

# I.S.T. BASEBALL HEADQUARTERS

## PRESENTS

### DARIEN BABE RUTH

2010 Winter Hitting, fielding, and conditioning program

Open to all 13yr old Babe Ruth Players

Location: **I.S.T. Baseball Headquarters**

25 Van Zant St. Unit 3B Norwalk, CT. 06855

#### **Hitting, fielding, conditioning sessions**

Tuesday 8pm to 9:30pm - Jan 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, Feb 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, Mar 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>

or

Sunday 4pm to 5:30pm - Jan 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, Feb 28<sup>th</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**NO CLASS FEB 7<sup>th</sup>, Super bowl Sunday**

**Cost: \$300/session.** Program consists of ten 1.5hr/sessions

#### **extended pitchers sessions**

Tuesday 9:30pm to 10pm - Jan 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, Feb 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, Mar 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>

or

Sunday 5:30pm to 6:00pm - Jan 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, Feb 28<sup>th</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Cost: \$350/session.** Program consists of ten 2hr/sessions

**Program benefits:** The goal of each program is to prepare players for the 2010 Spring season.

**I.S.T. Baseball Headquarters'** workouts will follow a professional format developing all aspects of each player's skills. Players will be brought through various drills to improve their hitting, fielding, and fitness. The extended pitching session enables pitchers to get their arms in pitching shape for the Spring season.

Darien Babe Ruth 13yr old sessions: Please keep top portion with dates.

Please check off program you will be attending: Tuesday ( ) \$300 or Tuesday w/pitchers ( ) \$350

Sunday ( ) \$300 or Sunday w/pitchers ( ) \$350

Last \_\_\_\_\_ First \_\_\_\_\_ age \_\_\_\_\_ grade \_\_\_\_\_ Position \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ email \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_ Alt Phone \_\_\_\_\_

Check payable to I.S.T. Mail to: I.S.T. Baseball Headquarters, 25 Van Zant St. Unit 3B Norwalk, CT. 06855

Email: [istkatz22@yahoo.com](mailto:istkatz22@yahoo.com) with questions