

I.S.T. BASEBALL HEADQUARTERS

PRESENTS

DARIEN HIGH SCHOOL AND DARIEN BABE RUTH

2010 Winter Hitting, fielding, and conditioning program

Open to all Darien High School and Darien Babe Ruth Baseball Players

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

Hitting, fielding, and conditioning sessions

Wednesday 8pm to 9:30pm - Jan 6th, 13th, 20th, 27th, Feb 3rd, 10th, 24th Mar 3rd, 10th, and 17th

OR

Thursday 8pm to 9:30 Jan 7th, 14th, 21st, 28th, Feb 4th, 11th, 25th Mar 4th, 11th, and 18th

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

extended pitchers sessions

Wednesday 9:30pm to 10:00pm - Jan 6th, 13th, 20th, 27th, Feb 3rd, 10th, 24th Mar 3rd, 10th, and 17th

OR

Thursday 9:30 to 10:00pm Jan 7th, 14th, 21st, 28th, Feb 4th, 11th, 25th Mar 4th, 11th, and 18th

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 High School 2010 Winter Baseball program: Please keep top portion with dates.

Wednesday () \$300 or Wednesday/pitchers () \$350

Thursday () \$300 or Thursday/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 with questions