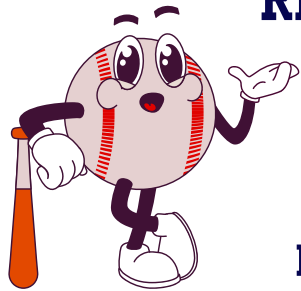




RED DEER MINOR BASEBALL ASSOCIATION BASEBALL-A-THON FUNDRAISER



FOUR WEEKS TO PLAY BALL AND STAY ACTIVE!
9U & 11U A



MARK DOWN YOUR COMPLETED ITEMS AND TRY TO GET A
BLACKOUT TO WIN PRIZES

S	W	I	N	G
Play catch with a parent	Work your glove	Practice your swing	Run! (With a Parent)	Throw yourself fly balls
Watch some of a Braves AAA or AA game!	Run the bases at a park	Send baseball pics/video to your family	Find out who invented baseball	Learn about these pitches <ul style="list-style-type: none"> • Fastball • Changeup • Curve Ball • Slider
Hit some balls (With a parent)	Play catch with a friend who is not on your team!		Do 10 Burpees	Try throwing with your opposite hand
Run from home plate to first base. How fast are you? _____Seconds	Do 10 High Knees	Cheer on your teammates!	Throw groundballs with a teammate/friend	Name an MLB Player _____
What year was the first World Series? _____	Balance in the pitching position for 5 seconds on each side	Put on your team jersey and hat for first time	Watch an inning of an MLB game	Put on Rally Caps with your family!