

# FROZEN ROPES

## 2023 Baseball/Softball Schedule of Events SEPTEMBER - DECEMBER

### **Academy Classes**

*Prices shown for non-members*

*Our co-ed 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*

#### **Rookie (Ages 4-6)**

3 weeks	<b>Sundays</b>	September 10 - September 24	10:00am - 11:00am	\$93
5 weeks	<b>Sundays</b>	October 1 - October 29	10:00am - 11:00am	\$155
4 weeks	<b>Sundays</b>	November 5 - November 26	10:00am - 11:00am	\$124
3 weeks	<b>Sundays</b>	December 3 - December 17	10:00am - 11:00am	\$93
3 weeks	<b>Tuesdays</b>	September 12 - September 26	5:00pm - 6:00pm	\$93
5 weeks	<b>Tuesdays</b>	October 3 - October 31	5:00pm - 6:00pm	\$155
4 weeks	<b>Tuesdays</b>	November 7 - November 28	5:00pm - 6:00pm	\$124
3 weeks	<b>Tuesdays</b>	December 5 - December 19	5:00pm - 6:00pm	\$93

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

3 weeks	<b>Sundays</b>	September 10 - September 24	11:00am - 12:00pm	\$93
5 weeks	<b>Sundays</b>	October 1 - October 29	11:00am - 12:00am	\$155
4 weeks	<b>Sundays</b>	November 5 - November 26	11:00am - 12:00pm	\$124
3 weeks	<b>Sundays</b>	December 3 - December 17	11:00am - 12:00pm	\$93
3 weeks	<b>Thursdays</b>	September 14 - September 28	5:30pm - 6:30pm	\$93
4 weeks	<b>Thursdays</b>	October 5 - October 26	5:30pm - 6:30pm	\$124
4 weeks	<b>Thursdays</b>	November 2 - November 30	5:30pm - 6:30pm	\$124
3 weeks	<b>Thursdays</b>	December 7 - December 21	5:30pm - 6:30pm	\$93

#### **Senior (Ages 10-12)**

3 weeks	<b>Sundays</b>	September 10 - September 24	12:00pm - 1:00pm	\$93
5 weeks	<b>Sundays</b>	October 1 - October 29	12:00pm - 1:00pm	\$155
4 weeks	<b>Sundays</b>	November 5 - November 26	12:00pm - 1:00pm	\$124
3 weeks	<b>Sundays</b>	December 3 - December 17	12:00pm - 1:00pm	\$93
3 weeks	<b>Mondays</b>	September 11 - September 25	7:00pm - 8:00pm	\$93
5 weeks	<b>Mondays</b>	October 2 - October 30	7:00pm - 8:00pm	\$155
4 weeks	<b>Mondays</b>	November 6 - November 27	7:00pm - 8:00pm	\$124
3 weeks	<b>Mondays</b>	December 4 - December 18	7:00pm - 8:00pm	\$93

## **Hitting**

### **TOTAL PERFORMANCE HITTING (Ages 8-12)**

*This 60 minute CO-ED session will cover all aspects of hitting including strength training to improve power. Player max: 12 per class*

3 weeks	<b>Sundays</b>	September 10 - September 24	1:00pm – 2:00pm	\$93
5 weeks	<b>Sundays</b>	October 1 – October 29	1:00pm – 2:00pm	\$155
4 weeks	<b>Sundays</b>	November 5 – November 26	1:00pm – 2:00pm	\$124
3 weeks	<b>Sundays</b>	December 3 – December 17	1:00pm – 2:00pm	\$93
3 weeks	<b>Thursdays</b>	September 14 - September 28	6:30pm – 7:30pm	\$93
4 weeks	<b>Thursdays</b>	October 5 - October 26	6:30pm – 7:30pm	\$124
4 weeks	<b>Thursdays</b>	November 2 - November 30	6:30pm – 7:30pm	\$124
3 weeks	<b>Thursdays</b>	December 7 - December 21	6:30pm – 7:30pm	\$93

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

*This 60 minute CO-ED class will cover all aspects of hitting, with emphasis on the set up, timing and pitch selection*

*Player max: 12 per class*

3 weeks	<b>Sundays</b>	September 10 - September 24	2:00pm – 3:00pm	\$93
5 weeks	<b>Sundays</b>	October 1 – October 29	2:00pm – 3:00pm	\$155
4 weeks	<b>Sundays</b>	November 5 – November 26	2:00pm – 3:00pm	\$124
3 weeks	<b>Sundays</b>	December 3 – December 17	2:00pm – 3:00pm	\$93
3 weeks	<b>Thursdays</b>	September 14 - September 28	7:30pm – 8:30pm	\$93
4 weeks	<b>Thursdays</b>	October 5 - October 26	7:30pm – 8:30pm	\$124
4 weeks	<b>Thursdays</b>	November 2 - November 30	7:30pm – 8:30pm	\$124
3 weeks	<b>Thursdays</b>	December 7 - December 21	7:30pm – 8:30pm	\$93

## **Pitching - Baseball**

### **BASEBALL PITCHING BOOT CAMP (Ages 7-12)**

*All aspects of pitching including arm care and specific strength work. Player max: 6 per class*

3 weeks	<b>Mondays</b>	September 11 – September 25	5:00pm – 6:00pm	\$93
5 weeks	<b>Mondays</b>	October 2 – October 30	5:00pm – 6:00pm	\$155
4 weeks	<b>Mondays</b>	November 6 – November 27	5:00pm – 6:00pm	\$124
3 weeks	<b>Mondays</b>	December 4 - December 18	5:00pm – 6:00pm	\$93
4 weeks	<b>Tuesdays</b>	November 7 – November 28	6:00pm – 7:00pm	\$124
3 weeks	<b>Tuesdays</b>	December 5 -- December 19	6:00pm – 7:00pm	\$93
4 weeks	<b>Saturdays</b>	November 4 – November 25	2:00pm – 3:00pm	\$124
4 weeks	<b>Saturdays</b>	December 2 – December 23	2:00pm – 3:00pm	\$124

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

*Our SPL's (Semi Private Lessons) allow our Senior staff added training time and players more reps. Player max: 4*

4 weeks	<b>Fridays</b>	November 3 - November 24	6:00pm – 7:00pm	\$297
4 weeks	<b>Fridays</b>	December 1 – December 22	6:00pm – 7:00pm	\$297

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

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

3 weeks	<b>Wednesdays</b>	September 13 - September 27	7:00pm – 8:00pm	\$222.75
4 weeks	<b>Wednesdays</b>	October 4 - October 25	7:00pm – 8:00pm	\$297
5 weeks	<b>Wednesdays</b>	November 1 - November 29	7:00pm – 8:00pm	\$371.25
3 weeks	<b>Wednesdays</b>	December 6 - December 20	7:00pm – 8:00pm	\$222.75

## **Defense**

### **Gold Glove Defense** (Ages 7-12)

*This class will cover all aspects of fielding, with emphasis on throwing, footwork, and glove positioning*

*Player max: 8 per class*

3 weeks	<b>Tuesdays</b>	September 12 - September 25	6:00pm – 7:00pm	\$93
5 weeks	<b>Tuesdays</b>	October 3 - October 31	6:00pm – 7:00pm	\$155
5 weeks	<b>Wednesdays</b>	November 1 - November 29	5:00pm – 6:00pm	\$155
3 weeks	<b>Wednesdays</b>	December 6 - December 2	5:00pm – 6:00pm	\$93

### **Gold Glove Defense** (Ages 10-13)

*This class will cover all aspects of fielding, with emphasis on throwing, footwork, and glove positioning*

*Player max: 8 per class*

4 weeks	<b>Fridays</b>	November 3 - November 24	7:00pm - 8:00pm	\$124
4 weeks	<b>Fridays</b>	December 1 - December 22	7:00pm - 8:00pm	\$124

## **Catching**

### **INTRO to the CATCHER POSITION** (Ages 7-12)      Player max: 8 per class

*This COED class teaches the fundamentals of a catcher with emphasis on receiving, framing and throwing footwork.*

3 weeks	<b>Mondays</b>	September 11 – September 25	6:00pm – 7:00pm	\$93
5 weeks	<b>Mondays</b>	October 2 – October 30	6:00pm – 7:00pm	\$155
4 weeks	<b>Mondays</b>	November 6 – November 27	6:00pm – 7:00pm	\$124
3 weeks	<b>Mondays</b>	December 4 – December 18	6:00pm – 7:00pm	\$93

## **Softball**

### **INTRO to SOFTBALL PITCHING**

*Class emphasis is on pitching mechanics and control for the beginning pitchers*

*Player max: 6 per class*

3 weeks	<b>Wednesdays</b>	September 13 - September 27	7:00pm – 8:00pm	\$93
4 weeks	<b>Wednesdays</b>	October 4 - October 25	7:00pm – 8:00pm	\$124
5 weeks	<b>Wednesdays</b>	November 1 - November 29	7:00pm – 8:00pm	\$155
3 weeks	<b>Wednesdays</b>	December 6 - December 20	7:00pm – 8:00pm	\$93

### **Intermediate SOFTBALL PITCHING**

*(Class emphasis is on pitching mechanics and control for the more experienced pitcher.*

*Player max: 6 per class*

3 weeks	<b>Wednesdays</b>	September 13 - September 27	8:00pm – 9:00pm	\$93
4 weeks	<b>Wednesdays</b>	October 4 - October 25	8:00pm – 9:00pm	\$124
5 weeks	<b>Wednesdays</b>	November 1 - November 29	8:00pm – 9:00pm	\$155
3 weeks	<b>Wednesdays</b>	December 6 - December 20	8:00pm – 9:00pm	\$93

### **SOFTBALL HITTING** (Ages 7-12)

*This 60 minute session will cover all aspects of hitting with emphasis on proper setup and improved timing..*

*Player max: 8 per class*

3 weeks	<b>Wednesdays</b>	September 13 - September 27	6:00pm – 7:00pm	\$93
4 weeks	<b>Wednesdays</b>	October 4 - October 25	6:00pm – 7:00pm	\$124
5 weeks	<b>Wednesdays</b>	November 1 - November 29	6:00pm – 7:00pm	\$155
3 weeks	<b>Wednesdays</b>	December 6 - December 20	6:00pm – 7:00pm	\$93

### **SOFTBALL SLAPPING** (Ages 10-16)

*This 60 minute session will cover all aspects of hitting with emphasis on proper setup and improved timing..*

*Player max: 8 per class*

3 weeks	<b>Tuesdays</b>	September 12 - September 26	5:00pm - 6:00pm	\$93
5 weeks	<b>Tuesdays</b>	October 3 - October 31	5:00pm - 6:00pm	\$155

**SOFTBALL HITTING** (Ages 13+)

*This 60 minute session will cover all aspects of hitting with emphasis on proper setup and improved timing..*

*Player max: 8 per class*

3 weeks	<b>Tuesdays</b>	September 12 - September 26	6:00pm - 7:00pm	\$93
5 weeks	<b>Tuesdays</b>	October 3 - October 31	6:00pm - 7:00pm	\$155

**NO CLASSES on Thanksgiving, Christmas Eve or Christmas Day**

**TUNNEL RENTALS: 30 minutes: \$45 60 minutes: \$65**

**Private LESSONS - your choice of topic (hitting/pitching/fielding)**

30 Minute Individual Lesson \$55

60 Minute Individual Lesson \$100

**LESSON PLANS - lessons blocks are 30 mins - no expiration date**

10 Lesson Package: \$495

20 Lesson Package: \$935

**CREATE A CLASS** (All Ages) *Don't see a class time that fits your schedule?*

You can create a GROUP class with your teammates for 1 hour working on your choice of skills.

Minimum of 3 players and a maximum of 6 players. **\$140 per session.** Call to schedule your day and time.

**24 Old Black Meadow Road - Chester, NY 10918**

**(845) 469-9507**

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

email: [chester@frozenropes.com](mailto:chester@frozenropes.com)