

# I.S.T. & Westport Girls' Softball

2014 Advanced Skills Development Clinics: **Grades 7 - 12**

All programs are located in Westport and will be run by I.S.T.'s Pro Coaching Staff\*\*. All participants in WLL winter programs must be registered for spring season prior to first session.

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## **9<sup>th</sup> Grade** HIGH SCHOOL JUNIOR VARSITY LEVEL WORKOUTS

This program is designed to give girls the necessary individual and team skills required to succeed as part of the high school junior 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 junior varsity level players enter the softball season already capable of performing expected plays. This program will focus on fielding, batting, base running, and pre-set plays to enable the girls to succeed as a team.

**8 WEEKS: Sundays** - 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2 (off 2/16)

**1:00PM to 2:30PM Cost: \$240 WSPTS150**

**Staples High School Field House**

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## **Grades 8<sup>th</sup>-9<sup>th</sup>** WORKOUTS

Hitting, fielding, base-running. Focus is on skill development to play at the next level, as well as learning better game strategy (i.e, 1<sup>st</sup> & 3<sup>rd</sup> situations, run-downs, hit-and -runs, double-plays, etc...)

**8 WEEKS: Sundays** - 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2 (off 2/16)

**1:00PM to 2:30PM Cost: \$240 WSPTS150**

**Staples High School Field House**

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**ADVANCED PITCHING: Grade 7-12<sup>th</sup>**: 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** - 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/28, 3/7, 3/21 (off 2/21 & 3/14)

**7:30PM to 8:30PM Cost: \$180 WSPTS151**

**Staples High School Field House**

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**Grade 6<sup>th</sup>-7<sup>th</sup>** : Hitting, fielding throwing (8 player limit)

**8 WEEKS Thursday** 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 3/6, 3/13

**6PM to 7PM Cost \$160 WSPTS152**

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## **Grade 7<sup>th</sup>-9<sup>th</sup>** HITTING CLINIC

**9 WEEKS: Mondays** - 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/24, 3/3,3/10 (Off 2/17)

**7:00PM to 8:00PM Cost \$180 WSPTS153**

**Staples High School Field House**

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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](mailto:istbaseball22@yahoo.com) with questions.

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**2014 I.S.T. BASEBALL HEADQUARTERS- Westport Softball  
WINTER CLINIC REGISTRATION FORM**

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

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**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](mailto: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, 2013 \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

(other than parent, guardian)

**ENTER BELOW THE PROGRAM NAME, CODE AND FEE FROM FIRST PAGE:**

**PROGRAM**

**PROGRAM CODE**

**PROGRAM FEE**

**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 \_\_\_\_\_