



# Spring 2021 Baseball/Softball Schedule of Events April - June

\*Denotes Member Pricing

## Academy Classes

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9)**

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

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	April 7 – April 28	5:00pm – 6:00pm	\$68*/\$80
4 weeks	<b>Wednesdays</b>	May 5 – May 26	5:00pm – 6:00pm	\$68*/\$80
5 weeks	<b>Wednesdays</b>	June 2 – June 30	5:00pm – 6:00pm	\$85*/\$100
4 weeks	<b>Saturdays</b>	April 3 – April 24	10:00am – 11:00am	\$68*/\$80
5 weeks	<b>Saturdays</b>	May 1 – May 29	10:00am – 11:00am	\$85*/\$100
4 weeks	<b>Saturdays</b>	June 5 – June 26	10:00am – 11:00am	\$68*/\$80

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

4 weeks	<b>Tuesdays</b>	April 6 – April 27	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	May 4 – May 25	5:00pm – 6:00pm	\$95.20*/\$112
5 weeks	<b>Tuesdays</b>	June 1 – June 29	5:00pm – 6:00pm	\$119.00*/\$140
3 weeks	<b>Sundays</b>	April 11 – April 25	10:00am – 11:00am	\$71.40*/\$84
5 weeks	<b>Sundays</b>	May 2 – May 30	10:00am – 11:00am	\$119.00*/\$140
4 weeks	<b>Sundays</b>	June 6 – June 27	10:00am – 11:00am	\$95.20*/\$112

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

5 weeks	<b>Thursdays</b>	April 1 – April 29	6:00pm – 7:00pm	\$119.00*/\$140
4 weeks	<b>Thursdays</b>	May 6 – May 27	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	June 3 – June 24	6:00pm – 7:00pm	\$95.20*/\$112
3 weeks	<b>Sundays</b>	April 11 – April 25	11:00am – 12:00pm	\$71.40*/\$84
5 weeks	<b>Sundays</b>	May 2 – May 30	11:00am – 12:00pm	\$119.00*/\$140
4 weeks	<b>Sundays</b>	June 6 – June 27	11:00am – 12:00pm	\$95.20*/\$112

## Hitting

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

This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class

4 weeks	<b>Mondays</b>	April 5 – April 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	May 3 – May 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	June 7 – June 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	April 7 – April 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	May 5 – May 26	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	June 2 – June 30	6:00pm – 7:00pm	\$119.00*/\$140

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

This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class

4 weeks	<b>Mondays</b>	April 5 – April 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	May 3 – May 24	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	June 7 – June 28	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	April 7 – April 28	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	May 5 – May 26	7:00pm – 8:00pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	June 2 – June 30	7:00pm – 8:00pm	\$119.00*/\$140

## 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>	April 3 – April 24	10:00am- 11:00am	\$95.20*/\$112
5 weeks	<b>Saturdays</b>	May 1 – May 29	10:00am- 11:00am	\$119.00*/\$140
4 weeks	<b>Saturdays</b>	June 5 – June 26	10:00am- 11:00am	\$95.20*/\$112
3 weeks	<b>Sundays</b>	April 11 – April 25	11:00am- 12:00pm	\$71.40*/\$84
5 weeks	<b>Sundays</b>	May 2 – May 30	11:00am- 12:00pm	\$119.00*/\$140
4 weeks	<b>Sundays</b>	June 6 – June 27	11:00am- 12:00pm	\$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>	April 5 – April 26	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	May 3 – May 24	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	June 7 – June 28	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	April 7 – April 28	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	May 5 – May 26	6:00pm – 7:00pm	\$229.50*/\$270
5 weeks	<b>Wednesdays</b>	June 2 – June 30	6:00pm – 7:00pm	\$286.88*/\$337.50

## Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

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

4 weeks	<b>Tuesdays</b>	April 6 – April 27	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	May 4 – May 25	5:00pm – 6:00pm	\$95.20*/\$112
5 weeks	<b>Tuesdays</b>	June 1 – June 29	5:00pm – 6:00pm	\$119.00*/\$140
4 weeks	<b>Saturdays</b>	April 3 – April 24	11:00am – 12:00pm	\$95.20*/\$112
5 weeks	<b>Saturdays</b>	May 1 – May 29	11:00am – 12:00pm	\$119.00*/\$140
4 weeks	<b>Saturdays</b>	June 5 – June 26	11:00am – 12:00pm	\$95.20*/\$112

### **MIKE BERTOTTI 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>	April 6 – April 27	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	May 4 – May 25	6:00pm – 7:00pm	\$229.50*/\$270
5 weeks	<b>Tuesdays</b>	June 1 – June 29	6:00pm – 7:00pm	\$286.88*/\$337.50

### **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:3*

4 weeks	<b>Tuesdays</b>	April 6 – April 27	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	May 4 – May 25	7:00pm – 8:00pm	\$229.50*/\$270
5 weeks	<b>Tuesdays</b>	June 1 – June 29	7:00pm – 8:00pm	\$286.88*/\$337.50

## Softball

### **SOFTBALL PITCHING CLASS** (Ages 9-12)

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

4 weeks	<b>Mondays</b>	April 5 – April 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	May 3 – May 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	June 7 – June 28	6:00pm – 7:00pm	\$95.20*/\$112

## Softball

### **SOFTBALL PITCHING CLASS** (Ages 13+)

*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>	April 5 – April 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	May 3 – May 24	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	June 7 – June 28	7:00pm – 8:00pm	\$95.20*/\$112

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

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class*

4 weeks	<b>Wednesdays</b>	April 7 – April 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	May 5 – May 26	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	June 2 – June 30	6:00pm – 7:00pm	\$119.00*/\$140

## Catching

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

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

4 weeks	<b>Mondays</b>	April 5 – April 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	May 3 – May 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	June 7 – June 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	April 7 – April 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	May 5 – May 26	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	June 2 – June 30	6:00pm – 7:00pm	\$119.00*/\$140

### **CATCHING SPL's** (Ages 13+)

*This 60 minute session will cover all aspects of Catching position. Player max: 4 per class*

4 weeks	<b>Mondays</b>	April 5 – April 26	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	May 3 – May 24	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Mondays</b>	June 7 – June 28	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	April 7 – April 28	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Wednesdays</b>	May 5 – May 26	7:00pm – 8:00pm	\$229.50*/\$270
5 weeks	<b>Wednesdays</b>	June 2 – June 30	7:00pm – 8:00pm	\$286.88*/\$337.50

## Infield

### **Infield Skills** (Ages 7-12)

*This 60 minute session will cover all aspects of infield positions. Player max: 12 per class*

4 weeks	<b>Tuesdays</b>	April 6 – April 27	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	<b>Tuesdays</b>	May 4 – May 25	6:00pm – 7:00pm	\$95.20*/\$112
5 weeks	<b>Tuesdays</b>	June 1 – June 29	6:00pm – 7:00pm	\$119.00*/\$140

### **Infield SPL's** (Ages 13+) w/ Coach Kevin Richmond

*This 60 minute session will cover all aspects of infield positions. Player max: 3 per class*

4 weeks	<b>Tuesdays</b>	April 6 – April 27	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	<b>Tuesdays</b>	May 4 – May 25	7:00pm – 8:00pm	\$229.50*/\$270
5 weeks	<b>Tuesdays</b>	June 1 – June 29	7:00pm – 8:00pm	\$286.88*/\$337.50

## Group Training

Group Instruction allows you to choose the topic, the day & time, and who is in your group!

**-\$120/\$102\* per session / 1 Hour Sessions**

**-Max of 6 players (minimum of 3)**

## Spring Lesson Specials

Lesson specials must be purchased and **used** by June 30<sup>th</sup>.

### Private Lesson Pack Spring Special

5 (30 Minute) lesson package: \$185  
10 (30 Minute) lesson package: \$340

## Little League Clinics

### Grand Slam Clinic (Baseball/Softball Ages 7-12)

Our grand slam clinics are open to all of our Little League Partners. Players will focus on Hitting, Throwing, Fielding.  
**Special pricing of \$15 per class.** Register as you go, **player must be registered in advance** in order to participate.

**April 1<sup>st</sup> – June 19<sup>th</sup>**

**Thursday's: 5pm-6pm ❖ Friday's: 6pm-7pm ❖ Saturday's: 12pm-1pm**

## Spring Break Clinics and Specials! March 29th-April 2nd

### **\$25 Clinics**

**Monday, March 29<sup>th</sup> / Wednesday, March 31<sup>st</sup> / Friday, April 2<sup>nd</sup>**

Hitting Class with Tony Abbatine (Ages 13+): 10:30am – 11:45 am

Catching with Aaron Walsh (Ages 10+): 12:00pm – 1:15 pm

Infield Play (Ages 10+): 12:00pm – 1:15 pm

Pitching with Mike Bertotti (Ages 7-12): 1:30pm – 2:45 pm

Softball Pitching (Ages 7-12): 1:30pm – 2:45 pm

### **Specials**

**Tuesday, March 30<sup>th</sup> / Thursday, April 1<sup>st</sup>**

Rental Specials and 30 for \$30's\*

Group Lesson Special: 1 hour – Minimum 3 players, max 4 - \$100

### **\*30 for \$30 Special:**

30 Minute Private Lessons for \$30 -- You save \$20!

30 Minute Tunnel Rentals for \$30 -- You save \$15



## **MEMBERSHIP**

**Being a member has its perks!**

- 15% off classes, lessons, rentals, and more
- Free STAR tablet
- Free mental skills and nutrition workshops

Earn 5% credit each month ● Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Rd. Chester, NY 10918  
(845) 469-9507 / [www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)