



Welcome to the 2010 Brandon Valley Baseball Hitting League!

Brandon Valley Baseball Association is excited to offer once again this valuable pre-season training program, with a few changes from the way we've done instruction in the past.

This year we will run a single, **5 week session**. Each participant will participate in 5 week session.

The sessions will start on Sunday, February 14, with the last session on Sunday, March 14. The regular hitting league sessions will be held at Legends Indoor Hitting and Training Facility 1321 N Cleveland in Sioux Falls. The cost of the 2010 Hitting League is \$75.00.

The start time for each group is dependent upon the number of participants, but the first group each Sunday will start around 11:00 a.m. Divisions will be made up of Jr. Bantam (Ages 9 -10), Sr. Bantam (ages 11-12) and VFW Jr. Varsity (ages 13-14). Registration preference will be given to complete 5-player teams, but individuals will be accepted as space allows.

Here's how it works...

Each team will start the day with 30 minutes of practice developing proper hitting mechanics under the guidance and tutelage of Brandon Valley Baseball coaches and with the help of Brandon Valley High School baseball players.

After working on mechanics, each team will put their skills to the test in the batting cage. Each of the competing players will get 10 swings to score points, ranging from 5 points for a line drive up the middle to 1 point for a foul ball and 0 points for a swing and a miss. Once every player from the "visiting" team gets his 10 swings, the next team has their opportunity. The "inning" concludes when the "home" team is done. Each game consists of 4 to 6 such innings.

The Application deadline is February 7. For more information, please contact Todd Andersen at 605.582.3281 or by email at brandonvalleybaseball@alliancecom.net. You may register online or complete the sign-up section below and mail it, along with a check for \$75.00 made payable to the Brandon Valley Baseball Association to: BVBA, Hitting League, PO Box 605, Brandon, SD, 57005.

2010 Brandon Valley Hitting League Registration

Participant's Name: _____

Parents' Name(s): _____

Home Address: _____

Street address

City/State Zip

Home Phone: _____ Cell Phone: _____

Email address(es): _____

Participant's Birthdate: _____ Participant's Age (as of 4/30/10): _____

\$75.00 Hitting League

Please print our medical release form from our website www.brandonvalleybaseball.com and bring a signed copy to the league and camp.

_____ I am registering as part of a team, and these are the other team members:
(each player must submit his own separate registration)

_____ _____
_____ _____

_____ I am registering individually. Please assign me to an age-appropriate team.

* Brandon Valley Baseball reserves the right to adjust times, schedules, and divisions as necessary to provide the best possible experience for all players

