



RED DEER MINOR BASEBALL ASSOCIATION BASEBALL-A-THON FUNDRAISER



**FOUR WEEKS TO PLAY BALL AND STAY ACTIVE!
T-BALL & RALLY CAP
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	Watch a Baseball Movie	Practice your swing	Stretch before practice
Find out what a "Foul" ball is	Run the bases at a park	Send baseball pics/video to your family	Balance in the pitching position for 5 seconds on each side	Run from home plate to first base. How fast are you? _____Seconds
Hit some balls (With a parent)	Play catch with a friend		Try throwing with your opposite hand	Do 10 Jumping Jacks
Help your coach clean up equipment after practice	Do 10 Push ups	Cheer on your teammates!	Thank your parents/adults for taking you to Baseball!	What is the shape of a baseball field? _____
Put on your team jersey and hat for first time	Watch a you tube Baseball Drill you can do (With a parent)	Watch some of a Braves AAA or AA game!	Do 10 Bum Kicks	Put on Rally Caps with your family!