

I.S.T. BASEBALL HEADQUARTERS

2009 Late-Fall baseball clinic registration
Hitting, fielding, throwing, baserunning program

OPEN TO ALL: Kindergarten, 1st/2nd, 3rd grade, 4th/5th grade baseball programs
(I.S.T. Baseball Headquarters)

Players will be brought through a series of drills that will continue to improve their hitting, fielding, base-running, throwing and pitching technique.

Professional Staff includes

Doug Vroman: Washington Nationals, Dennis Accomando: Atlanta Braves, Tyrone Kingwood: Detroit Tigers, Terrence Engels: Washington Nationals, Mike Diaz: Houston Astros plus...additional highly qualified instructors!

WEEKDAY PROGRAMS

Kindergarten.K1	Tuesday Nov 10 th , 17 th , Dec 1 st , 8 th , 15 th	4:00PM to 5:00PM
Kindergarten.K2	Tuesday Nov 10 th , 17 th , Dec 1 st , 8 th , 15 th	5:00PM to 6:00PM
1 st /2 nd grade I.S.T.3	Wednesday: Nov 11 th , 18 th Dec 2 nd , 9 th , 16 th	4:30PM to 5:30PM
1 st /2 nd grade I.S.T.4	Wednesday: Nov 11 th , 18 th Dec 2 nd , 9 th , 16 th	5:45PM to 6:45PM
3 rd grade I.S.T. 5	Monday: Nov 16 th , 23 rd , 30 th , Dec 7 th , 14 th	4:30PM to 5:30PM
3 rd grade I.S.T. 6	Monday: Nov 16 th , 23 rd , 30 th , Dec 7 th , 14 th	5:45PM to 6:45PM
4th/5 th grade I.S.T. 7	Thursday: Nov 12 th , 19 th , Dec 3 rd , 10 th , 17 th	4:30PM to 5:30PM
4th/5 th grade I.S.T. 8	Thursday: Nov 12 th , 19 th , Dec 3 rd , 10 th , 17 th	5:45PM to 6:45PM

WEEKEND PROGRAMS

Kindergarten I.S.T. 9	Saturday Nov 14 th , 21 st , Dec 5 th , 12 th , 19 th	9:00AM to 10:00AM
1 st /2 nd grade I.S.T. 10	Saturday Nov 14 th , 21 st , Dec 5 th , 12 th , 19 th	9:00AM to 10:00AM
3 rd grade I.S.T. 11	Saturday Nov 14 th , 21 st , Dec 5 th , 12 th , 19 th	10:15AM to 11:15AM
4 th /5 th grade I.S.T. 12	Saturday Nov 14 th , 21 st , Dec 5 th , 12 th , 19 th	11:30AM to 12:30PM

Kindergarten I.S.T. 13	Sunday Nov 15 th , 22 nd , Dec 6 th , 13 th , 20 th	9:00AM to 10:00AM
1 st /2 nd grade I.S.T. 14	Sunday Nov 15 th , 22 nd , Dec 6 th , 13 th , 20 th	9:00AM to 10:00AM
3 rd grade I.S.T. 15	Sunday Nov 15 th , 22 nd , Dec 6 th , 13 th , 20 th	10:15AM to 11:15AM
4 th /5 th grade I.S.T. 16	Sunday Nov 15 th , 22 nd , Dec 6 th , 13 th , 20 th	11:30AM to 12:30PM

Make your selections: Keep top portion with dates: Please check 1st and write 2nd choice

I.S.T. Baseball Headquarters: Program Cost: \$137.50

Kindergarten programs: () K.K1 () K.K2 () I.S.T. 9 () I.S.T. 13
1st/2nd grade programs: () I.S.T.3 () I.S.T. 4 () I.S.T.10 () I.S.T.14
3rd grade programs: () I.S.T. 5 () I.S.T. 6 () I.S.T. 11 () I.S.T. 15
4th /5th grade programs: () I.S.T. 7 () I.S.T. 8 () I.S.T. 12 () I.S.T. 16

Last _____ First _____ age _____ grade _____ program 2nd choice _____

Street _____ City _____ ST _____ Zip _____

Home Phone _____ email _____

Parent/Guardian Name & Address _____ Phone _____

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

Email: istkatz22@yahoo.com with questions