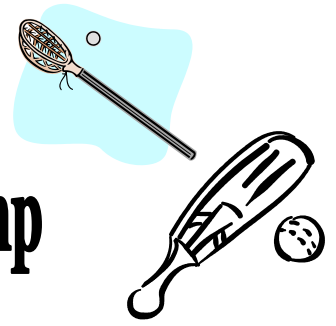




Integrated Sports Training

Pro Pass, Swing, and Shoot Camp



Welcome to the Westport Parks and Recreation *Integrated Sports Training program*. Lead by I.S.T.'s pro coaches, players will spend time in an exciting sports atmosphere developing their skills, competing and playing in fun instructional games. Camp will include different contests including home run derby, 3-point and shooting contest and passing accuracy tests. Even if you do not play all of these sports, the experience will be exciting for all campers! Choose the sports and games you love to play and develop each day!

GENERAL PROGRAM INFORMATION

The Total Multi Sports Camp is available to boys and girls grades K - 6. Join I.S.T.'s Pro Staff and rotate through amazing skill developmental programs with I.S.T.'s finest! Sessions will include basketball, lacrosse, football (non-contact) and Pro baseball skill development and games. In addition to the four main sports, participants will play and participate in: Ladder Toss, Corn Hole, Ring Toss, Can Jam, Kick Ball, and more for sports activities!

Monday - Friday

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|------------------|-----------------|--------------|-----------------|
| • August 5 – 9 | 9 am – 12:00 pm | Grades K - 6 | PJ Romano Field |
| • August 12 – 16 | 9 am – 12:00 pm | Grades K - 6 | Compo Beach |

WHAT TO BRING

Attire should be comfortable clothing such as, shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Please bring a sweatshirt or warm-up jacket for cool weather. Bring plenty of water or sports drink.

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 will only be a make-up for the second session as mentioned above.

DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at the designated location. Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed.

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 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 the program.