



Tiger Talk



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Coming up:

Practice Mon 18/07/16 Metrovicks
 Colt 45s Tues 19/07/16 Pitch 7
 Practice Mon 25/07/16 Metrovicks
 @ Phoenix Tues 26/07/16 Pitch 3

Batting Leader board

<u>On base percentage</u>	<u>(M)</u>	<u>On base percentage</u>	<u>(F)</u>	<u>Home Runs</u>	
JD	917	Emma	778	Dan	8 Rob 2
Dave	900	Annie	735	JD, Dan	7 Dave W., 1
Tony	857	Helen	650	Steve A. , Tony	3 Michael

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.



Sefton Tournament

If you haven't put your name down and want to play please do so ASAP...

PAID

NOT PAID

Sefton M: Dan, Dave, JD, Michael, Rob, Tony

Steve G.

7 – Full !

23 & 24 September **F:** Annie, Sandra, TK, Jen (Sat)

Caroline, Emma, Louise (Sun)

6 – 1 more

If you are only down to play 1 day you may not be able to play at all if no-one else can cover the other day.



Social Diary

Date	Event	Venue	Organiser	Details
Saturday 20 th August	Team BBQ	Caroline's house	Caroline	Other Details TBC....
October	Team meal (prizes !)	Manchester	TBC	
Friday 18 th November	MSL EOS Ball	Midland Hotel	Caroline	Black tie (?)

The importance of Routine

Having a regular routine can be an important part of playing, but it's something that is ignored by a lot of players. Having a routine is useful in two ways. It can help you get physically ready to perform and by doing so it can also help you to get ready mentally,.

For example if each time you go up to bat you check the position of your front foot against the position of home plate, tap the end of your bat against the far edge of the plate, glance round the field, get in your stance then squeeze hard on the bat before loosening your grip you are setting yourself up physically, making sure you are in the right place in the box, in the right posture and not holding the bat too tightly. This routine should also set you up mentally to perform the act of hitting the ball, you can build an explicit reminder to yourself into your routine, e.g. "stay calm and wait for the ball, big and fat over the plate", but even without that the routine itself will help put you in the right mental state to hit.

It's equally worthwhile to have a routine when pitching or in the field. If you look round the field to check the position of the runners before every pitch, and shift your weight onto the balls of your feet as the pitch reaches home plate every single time you will be preparing yourself to make the correct play if the ball comes to you and ensuring that you are physically to react to the batted ball.



