



Free ballgames and instruction for boys and girls 9-12

Begins the first Monday of Summer Vacation

Website: www.teamswin.net/fastpitch

TeamsWin Fastpitch and Baseball:

If you want your neighborhood involved, please respond by email as soon as possible. I'm willing to travel.

Afternoon during Summer Vacation

2:30-4:30 PM, Up to five locations, determined by interest (Naples, Mt Hall, Copeland, Eastport, Paradise Valley, Three Mile, Moyie, Southside, Northside, Fairgrounds are potential locations, but I'm not limited to them. I want to know all the Boundary County neighborhoods interested.)

TeamsWin Fastpitch and Baseball for Bonners Ferry & Boundary County

Monday, Tuesday, Wednesday, Thursday and Friday are the five potential days.

For information Contact Bob Pace

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Cell Phone: 208-304-4458

E-mail: bpace@teamswin.net

Neighborhood Ball, a division of TeamsWin Ball which teaches Baseball or Softball the right way from the beginning. Neighborhood Ball uses TeamsWin Ball to organize neighborhood teams, teams as small as five players. They need a neighborhood field, a field close enough for all the players to get there on their bikes. With TeamsWin Ball, that field does not have to have a backstop or be full size. The neighborhood just needs a narrow flat field as long as an outfield fence (about 200 feet) by no more than 20 feet wide (the width needed to simulate pitching, catching and hitting to third base or left field and throwing to second base (or pitching, catching and hitting to first base or right field and throwing to second base).

TeamsWin Ball teaches throwing and catching. We throw the bat at the ball the same way we pitch the ball to the batter. We throw our elbows down and the ball or bat whips in a different direction with spin, to the target. Our elbows come together and work together using the big muscles and bones and gravity for power. Throwing the bat overhand to hit the ball through the infielders and underhand to hit the ball over the outfielders. Every day we practice throwing overhand and underhand. But, before we practice hitting or throwing, we teach how to catch and throw where the ball never stops. When throwing, we always aim at the chest, and when catching, we move to make it easy to catch and throw. In other words, on a low ball we keep our butt up in the air and chest down, reaching out for balance, to protect our face, and to keep the ball moving.



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