

On-site registrations will be taken on a space-permitting basis, please register in advance to secure a spot in the clinic of your choice.

In case of inclement weather, please call the Softball Academy at 860.282.0755

The Connecticut Softball Academy reserves the right to cancel any clinic due to lack of participation.

A credit will be issued if a class is cancelled.

### SOFTBALL REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Parents Names \_\_\_\_\_

E-mail \_\_\_\_\_

Clinic #	Description	Price	Total
Total Price			

I/We the parents of \_\_\_\_\_ give my/our approval to participate in the Connecticut Baseball Academy, Inc. Camps and/or Clinics. I/We assume all risks and hazards incidental to such participation; and I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the Connecticut Baseball Academy, Inc., Team Connecticut Baseball, Inc., organizers, trainers, coaches, sponsors, and adult supervisors for any claim arising out of injury to my/our child, whether the result of negligence of any other cause, except to the extent and in the amount covered by accident or liability insurance.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Make all checks payable to  
Connecticut Softball Academy  
525 Burnside Avenue  
East Hartford, CT 06108

FOR OFFICE USE ONLY      CHECK # \_\_\_\_\_      AMT \_\_\_\_\_

# Connecticut Softball Academy

## Winter Sessions 2007-2008

What: Thanksgiving Camp, Christmas Camp,  
Hitting Clinics

Where: Connecticut Softball Academy,  
East Hartford, CT

Ages: 8-12  
13-18

For more information call  
860.282.0755



## Thanksgiving Camp Christmas Camp Hitting Clinics

[www.ctsoftballacademy.com](http://www.ctsoftballacademy.com)



## Softball Hitting, Fielding, Pitching & Catching

### Features:

>Broken Down By Age for the Best Possible

### Instruction

>Individual Attention

>Hundreds of Swings,  
Groundballs, and Throws

>14,000 Square Foot

### Indoor Facility

>4 Indoor Batting Cages

>4 Pitching Machines

>Offensive & Defensive

### Stations

>Using all Fields

>Development of Proper

Hitting, Pitching, Catching, & Fielding Mechanics



### Thanksgiving Hitting Camp - East Hartford

#S1	Nov 23, 24, 25	10:00a-11:30a	Ages 8-12	\$75
#S2	Nov 23, 24, 25	12:00n-1:30p	Ages 13-18	\$75

### Christmas Hitting & Fielding Camp - East Hartford

#S3	Dec 27 & 28	9:30am-12:00pm	Ages 8-12	\$95
#S4	Dec 27 & 28	9:30am-12:00pm	Ages 13-18	\$95

### Hitting Clinics - East Hartford

#S5	Tues	Nov 27, Dec 4, 11	6:00pm-7:30pm	Ages 8-12	\$75
#S6	Tues	Jan 8, 15, 22	6:00pm-7:30pm	Ages 8-12	\$75
#S7	Tues	Jan 29, Feb 5, 12	6:00pm-7:30pm	Ages 8-12	\$75
#S8	Tues	Nov 27, Dec 4, 11	6:00pm-7:30pm	Ages 13-18	\$75
#S9	Tues	Jan 8, 15, 22	6:00pm-7:30pm	Ages 13-18	\$75
#S10	Tues	Jan 29, Feb 5, 12	6:00pm-7:30pm	Ages 13-18	\$75

**For Directions,  
visit**

**[www.ctsoftballacademy.com](http://www.ctsoftballacademy.com)**

## SAMPLE CAMP SCHEDULE

9:00 - 9:10 am	Hitting Mechanics Discussion
9:10 - 9:20 am	Stretch & Form Running
9:20 - 9:40 am	Mechanics Workout
	▶Ready, Load, Swing
9:40 - 10:00 am	Hitting Drills
	▶Tee Work
	▶Soft Toss
	▶Shadow Swings
10:00 - 10:30 am	Live Hitting/Hitting Competitions
10:30 - 10:35 am	Break
10:35 - 10:45 am	Pitching, Catching, Fielding Discussion
10:45 - 11:15 am	Mechanics Workout
	▶Lead-ups, Button-to-Buttons, etc
11:15 - 11:40 am	Live Throwing, Groundballs, Flyballs
11:40 - 11:55 am	Baserunning & Conditioning
11:55 - 12:00 pm	Day In Review

## STAFF

### Katie Kestranek

CSA Hitting Instructor

CSA Director

University of Connecticut Softball

### Tom Eastman

CSA Pitching Instructor

CSA Director

### Ellen Bailey

CSA Hitting Instructor

Western Connecticut State University Softball

**And many more college & high school coaches**

**Dave Bornstein - Glastonbury HS Varsity Coach**

**Bill Alexander - Windsor HS Varsity Coach**

**Dave Caruso - East Hartford HS Varsity Coach**

**Sally Nixon - East Catholic HS Varsity Coach**

**Jim Ferris - Glastonbury HS Coach**

**Jay Berard - RHAM HS Coach**

## Winter Session Important Facts

All players are required to bring proper clothing and baseball equipment. Batting gloves, fielding gloves, sneakers or turf shoes (NO CLEATS), T-shirts, and your favorite bat. Catchers need to have their own equipment, your local Little League will usually let you borrow a set