

# I.S.T. BASEBALL HEADQUARTERS

2010 Winter baseball clinic registration

Hitting, fielding, throwing, baserunning program

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

**Tyrone Kingwood: Detroit Tigers, Matt Terrillion , Jeff Slane , Casey Robinson, Sara Holland**

**Mike Diaz: Houston Astros, Anthony Daniello, Joe Cossuto plus...additional highly qualified instructors!**

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### WEEKDAY PROGRAMS

Kindergarten.K1	Tuesday Jan 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Feb 2 <sup>nd</sup> , 9 <sup>th</sup> , 23 <sup>rd</sup> , Mar 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup>	4:00PM to 5:00PM
Kindergarten.K2	Tuesday Jan 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Feb 2 <sup>nd</sup> , 9 <sup>th</sup> , 23 <sup>rd</sup> , Mar 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup>	5:00PM to 6:00PM
1 <sup>st</sup> /2 <sup>nd</sup> grade I.S.T.3	Wednesday Jan 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Feb 3 <sup>rd</sup> , 10 <sup>th</sup> , 24 <sup>th</sup> , Mar 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup>	4:30PM to 5:30PM
3 <sup>rd</sup> grade I.S.T. 5	Monday: Jan 4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> , Feb 1 <sup>st</sup> , 8 <sup>th</sup> , 22 <sup>nd</sup> Mar 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup>	4:30PM to 5:30PM
4th/5 <sup>th</sup> grade I.S.T. 7	Thursday: Jan 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Feb 4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> , Mar 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>	4:30PM to 5:30PM
4th/5 <sup>th</sup> grade I.S.T. 8	Thursday: Jan 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Feb 4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> , Mar 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>	5:45PM to 6:45PM

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### WEEKEND PROGRAMS

1 <sup>st</sup> /2 <sup>nd</sup> grade I.S.T. 10	Saturday Jan 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> , Feb 6 <sup>th</sup> , 13 <sup>th</sup> , 27 <sup>th</sup> , Mar 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	9:00AM to 10:00AM
3 <sup>rd</sup> grade I.S.T. 11	Saturday Jan 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> , Feb 6 <sup>th</sup> , 13 <sup>th</sup> , 27 <sup>th</sup> , Mar 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	10:15AM to 11:15AM
Kindergarten I.S.T. 13	Sunday Jan 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> , Feb 7 <sup>th</sup> , 21 <sup>st</sup> , Mar 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	9:00AM to 10:00AM
1 <sup>st</sup> /2 <sup>nd</sup> grade I.S.T. 14	Sunday Jan 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> , Feb 7 <sup>th</sup> , 21 <sup>st</sup> , Mar 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	9:00AM to 10:00AM
4 <sup>th</sup> /5 <sup>th</sup> grade I.S.T. 16	Sunday Jan 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> , Feb 7 <sup>th</sup> , 21 <sup>st</sup> , Mar 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	11:30AM to 12:30PM

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**Make your selections: Keep top portion with dates: Please check 1<sup>st</sup> and write 2<sup>nd</sup> choice**

I.S.T. Baseball Headquarters: Program Cost: \$275

Kindergarten programs:        ( ) K.K1 ( ) K.K2 ( ) I.S.T. 13

1<sup>st</sup>/2<sup>nd</sup> grade programs:        ( ) I.S.T.3 ( ) I.S.T.10 ( ) I.S.T.14

3<sup>rd</sup> grade programs:            ( ) I.S.T. 5 ( ) I.S.T. 11

4<sup>th</sup> /5<sup>th</sup> grade programs:        ( ) I.S.T. 7 ( ) I.S.T. 8 ( ) I.S.T. 16

Last \_\_\_\_\_ First \_\_\_\_\_ age \_\_\_\_\_ grade \_\_\_\_\_ program 2<sup>nd</sup> 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](mailto:istkatz22@yahoo.com) with questions