

I.S.T. & Westport Girls' Softball

2014 High School Varsity Level Programs

HIGH SCHOOL VARSITY WORKOUTS

This program is designed to give girls the necessary team skills required to succeed as part of the high school varsity softball program. Given the few number of official practice days allowed once the spring season starts (and before the first game), it is critical that high school varsity level players enter the softball season already capable of performing expected plays. This program will be taught by a professional coach and focus on fielding, batting and base running. The program will be held at the Staples field-house on Sundays from 9:15am–10:45am beginning on January 5th and include 8 weeks of instruction. The cost for the program is \$240. This program registration is by invitation only.

8 WEEKS: Sundays - 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2 (off 2/16) 9:15AM to 10:45A

Cost: \$240 WSPTS154 Staples High School Field House

ADVANCED PITCHING

Grade 7-12th: The key to being a successful pitcher is learning to control your fastball and keep hitters guessing at the plate. We will be developing a *change up, drop, and rise ball*.

9 WEEKS: Fridays 7:30PM to 8:30PM - Staples High School Field House

Dates: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/28, 3/7, 3/21 (off 2/21 & 3/14)

Cost: \$180 WSPTS155

HIGH SCHOOL VARSITY HITTING Choice "A"

**8 WEEKS Tuesdays 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 3/4, 3/11 7:00PM to 8:00PM Cost \$160
WSPTS156 Staples High School Field House**

HIGH SCHOOL VARSITY HITTING Choice "B"

**8 WEEKS Thursdays 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 3/6, 3/13 7:00PM to 8:00PM Cost \$160
WSPTS157 Staples High School Field House**

***Please fill out registration on page 2 and return to I.S.T. Baseball Headquarters,
25 Van Zant St. Unit 3B Norwalk, CT. 06855. Email istbaseball22@yahoo.com with questions.**

2014 I.S.T. BASEBALL HEADQUARTERS- Westport Softball

WINTER CLINIC REGISTRATION FORM

Please fill in below and keep the Program portion for your records

Make checks payable to I.S.T. and send to I.S.T. Baseball, 25 Van Zant St. Unit 3B Norwalk, CT. 06855

Contact: istbaseball22@yahoo.com with program questions

**Programs are not pro-rated due to missed sessions. Program is Non-refundable after start of program.
Player must register for Westport Little League to be eligible to participate in winter clinics**

NAME OF PARTICIPANT _____

ADDRESS _____ HOME PHONE _____

HOME E-MAIL ADDRESS _____

ANY ALLERGIES _____ SPECIAL NEEDS/ACCOMODATIONS _____

GRADE AS OF SEPT 13 _____ AGE AS OF DEC 31/13 _____

EMERGNCY CONTACT _____ PHONE _____
(other than parent, guardian)

Please write the Code from first page for your clinic choice here (example **WSPTS999**): _____

APPLICATION NOT VALID UNLESS SIGNED BY PARENT, GUARDIAN OR ADULT

PARTICIPANT I am aware of the nature of the above activity and I hereby assume responsibility for the above-named person to participate. I will not hold the Town of Westport, I.S.T. Baseball Headquarters, Westport Little League and/or its' employees, agents or volunteers responsible in case of accident or injury as a result of this participation.

TOTAL PAYMENT _____

SIGNATURE OF PARENT/GUARDIAN OR ADULT PARTICIPANT _____

