

This Month in House Baseball

FEBRUARY - 2020



REGISTRATION

Registration remains open for both players and coaches. Links can be found on the RYBA homepage (<https://www.rybamn.com/>) and on the RYBA House homepage (<https://www.rybamn.com/house>).

If you have any questions regarding registration, please check out the previous newsletters that were sent out (can be found on the House homepage) or visit the Frequently Asked Questions webpage from the House dropdown tab (<https://www.rybamn.com/page/show/4920426-house-frequently-asked-questions>).

PLAYER REGISTRATION CLOSES 04/24/2020!

TRYOUTS

SAVE THE DATE: Tryout dates are set for Grades 6/7/8. Tryouts will be two nights: Monday, April 27th and Wednesday, April 29th with make up dates of Monday, May 4th and Wednesday, May 6th. Players will move through four stations: hitting, pitching, infield, and outfield. Players do not have to participate in both nights of tryouts, but it is strongly recommended to get a more accurate representation of player ability.

COACH/SKILLS DEVELOPMENT

SAVE THE DATE: There will be an optional Coaches Clinic on Sunday, April 19th from 6pm-9pm in the John Marshall Gym. Area highschool baseball coaches will demonstrate a range of skills and drills. Topics covered include: pre-practice stretching, throwing, pitching and hitting mechanics, fielding, catching, and base running. Teaching fundamental skills (throwing, fielding and hitting) will be covered from the perspective of all ages. This is open to all interested coaches, even if you haven't registered to coach yet.

SAVE THE DATE: RYBA is partnering with Mayo Clinic Sports Medicine to help prevent injuries and increase performance. Mayo is offering a free arm care and pitching mechanics session for House players Grades 3-8 on Saturday, May 30th. A comprehensive arm care program includes rotator cuff strengthening, scapular strengthening, core strengthening, balance control, and range of motion stretching. Players will learn exercises and stretches in these five areas as well as a proper warm-up and cool-down. Mayo Clinic Sports Medicine views pitching mechanics differently than most, looking at not only performance improvement but also decreasing strain on the arm that can result in injury. Mayo will show some common things to look for as well as demonstrate their new analytics program for the baseball athlete. This program will run approximately 45 minutes and is intended for both players and parents. There will be four different sessions starting at 8:00am with the last session starting at 11:00.

BATS

All bats from previous years are still allowed this year so long as they meet the specific diameter and weight requirements for each grade level and are marked with one of the following stamps: USA Baseball stamp, USSSA stamp with a BPF rating of 1.15, approved by Babe Ruth with a BPF rating of 1.15. Diameter and weight requirements can be found in the grade level rules at: <https://www.rybamn.com/page/show/4112476-house-league-rules>.

When selecting a bat, choose a bat that your child can easily swing, erroring on the side of a lighter bat. See <https://www.slugger.com/en-us/how-to-choose-a-bat/baseball> for an example bat sizing guide. If you are purchasing a new bat this year, it is highly recommended to purchase a bat with the USA Baseball stamp as this is the bat RYBA will be moving towards in the future. For older players looking for a bat that can also be used at the high school level, be aware that these bats must be BBCOR certified. BBCOR bats are also typically much heavier (-3 weight differential) than youth league bats.

Lisa Atkielski & Mike Vance, 2020 House Co-Directors