



Softball Clinics



at I.S.T. Baseball Headquarters
25 Van Zant St. - Norwalk

Two Softball Clinic Options:

Option 1 - Skills Clinic:

These clinics will provide skill level & age-appropriate softball instruction for girls. Throughout the clinic we will focus on the core fundamentals of each softball skill (i.e., hitting, fielding, pitching & catching, sliding, & base-running). In addition, we will work on increasing coordination, balance, strength, and flexibility through yoga. *Small class sizes for more individualized attention*

Skills Clinic for 4-5-year-olds **Maximum of 6 kids/clinic**
November 7 – December 19: Wednesday 4:00-5:00pm \$165 **(6-week session)**
***No class Wednesday Nov. 21**

Skills Clinic for 5-6-year-olds **Maximum of 6 kids/clinic**
November 8 – December 20: Thursday 4:00-5:00pm \$165 **(6-week session)**
***No class Thursday Nov. 22**

Skills Clinic for 7-9-year-olds **Maximum of 6 kids/clinic**
November 6 – January 15: Tuesday 4:00-5:15pm \$275 **(10-week session)**
***No class Tuesday Dec. 25**

Skills Clinic for 9-12-year-olds **Maximum of 6 kids/clinic**
November 7 – January 16: Wednesday 5:15-6:30pm \$247.50 **(9-week session)**
***No class Wednesday Nov. 21 and December 26**

Instructor: Sara Holland

Sara is a former assistant coach with Texas Tech Univ. and the Univ. of Virginia. In addition to coaching, Sara played professionally with the Georgia Pride in 1999, and continues to hold several hitting records at The University of Kansas.

Option 2 – Pitching & Catching Clinic

These clinics will provide skill level & age-appropriate pitching and catching instruction for girls. Throughout the clinic we will focus on the core fundamentals of each position. Pitchers and catchers will be separated the first 30-minutes, working on the crucial fundamentals specific to their position. The last 30-minutes will be spent working together creating more realistic pitching & catching situations.

Only 6 pitchers and 6 catchers/clinic will be allowed. *Small class sizes for more individualized attention*

Pitching & Catching Clinic – Beginner (one year or less experience)
November 11 – January 20: Sunday 12:00-1:00 \$275 **(10-week session)**
No class Sunday, Dec. 23

Pitching & Catching Clinic – Intermediate (2-4 years experience)
November 11 – January 20: Sunday 1:15-2:15 \$275 **(10-week session)**
No class Sunday, Dec. 23

Pitching & Catching Clinic – Advanced (5 years or more experience)
November 11 – January 20: Sunday 2:30-3:30 \$275 **(10-week session)**
No class Sunday, Dec. 23

***Not sure which one to sign-up for or have more questions? Please email or call**

CALL NOW!!! TO RESERVE YOUR SPOT: 203-745-3241

See below for how to register:



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Send check to address below

Last _____ First _____ Age _____ Home Phone _____

Email _____

Parents'/Guardian names and
address _____

Program: Softball Clinics (circle age & day, and position)

Option 1: Wednesday (4-5 years) Thursday (5-6 years) Tuesday (7-9 years) Wednesday (9-12 years)

Option 2: Sunday (Beginner) Sunday (Intermediate) Sunday (Advanced)

Are you a Pitcher or Catcher (circle one) -

Mail Check payable and send to: Sara Holland, 25 Van Zant St. Unit 3B Norwalk, CT. 06855

Email: s7holland@yahoo.com with questions or for more information.

Keep the dates for your records.
