

Detroit Metro Stars 9U Red (Mahar) Roster

#	Name	Walk-up Song
1	Eli Gideon	Swing
2	Colin Wrobel	G Wagon
4	Luca Bodis	Lose Yourself
5	Bryce Mahar	Something Just Like This
8	Ian Campbell	Legend
11	Johnny Hiegel	Hall of Fame
13	Landon Smith	Radioactive
17	Matthew Vernengo	Old Town Road
22	Owen Bierlein	Sandstorm
24	Jacob Reynolds	Believer
99	Nicholas Oltersdorf	Let's get it started

Head Coach: Mike Mahar

Assistants: Wes Gideon Scott Hiegel Shane Smith

Scorekeepers: Jason O. Phil V. Jesse B.

Team DJs: Anthony and Phil Vernengo

Batting Practice Pitcher: Jesse Bierlein

Detroit Metro Stars Mission:

Our mission is to not only develop young athletes into the best baseball players that they can be, but to develop the "whole" person. Honesty, integrity, discipline, teamwork, and sportsmanship are at the core of all we do. The Detroit Metro Stars Baseball Club provides an environment that helps players build strong character and reach the highest level of personal growth and athletic achievement possible.



Metro Stars (Red) 9U Schedule

Day	Place	Opponent	Time	Score
3/3	PRE-SEASON	Patriots	Win	18 - 8
4/8	PRE-SEASON	Dawgs	Tie	9 - 9
4/13	PRE-SEASON	Bulldogs	Loss	2 - 12
4/13	PRE-SEASON	Z. Tigers	Win	11 - 4
4/13	PRE-SEASON	SW Oak. War	Win	7 - 6
4/14	PRE-SEASON	DBacks E.	Win	12 - 10
4/14	PRE-SEASON	SW Oak. War	Loss	0 - 16
4/22	PRE-SEASON	S. Oak. A's	Win	7 - 6
5/1	RAYP	Bulldogs	Loss	4 - 5
5/2	ABMS	Muskies	Loss	1 - 11
5/4	BHILLS	Sting	Win	12 - 3
5/4	BHILLS	Mariners	Win	10 - 0
5/5	BHILLS	Sting	Loss	0 - 10
5/8	MCML	Dawgs	Win	19 - 6
5/11	Home (B)	HITZ	Loss	5 - 15
5/13	Home (B)	Mariners	Win	10 - 2
5/15	RAYP	Bulldogs	Loss	7 - 16
5/18	OVMS	NFWB Cobras	Win	13 - 7
5/18	OVMS	Sal. Hornets	Win	16 - 8
5/19	OVMS	Nationals	Win	15 - 7
5/21	KYTE	Mariners	Win	21 - 3
5/23	Home (B)	Stars (Drouin)	Win	11 - 8
5/31	WHSP	Bigfoot	6pm	
6/1	FRSR	Stars (Drouin)	12pm	
6/2	JCPK	Batbusters	1pm	
6/2	JCPK	Batbusters	3pm	
6/3	Home (A)	JetBox	6pm	
6/5	LCMS	Utility	6pm	
6/8	Tourn	Total Sports	Tourn	
6/10	Home (A)	Muskies	6pm	
6/12	LTHN	Jetbox	6:30pm	
6/15	Tourn	Frankenmuth	Tourn	
6/17	Home (A)	Utility	6pm	
6/19	Jefferson MS	HitDogs	6:30pm	
6/24	Home (A)	Dawgs	6pm	
6/30	MCNR	HITZ	11:15a	
7/1	Home (B)	Bigfoot	6pm	

Preseason: 5 - 2 - 1

MABF: 4 - 4

Overall Record: 9 - 5

Detroit Metro Stars 9U Red (Mahar)



2019 Season

10th Edition

May 31st 2019

Vs. MI Bigfoot

Inside: Hitting Help & Bat Angle Tips

Follow us on **Twitter** - @Stars9U

MABF Home Page

<http://www.mabf.com>

Check the latest standings!

METRO STARS NEWS

Metro Stars (Mahar) 9U Claims Lead In Fifth Inning To Defeat Metro Stars Drouin

The (Mahar) Metro Stars defeated the Detroit Metro Stars 9U Drouin 11-8 on Thursday after taking the lead late in the game. The game was tied at eight with The (Mahar) Metro Stars batting in the bottom of the fifth when Matthew Y grounded out, scoring two runs.

Johnny H was on the hill for The (Mahar) Metro Stars. He allowed six hits and six runs (two earned) over three innings, striking out four and walking one. Luca B. entered in the 4th inning and allowed no earned runs over three innings, striking out four, walking none. Great job boys!

Colin W., Ian C., Luca B., and Landon S each collected one hit to lead The (Mahar) Metro Stars. Luca led The (Mahar) Metro Stars with four stolen bases, as they ran wild on the base paths with 15 stolen bases.

Before the game, it was decided that the winner of the league game would be deemed the rained out tournament champion (from 5/19). Although it was not great defensive effort nor were the bats blistering (only mustered four hits), our boys persevered and came out on the victorious side of the seesaw battle. Great job on being focused!



7 ABSOLUTES OF HOW TO HIT A BASEBALL

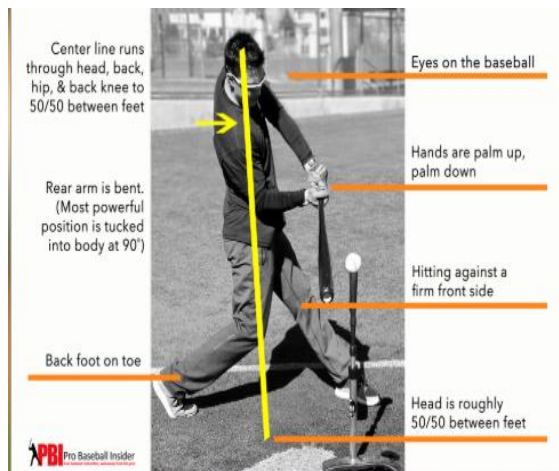
Because of the different set ups and stances, there are different ways for how to hit a baseball. But once a hitter gets to the contact point that is where all the differences stop and the absolutes and similarities start.

BUT... when you strip away the pre-pitch rhythm, the leg kicks and all of the other movement that is personal preference, you find that they are a lot alike.

The 7 absolutes are seen at contact. No matter how a hitter gets to the contact point of his swing, all great hitters do the same thing.

1. Hitting against a firm front side.
2. Have your back foot on its toe
3. The hands are in a palm up, palm down position.
4. Head on the ball.
5. The Your back knee, back hip and head should be in a straight line
6. Your head should be right in the middle of your feet.
7. Top arm is bent

Full article: <http://probaseballinsider.com/7-absolutes-how-hit-baseball/>



Bat Angle

The consistency among elite level hitters with their bat angle at front toe touch gives us a good sense of what the correct slot really is.

All of these hitters typically start with a great deal of variation in their bat angle during the stance portion of the swing. Yet, when they hit front toe touch the bat angle is very similar. It isn't just modern day guys either. In studying these angles, you will see that this is consistent over a long span of time.

If players find the correct bat angle at launch position it will go a long way to setting them up for success longer term (when they get to that next level and the strike zone does get lower for example). It is tough to completely change deeply ingrained muscle habit patterns, and the longer they are allowed to persist, the more difficult it is to make the correction.

This is a great place to start with young hitters. Continue to preach to them that they need to get that tip tall at front to touch.

Full Article can be found at:

<http://www.infieldfundamentals.com/bat-angle/>



Five Game Winning Streak Stats

76 Runs scored	15.2 runs per game
33 Runs allowed	6.6 runs allowed/game
44 Hits	8.8 Hits per game
84 Quality at Bats	16.8 QABs per game

Great Job Stars!!!

Questions? Comments?

ssmith@scslakeview-k12.com

Complaints? Concerns?

☺ mmahar@mywwps.org ☺