	March 4 – March 25	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	February 5 – February 26	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	March 5 – March 26	6:00pm – 7:00pm	\$229.50*/\$270

### **FROZEN ROPES BOOM! BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3*

4 weeks	<b>Wednesdays</b>	January 30 – February 20	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	February 27 – March 20	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Saturdays</b>	February 2 – February 23	1:00pm – 2:00pm	\$229.50*/\$270
4 weeks	<b>Saturdays</b>	March 2 – March 23	1:00pm – 2:00pm	\$229.50*/\$270

### **SOFTBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3*

4 weeks	<b>Mondays</b>	February 4 – February 25	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	March 4 – March 25	7:00pm – 8:00pm	\$229.50*/\$270



## Private Lessons

### PRIVATE LESSONS (All Ages)

30 Minute Lesson \$42.50\*/\$50. 1 Hour Lesson \$76.50\*/\$90. Pre-paid lessons are valid for one year from purchase date.

### PRIVATE LESSONS 10 PACK SPECIAL! (All Ages)

10 (30 minute lesson package \$374\*/\$440

#### For the COMPLETE PLAYER

Choose your topic/s: Hitting, Pitching, Catching, Fielding, Speed & Agility, Strength, & or Mental Skills

### CREATE A GROUP LESSON (All Ages)

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.




# 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

## Facility Rentals



# RENTALS

## TUNNELS or FULL FACILITY



**NEVER CANCEL a Practice or Event! Safely book one or ALL of our 6 Tunnels**  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester)

Tunnel Rental \$45 /30 minutes or \$65/ 1 hour

Special Team Tunnel Rental \$50/ 1 hour

After Hours Special: Full Indoors \$195/ 1.5 hours

After Hours = Monday-Saturday 8:15pm-9:45pm & Sundays 7:00pm-8:30pm

## Upcoming Event

SAVE THE DATE



### 14th Annual COACHES CLINIC

If we can coach THEM, we can coach YOU



## FREE EVENT

Calling All Little League Coaches  
**WEDNESDAY, MARCH 13th**  
7:00 - 9:00 PM

## WHAT THE COACHES WILL LEARN:

- Practice absolutes
- Teaching hitting in simple language
- Throwing skills for all players
- Speed of play development

**CALL OR EMAIL TO RESERVE YOUR SPOT  
REQUIRED BY MARCH 8TH.**

### FROZEN ROPES NATIONAL TRAINING CENTER

24 Old Black Meadow Rd. Chester, NY 10918  
845-469-9507 | [chester@frozenropes.com](mailto:chester@frozenropes.com) | [www.frozenropes.com/chester](http://www.frozenropes.com/chester)

# Care about your **TOTAL SPORTS PERFORMANCE?**

## **ROCK ATHLETIC PERFORMANCE...**

**Get Stronger, Faster, Better! 12 years +**

### **Strength**



**B<sup>4</sup> STRENGTH & FITNESS CLASS**  
You'll thank us AFTER!

**Bands, Balls, Bells & Body**

Designed by strength & fitness experts in the industry in an easy to follow but challenging workout environment. Using conventional strength equipment, B<sup>4</sup> gets "customized" by varying rest time, reps and loads.

**After never looked so good**

**--- One Hour Classes---**

**MON 4:00, TUE 5:00, WED 4:00,  
THU 5:00, FRI 4:00,  
SAT 10:00, SUN 11:00**

**Additional Open Gym 15yrs+  
TUE & THU 6:00pm**

**Monthly Membership: \$60/month** (30 days from your enrollment date)

**3-Month Membership: \$150 Unlimited Classes**

### **Mental Strength**



#### **FOPO Mental Skills Workshops**

What does it take to be an Olympian? Learn the secret sauce for on & off the field.

Held the first Wednesday of every month. One Hour Class 7:00-8:00pm \$20/Class

\* 12 Month Package: \$150.00 (\$90 savings)

\* 12 Month Package includes: a FOPO Shirt, Bracelet and Toilet. (\$32 Value)

### **Team Training- BUILD YOUR OWN! OUR LOCATION**

**YOU CHOOSE! Dates, times, and duration. \$120/hour**

One hour of Instruction. One flat fee for a class 2-12 players.

\* Subject to availability, first come first serve. Want more? Add another tunnel & Instructor

**ALL AGES! Baseball, Softball or Both**

Max 12 players per instruction and tunnel

**Choose ONE or a COMBINATION of:** Pitching (ages 7-12), Boom Pitching with Arm Care (ages 13-18), Hitting, Catching, Fielding, B4 - Strength, Turn & Burn (Speed and Agility) or Mental Skills Training

### **Team Clinics- BUILD YOUR OWN! YOUR LOCATION**

**YOU CHOOSE! Dates, times, and duration. \$120/hour per Instructor**

One or several hours of Instruction, one or several Instructors. You decide.

\* Subject to availability, first come first serve.

**ALL AGES! Baseball, Softball or Both**

Max 24 players per instructor

**Choose ONE or a COMBINATION of:** Pitching (ages 7-12), Boom Pitching with Arm Care (ages 13-18), Hitting, Catching, Fielding, Turn & Burn (Speed and Agility) or Mental Skills Training

## **FROZEN ROPES NATIONAL TRAINING CENTER**

24 Old Black Meadow Rd, Chester NY 10918 | (845) 469-9507 | [Chester@frozenropes.com](mailto:Chester@frozenropes.com)