



# Tiger Talk



**In this Issue:** Dates coming up, Stats leaders, Match report, What goes where, Batting 101

## Coming up:

Practice Mon 30/05/16 Metrovicks  
 Freeze Tues 31/05/16 Pitch 4  
 Practice Mon 06/06/16 Metrovicks  
 @ Barflies Tues 07/06/16 Pitch 9

## Batting Leader board

<u>On base percentage</u>	<u>(M)</u>	<u>On base percentage</u>	<u>(F)</u>	<u>Home Runs</u>	
JD	1000	Emma	762	JD	4
Dave	889	Annie	692	Dan	3
Dan	714	Helen	688	Steve A., Tony, Dave W.	1

OBP = On Base Percentage = hits + walks / plate appearances. (It's not a hit if another runner is **FORCED** out on the play).  
 Minimum of 10 plate appearances needed to feature in the OBP figures .You also need to have played in 1 or more of the last 4 games.

## 24/05/16 Phoenix W 26-11 (6)

We got back on the horse this week after last week's reverse, chalking up a 6 inning mercy win against Phoenix. We were 12 – 2 up after the first 2 innings and, despite a wobble in the 3<sup>rd</sup> were never in danger of losing after that.

There were 4 people who batted 1000, Dan, Helen, Dave and Rob were all 4 for 4. with Emma best of the rest with some impressive hitting in her 4 for 5 tally. Dan was the Home Run Hero with two, with JD, Tony and Dave also recording 4 baggers.

In the field Dan impressed at short stop, Dave both pitched and fielded well, recording a number of strike outs, JD was the stand out in the outfield, Tony was solid at 1<sup>st</sup> in his first game back from injury and at catcher Caroline made a couple of nice plays to record force outs on 1<sup>st</sup>.

**MVPs were TK and Dan.**

Phoenix	2	0	5	1	3	0	11
Tigers	6	6	0	4	7	3	26



## What goes where

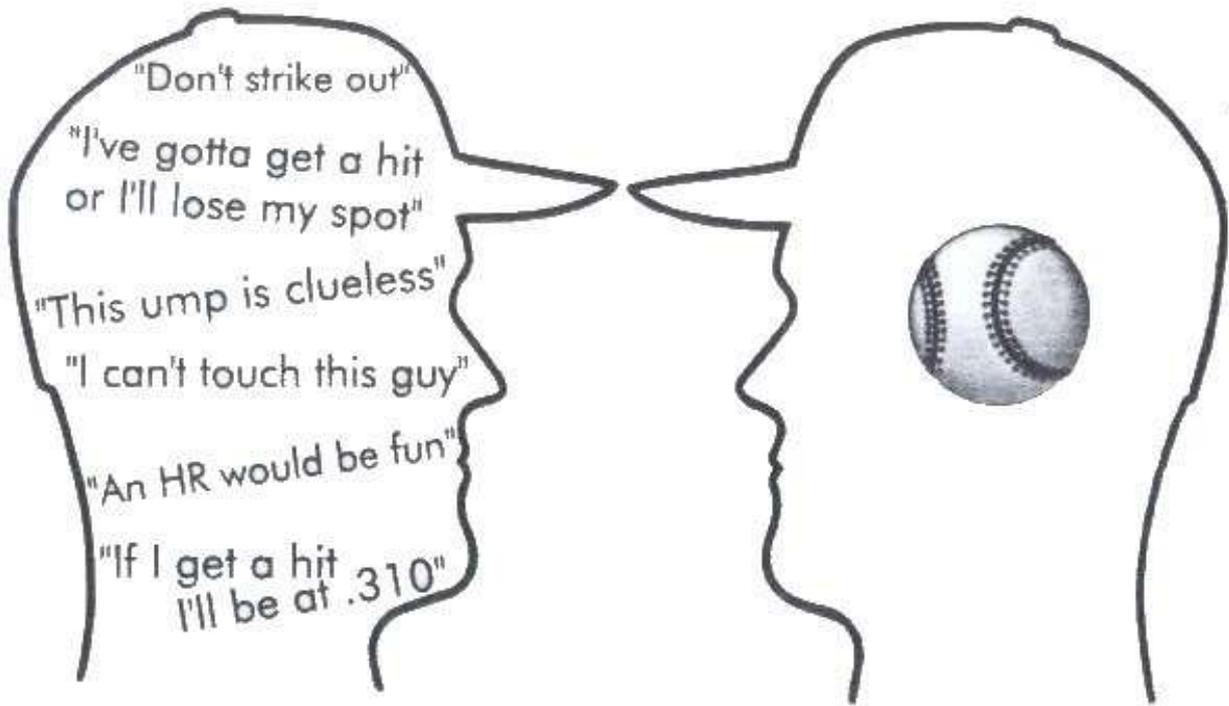


- Grey bag - 12" balls (practice nights only)
- Pink bag - 11" balls (practice nights only)
- Red bag - Balls for match night warm up & fielding gloves
- Blue bag - Batting helmets and the total control balls
- Chair holder bag - Bats
- Black bag - My gear and the paperwork
- Old black holdall - Other fielding gloves

**ALSO: If you ever come across a ball in it's own plastic wrapper it will be an unused match ball - DON'T take it out of the wrapper and DON'T use it ! :)**

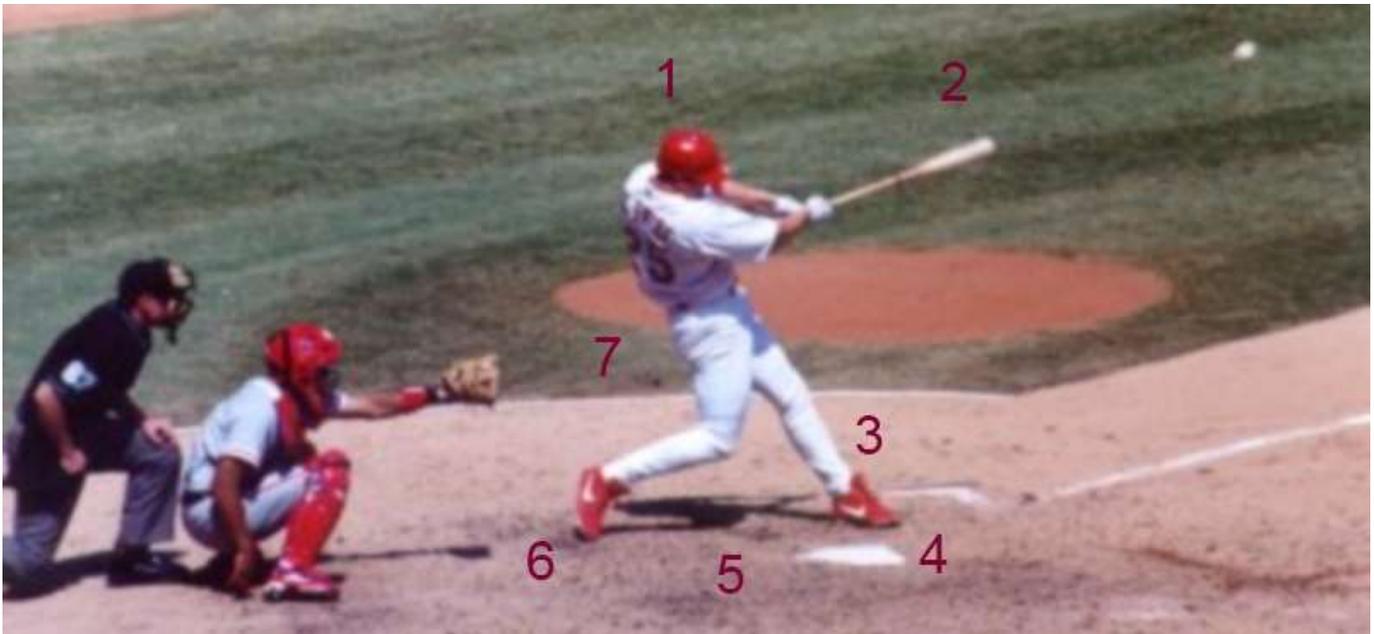


## When you come up to bat, which one are you ?



There's an old baseball saying, **"you can't think and hit at the same time"** – see the ball, watch it come into your hitting zone, then hit it (hard) with a full smooth flat swing.

### Mark McGwire



1. Head down, eyes focused on the contact point even AFTER contact.
2. Arms extended in a full follow through, driving THROUGH the ball
3. Straight front leg, giving a stable base as the upper body rotates.
4. Front foot closed even though he has stepped forward, this helps keep the swing level and the ball down.
5. Weight stays central, lunging forward will lose power leaning too far back will cause the ball up to pop up high into the air.
6. Back foot 'squishing the bug', the foot rotates and the heel comes up but the toes stay on the floor.
7. Hips fully open, belly button facing the pitcher, transfers all the force of the swing into the ball.



Was he safe ? Yes he was !!!!