

Kids First Baseball – 2019

Goals:

1. Fun – help kids learn to love the game of baseball and have fun playing it.
2. Physical activity – get kids active, exercising every day – dynamic warm up, running, throwing, etc.
3. Arms – build arm strength by teaching and reinforcing proper daily throwing progression and footwork.
4. Build Confidence – help kids improve on something, encourage them to try new things, not be afraid to fail.
5. Mental game – help kids “think baseball” – connect the dots on the field through drills and situations.



Spring Parent Meeting – Monday, March 4 – 6 PM at Owatonna Middle School - Cafeteria

Register at <https://www.owatonnacommunityed.org/page/2555>

Practice starts – Monday, April 4th – after school at Owatonna Middle School (2:45 PM to 4:45 PM)

Practice Monday – Friday (no weekends)

Games start Week of April 8th – 2 games / wk – usually Monday/Tuesday or Thursday – 4:15 PM

Play schools from Big 9 area – Mankato, Austin, Albert Lea, Faribault, Waseca

Season ends on or about May 22

Contact Mark Arjes – mark.arjes@gmail.com – (612) 968-9192 cell