

## Kids First Baseball – 2022

### 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 – Tuesday, March 15 – 6 PM at Owatonna Middle School (Learning Stairs)

Practice starts – Monday, April 4<sup>th</sup> – after school at Owatonna Middle School (2:50 PM to 4:50 PM)

Practice Monday – Friday (no weekends)

Games start on April 14 – 2 games / wk – usually Monday/Tuesday or Thursday – starts times vary

Schedule can be found at [www.big9.org](http://www.big9.org)

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

Season ends on or about May 25

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