

I.S.T BASEBALL HEADQUARTER'S SPRING & SUMMER LINE-UP

2010 Elite After-School Baseball Program | Westport, CT

Grades K-5th | Open to all Westport Little League Players

Program begins on Monday April 5th

- Introduction to hitting, fielding, throwing, base-running programs grades K-2
- Hitting, fielding, throwing, base-running programs for grades 3-5

2010 Elite After-School Baseball Program | Wilton, CT

Grades K-5th | Open to all Wilton Little League Players

Program begins on Tuesday April 13th

- Introduction to hitting, fielding, throwing, base-running programs grades K-2
- Hitting, fielding, throwing, base-running programs for grades 3-5

2010 Elite Baseball Summer Camp | Westport, CT

Location: Burr Farms Complex | 9 a.m. – 12:30 p.m.

Grades K-5th | Open to all

5 one-week camps begin June 28th and end August 6th
August 2nd to August 6th at Double Day Complex

2010 Elite Baseball & Advanced Skills Baseball Camp | Westport, CT

Location: Double Day Baseball Complex | 9 a.m. – 12:30 p.m.

Grades 6-10 | Open to all

One-week camp begins August 2nd and ends August 6th

2010 Tots & Player Pre-K Summer Camp | Westport, CT

Location: Burying Hill Beach | 9 a.m. – 12:00 p.m.

Grades: Toddlers & Pre-K | Open to all

7 one-week camps begin June 14th and end July 30th

2010 Elite Softball Camp | Westport, CT

Location: Town Hall Fields

Grades: Open to all

One-week camps offered June 28th and August 16th

2010 Elite Baseball Summer Camp | Wilton, CT

Location: Wilton Varsity Complex | 9 a.m. – 12:30 p.m.

Grades: K-5th | Open to all

4 one-week camps offered between June 28th and July 30th and
August 9th to August 13th

2010 Elite Baseball & Advanced Skills Baseball Camp | Wilton, CT

Location: Wilton Varsity Complex | 9 a.m. – 12:30 p.m.

Grades 6-10 | Open to all

One-week camp begins August 9th and ends August 13th

Register for Wilton programs at Wilton Parks & Recreation
address: 180 School Road, Wilton, CT | phone: 203.834.6234.
web: wiltonparksandrec.org | email: istkatz22@yahoo.com

Register for Westport programs at Westport Parks & Recreation
address: 60 South Compo Road, Westport, CT. | phone: 203.341.5090.
web: westportrecreation.com | email: istkatz22@yahoo.com
*must have parks and recreation account prior to March 15; non-residents
are subject to a 3-day wait period and encouraged to apply early

Registration Help

Call I.S.T. Baseball Headquarters at 203.855.9213 or email at istkatz22@yahoo.com

We specialize in the following:

- Private baseball and softball instruction
- Sports specific strength training
- Pre-K sports programs and camps
- Baseball and Softball equipment sales. Onsite store
- Sports-themed birthday parties

INTEGRATED SPORTS TRAINING

25 Van Zant Street, Norwalk, CT 06855 | 203-855-9213 | www.integratedsportstraining.com

