



Rowayton Little League Winter 2009 Clinics

The Clinics are Coming – The Clinics are Coming!!!!
FIRST SESSION BEGINS DECEMBER 6th
SIGN-UPS BEING TAKEN NOW!!!!!!

“The most important opportunity you can provide for you youth baseball player to improve his experience during the Little League season is to get him/her involved in consistent winter training”

For the second year, Rowayton Little League and 5 Tool Sports have joined together to provide our little leaguers with professional training through the winter months. 5 Tool Sports, one of the leading professional coaching organizations in Fairfield County has its Winter home at the Batters Box in Norwalk and Nick Rhodes and Garry Dunn stand ready to continue their work with our league. As you may recall, in addition to last Winter’s clinics, 5 Tool Sports ran our coaches clinics, our Community League practices, and also provided our minors and majors players with a tune-up session at Bayley last year.

Without exception, winter work is the perfect time for your child to work on skills development, particularly if he/she is moving from one division to the next. Gary’s and Nick’s knowledge of our league and growing relationship with our players enables them to tailor the clinics/programs for maximum benefit. We hope that many/most of you will be able to take advantage of these

clinics and we know you and your child will not be disappointed. Just wait until you see how players coming off of winter training take charge once they get outdoors next Spring.

This season we will have two sessions of clinics as well as a clinic specifically designed to work with those children interested in pitching. The sessions will be broken into two age groups, 7-9 yr. olds and 10-12 yr. olds, for each of the clinics being offered.

5 Tools has begun the enrollment process and group sizes will be limited so please be sure to sign-up as soon as possible. To sign up, please send Gary Dunn an email (gdunn118@gmail.com) with the following information:

- **Child's name**
- **Child's birthday**
- **Child's division in Rowayton Little League last season (Community, Minors, Majors)**
- **Parents'/Guardians' Names and address, phone number and primary email address**

Gary will provide you with a confirmation email, and enrollment fees will be collected at the first session. If you have any questions, please feel free to contact Brian Arsenault, head of Player Development (www.barsenault@), Gary Dunn or me (rknight@lakewoodcap.com).

SESSION 1: General Skills Development:

Cost: \$150/player

Dates: December 6th, 13th, 20th, January 3rd, 10th (Only Sundays)

Time: **7-9yr olds:** 12:30pm - 2:00pm

10-12yr olds: 2:00pm - 3:30pm

SESSION 1: Pitching Clinic

Cost: \$150/player

Dates: December 8th, 15th, 22nd, January 5th, 12th (Only Tuesdays)

Time: **7-9yr olds:** 5:00pm – 6:00pm

10-12yr olds: 6:00pm – 7:00pmpm

****** 2 WEEK BREAK ******

SESSION 2: Preseason Training Clinic for 7-9 yr. olds:

Cost: \$150/player

Dates: January 31st, February 7th, 14th, 21st, 28th (Only Sundays)

Time: 12:30pm - 2:00pm

SESSION 2: Preseason Elite Training Clinic for 10-12 yr. olds:

Cost: \$250/player

Dates: January 26th, February 2nd, 9th, 16th, 23rd (ONLY Tuesdays)

January 31st, February 7th, 14th, 21st, 28th (ONLY Sundays)

Time: 6:00pm – 7:30pm for Tuesday dates

12:30pm - 2:00pm for Sunday dates

ALL PROGRAMS WILL BE HELD AT



THE BATTERS BOX

327 Main Ave, #2, Norwalk, CT 06851

(203) 845-0212

www.thebatterbox.org