



INTEGRATED SPORTS TRAINING ELITE BASEBALL CAMP

www.Integratedsportstraining.com



Welcome to the Westport Parks and Recreation and the **Integrated Sports Training Elite Baseball Camp** program. Under the guidance of I.S.T. Sports Headquarters Pro Staff, each player will have the opportunity to develop the fundamental and advanced skills of the game, learn sportsmanship, socialize with their peers, develop leadership qualities and actively participate as a valuable team member. I.S.T. works hand in hand with Westport Little League so they are highly familiar with our community. A typical camp day includes stretching, hitting, infield and outfield practice and drills, game situations and basic base running are a few of the skills to be covered.

General Program Information

The I.S.T. Elite Baseball Camp is available to children, grades K - 6. This comprehensive program challenges campers to improve their batting and individual skills, experiment at new positions and gain actual game experience as part of a camp team. The I.S.T. Pro Staff provides an 8:1 ratio of campers to staff. There are two different weeks of camp to accommodate your needs:

Dates:	Time:	Grades:	Location:	Code:
• July 8 – 12	8:45 am – 12:30 pm	K-6	Burr Farms Field	GK11
• July 15 - 19	8:45 am – 12:30 pm	K-6	Burr Farms Field	GK21
• July 22 - 26	8:45 am – 12:30 pm	K-6	Burr Farms Field	GK31
• July 29 – Aug. 2	8:45 am – 12:30 pm	K-6	Burr Farms Field	GK41

Rain Days

This program is an outdoor program and does not have any indoor facilities. Any day the fields might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203)341-5074** to find out if camp is still on. There are no make-ups or refunds due to inclement weather.

Equipment

Attire for the camp should be shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Cleats are recommended instead of sneakers but are optional and not mandatory. Each participant must bring their own glove. **A cooler packed with a snacks and drinks is also recommended.**

Drop off and Pick up

Please make sure you drop off and pick up your child at **Burr Farms Fields**. Staff will be available at 8:30 am to receive the children. The program begins promptly at 8:45 am. If you drop your child off after 8:45 am, you must walk them to the fields and find a coach to leave him with. Pick up is at 12:30 pm. Please park your car and walk to the field to pick up your child. Late pick-ups will not be tolerated and could result in your child be suspended from the program.

What to Bring to Camp

- Snacks and plenty of drinks
- Sunscreen and baseball hat to protect the participant from the sun.
- Baseball glove
- Cleats if you have them

General Rules

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend camp.