



# Spring Baseball/Softball Schedule of Events

## AGES 12 AND UNDER PROGRAMS

**NOTE: NO CLASSES MONDAY, MAY 28<sup>TH</sup> (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	<b>Tuesdays</b>	April 3 – May 1	5:00pm – 6:00pm	\$106.25*/\$125
5 weeks	<b>Tuesdays</b>	May 8 – June 5	5:00pm – 6:00pm	\$106.25*/\$125
5 weeks	<b>Sundays</b>	April 8 – May 6	1:00pm – 2:00pm	\$106.25*/\$125
5 weeks	<b>Sundays</b>	May 13 – June 10	1:00pm – 2:00pm	\$106.25*/\$125

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

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

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

5 weeks	<b>Tuesdays</b>	April 3 – May 1	7:00pm – 8:00pm	\$119*/\$140
5 weeks	<b>Tuesdays</b>	May 8 – June 5	7:00pm – 8:00pm	\$119*/\$140
5 weeks	<b>Sundays</b>	April 8 – May 6	3:00pm – 4:00pm	\$119*/\$140
5 weeks	<b>Sundays</b>	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	<b>Mondays</b>	April 2 – April 30	6:00pm – 7:00pm	\$119*/\$140
4 weeks	<b>Mondays</b>	May 7 – June 4	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	<b>Fridays</b>	April 6 – May 4	6:00pm – 7:00pm	\$119*/\$140
5 weeks	<b>Fridays</b>	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	<b>Wednesdays</b>	April 4 – May 2	6:00pm – 7:00pm	\$119*/\$140
5 weeks	<b>Wednesdays</b>	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	<b>Thursdays</b>	April 5 – May 3	6:00pm – 7:00pm	\$119*/\$140
5 weeks	<b>Thursdays</b>	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	<b>Thursdays</b>	April 5 – May 3	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	<b>Thursdays</b>	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	<b>Fridays</b>	April 6 – May 4	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	<b>Fridays</b>	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	<b>Wednesdays</b>	April 4 – May 2	5:00pm – 6:00pm	\$286.88*/\$337.50
5 weeks	<b>Wednesdays</b>	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	<b>Thursdays</b>	April 5 – May 3	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	<b>Thursdays</b>	May 10 – June 7	6:00pm – 7:00pm	\$286.88*/\$337.50

**SOFTBALL**

5 weeks	<b>Thursdays</b>	April 5 – May 3	5:00pm – 6:00pm	\$286.88*/\$337.50
5 weeks	<b>Thursdays</b>	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	<b>Wednesdays</b>	April 4 – April 25	7:00pm – 8:00pm	
4 weeks	<b>Sundays</b>	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**

**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	<b>Mondays</b>	April 2 – April 30	7:00pm – 8:00pm	\$119*/\$140
4 weeks	<b>Mondays</b>	May 7 – June 4	7:00pm – 8:00pm	\$95.20*/\$112
5 weeks	<b>Fridays</b>	April 6 – May 4	7:00pm – 8:00pm	\$119*/\$140
5 weeks	<b>Fridays</b>	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	<b>Fridays</b>	April 6 – May 4	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	<b>Fridays</b>	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	<b>Tuesdays</b>	April 3 – May 1	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	<b>Tuesdays</b>	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	<b>Wednesdays</b>	April 4 – May 2	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	<b>Wednesdays</b>	May 9 – June 6	6:00pm – 7:00pm	\$286.88*/\$337.50
5 weeks	<b>Wednesdays</b>	April 4 – May 2	7:00pm – 8:00pm	\$286.88*/\$337.50
5 weeks	<b>Wednesdays</b>	May 9 – June 6	7:00pm – 8:00pm	\$286.88*/\$337.50

**TURN AND BURN** (All Ages)

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4 weeks	<b>Wednesdays</b>	April 4 – April 25	7:00pm – 8:00pm	
4 weeks	<b>Sundays</b>	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 15<sup>th</sup> 2018 6-9pm

Thursday, April 22<sup>nd</sup> 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 25<sup>th</sup> and Thursday, July 26<sup>th</sup> 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 4<sup>th</sup> 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 11<sup>th</sup> 8-10pm | Thursday, May 17<sup>th</sup> 8-10pm | 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](mailto:Chester@frozenropes.com)