

# I.S.T 2009 FALL AFTER SCHOOL BASEBALL CLINICS FOR WESTPORT LITTLE LEAGUE REGISTRANTS

OPEN TO ALL: Kindergarten, 1<sup>st</sup>/2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>/5<sup>th</sup> grade Baseball Players

## (Program held at Long Lots Elementary School)

Clinics will focus on supplementing FALL season games and practices with more focused skills development clinics. Each day players will be brought through a series of drills to improve their hitting, fielding, and pitching technique. Players will also learn baseball running and how to react during game situations.

### Kindergarten, 1<sup>st</sup>/2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>/5<sup>th</sup> grade baseball programs

#### Long Lots Elementary School Baseball clinics

##### Program code

Kindergarten	LL1 -Tuesday	Sept 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	Oct 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	3:30PM to 4:30PM
1 <sup>st</sup> /2 <sup>nd</sup> grade Baseball	LL2 -Wednesday	Sept 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	Oct 7 <sup>th</sup> , 14 <sup>th</sup>	3:30PM to 4:30PM
1 <sup>st</sup> /2 <sup>nd</sup> grade Baseball	LL3 - Friday	Sept 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	Oct 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>	3:30PM to 4:30PM
3 <sup>rd</sup> grade	LL4- Monday	Sept 14 <sup>th</sup> , 21 <sup>st</sup> , Oct 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup>	26 <sup>th</sup> , Nov 2 <sup>nd</sup> , 9 <sup>th</sup>	3:30PM to 4:30PM
4 <sup>th</sup> /5 <sup>th</sup> grade Baseball	LL5- Thursday	Sept 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	Oct 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	3:30PM to 4:30PM

**Cost: \$250** Each session is limited to 16 players

#### Important program information:

**Weather cancellation number: 203-604-0587**

Players will be picked up inside Long Lots at dismissal by I.S.T.'s staff in the Auditorium. Each player will need a written note each week giving them permission to participate in the program. Rain cancellations will be made up by extending future classes. We will be using the field next to the Long Lots playground behind the left side of building. You will receive a confirmation via email.

#### Make your selections: Keep top portion with dates

Long Lots Elementary Clinics ( ) LL1 Tues \$250 ( ) LL2 Wed \$250 ( ) LL3 Fri \$250  
( ) LL4 Mon \$250 ( ) LL5 Thur \$250

Last \_\_\_\_\_ First \_\_\_\_\_ DOB \_\_\_\_\_ grade \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Home \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ email \_\_\_\_\_

Allergies \_\_\_\_\_ Emergency Contact \_\_\_\_\_

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

Call: Glenn Katz at 203-856-7104 or email: [istkatz22@yahoo.com](mailto:istkatz22@yahoo.com) for more information