

# Fall Baseball/Softball Schedule of Events 2020

\*There will be no classes: Thanksgiving Day, Christmas Eve, or Christmas Day



You may have heard of  
some of our past Clients!



[www.FrozenRopes.com/Chester](http://www.FrozenRopes.com/Chester)

## Academy Classes

\*Denotes Member Pricing

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

### Rookies (Ages 3-4)

3 weeks	Thursdays	November 5 - November 19	5:00pm – 6:00pm	\$51*/\$60
3 weeks	Thursdays	December 3 - December 17	5:00pm – 6:00pm	\$51*/\$60
4 weeks	Sundays	November 8 - November 29	10:00am – 11:00am	\$68*/\$80
4 weeks	Sundays	December 6 - December 27	10:00am – 11:00am	\$68*/\$80

### Junior (Ages 5-7)

3 weeks	Thursdays	November 5 - November 19	6:00pm – 7:00pm	\$71.40*/\$84
3 weeks	Thursdays	December 3 - December 17	6:00pm – 7:00pm	\$71.40*/\$84
4 weeks	Saturdays	November 7 - November 28	12:00pm - 1:00pm	\$95.20*/\$112
4 weeks	Saturdays	December 5 - December 26	12:00pm - 1:00pm	\$95.20*/\$112
4 weeks	Sundays	November 8 - November 29	11:00am – 12:00pm	\$95.20*/\$112
4 weeks	Sundays	December 6 - December 27	11:00am – 12:00pm	\$95.20*/\$112

### Senior (Ages 8-10)

3 weeks	Thursdays	November 5 - November 19	7:00pm – 8:00pm	\$71.40*/\$84
3 weeks	Thursdays	December 3 - December 17	7:00pm – 8:00pm	\$71.40*/\$84
4 weeks	Sundays	November 8 - November 29	12:00pm – 1:00pm	\$95.20/\$112
4 weeks	Sundays	December 6 - December 27	12:00pm – 1:00pm	\$95.20*/\$112

# Hitting

## TOTAL PERFORMANCE HITTING (Ages 10-12)

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

4 weeks	Mondays	November 9– November 30	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	December 7- December 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Wednesdays	November 11- December 2	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Wednesdays	December 9- December 30	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Saturdays	November 7– November 28	1:00pm – 2:00pm	\$95.20*/\$112
4 weeks	Saturdays	December 5– December 26	1:00pm – 2:00pm	\$95.20*/\$112

## TOTAL PERFORMANCE HITTING (Ages 13-15)

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

4 weeks	Mondays	November 9 – November 30	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	December 7- December 28	6:00pm – 7:00pm	\$95.20*/\$112

## HITTING SPL'S (Ages 13+)

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

4 weeks	Wednesdays	November 4 – November 25	7:00pm – 8:00pm	\$229.50*/\$270
4weeks	Wednesday	December 2 - December 23	7:00pm - 8:00pm	\$229.50*/\$270

# Pitching

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

All aspects of pitching including strength training. Player max: 6 per class

4 weeks	Mondays	November 9 - November 30	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Mondays	December 7 - December 28	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Tuesdays	November 10 – December 1	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	December 8 - December 29	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Saturdays	November 7 – November 28	2:00pm – 3:00pm	\$95.20*/\$112
3 weeks	Saturdays	December 12– December 26	2:00pm – 3:00pm	\$71.40*/\$84

# Pitching

## **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: 3

4 weeks	Fridays	November 6 – November 27	6:00pm – 7:00pm	\$229.50*/\$270
3 weeks	Fridays	December 4 – December 18	6:00pm – 7:00pm	\$172.12*/\$202.50

## **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13-17)**

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

4 weeks	Tuesdays	November 3 - November 24	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Tuesdays	December 1 - December 22	7:00pm – 8:00pm	\$229.50*/\$270

# Softball

## **INTRO TO SOFTBALL PITCHING (Ages 7-12)**

Class emphasis is on pitching mechanics and control. Player max: 6 per class

4 weeks	Mondays	November 2 - November 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	November 30- December 21	6:00pm – 7:00pm	\$95.20*/\$112

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

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

4 weeks	Mondays	November 2 - November 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Mondays	November 30 - December 21	7:00pm – 8:00pm	\$95.20*/\$112

## **SOFTBALL HITTING (Ages 13+)**

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

4 weeks	Mondays	November 2 - November 23	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Mondays	November 30 - December 21	5:00pm – 6:00pm	\$95.20*/\$112

# Defense

## INFIELD/OUTFIELD SKILLS (Ages 10-13)

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

4 weeks	Fridays	November 6 - November 27	7:00pm - 8:00pm	\$71.40*/\$84
3 weeks	Fridays	December 4 - December 18	7:00pm - 8:00pm	\$71.40*/\$84

# Catching

## INTRO TO CATCHING (Ages 7-12)

This class teaches the fundamentals of catching

4 weeks	Tuesdays	November 10 – December 1	6:00pm - 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	December 8 - December 29	6:00pm - 7:00pm	\$95.20*/\$112

# Team Training-Build Your Own

- YOU CHOOSE! Dates, times, and duration. \$120/hour
- Min of 3 players-Max of 12 players per instructor and tunnel
- Subject to availability, first come first serve.
- One hour of Instruction. One flat fee for a class 2-12 players. Want more? Add another tunnel & Instructor
- Choose from: Pitching, Hitting, Catching, Fielding, Rock Fit, Mental Skills Training

# Rentals

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



## 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

**Additional 15% Savings as a Member: Non-Sale Pro Shop Items, Rock Fit Memberships, and 30 Minute Field Rentals**