

EDINA
FASTPITCH



OFF-SEASON SWING FOR THE FENCES

Description:

EGFA is offering an off-season development “Swing for the Fences” in conjunction with EGFA’s many Open Gym opportunities. This program is primarily directed towards hitting and is meant to provide more opportunities for the athletes in our program and encourage them to keep working on their softball skills during the off-season. This program will provide a more structured set-up at our Open gyms during the off-season with 1) a framework of defined hitting stations, 2) achievable goals and 3) related awards for our athletes. Below is a brief description of the Swing Program logistics and how it will work:

- The timeframe for the Swing Program runs from the beginning of EGFA’s Open Gym (which will begin in October and will conclude in March).
- A FREE hitting clinic will be provided to review hitting drills and technique. This Clinic is optional and will be held in December at BCOM. The Clinic time will be posted on the website and will last approximately an hour. Subsequent to the clinic, there will be open gym at BCOM (which may include other Edina locations) which will be available for athletes to work on various hitting stations, if they desire.
- The Swing Program is geared towards the number of player’s swings in the October – March time frame. Players can count swings taken on EGFA Open Gym nights, clinics they attend, going to off-site batting cages, etc.
- At the EGFA Open Gyms, hitting stations can be set up and/or available for use.
- Players should use the “Electronic Tracking” form located on the EGFA website “Swing for the Fencezzz” image to record the number of swings electronically for the winter long program. A running total is kept and will be displayed on the program page.
- This is an honor system. The girls’ hard work will show results in the spring.
- Awards for Players (see matrix on last page) will be recognized at the EGFA Youth Night/EHS Game (Date TBD) and EGFA website.

Other Reminders:

- Safety! Like all drills in various sports, safety is a very high priority. Some tips are as follows:
 - 1) Make sure there is plenty of room between hitting stations for you and your partner.
 - 2) if your partner is putting balls on the tee, make sure you give them time to back up before you swing.
 - 3) if you are switching to another station, make sure you give enough room when you walk by a station that is “active”.
 - 4) If swinging a bat, just to loosen/warm up, make sure you give yourself plenty of room and watch for others.

5) Use good old fashioned “common sense”.

- Players are encouraged to participate in each month of the off-season Open Gyms.
- Getting your swings in is not a “race”. Players need to focus on taking “quality” swings, working hard and having fun. Take breaks to ensure you are getting quality swings.
- Keep checking the EGFA Website for current/revised open gym times. Open gym times at BCOM can be found at: www.edinafastpitch.org
- Normally, there will be areas for players to work on throwing, fielding, pitching, etc., during these open gym times. Again check EGFA Website for any Open Gym “restrictions”.
- Repetitions should be 8 – 15. # of repetitions will vary between athlete. Experiment to determine the # of repetitions right for you. Take a break after each “set”.
- All the necessary documents and electronic tracking are located in the “Swing for the Fences” program page.

EGFA "Off-Season Swing for the Fences" Club

Accomplishments Recognized on Website and Prizes distributed at Youth Night at EHS Hornet Varsity Softball Game

8U

Level 1	Major Leaguer	1000 Swings	Prizes: Certificate, Hornet Spin Pin
Level 2	All Star	2000 Swings	Prizes: Certificate, Mayfly T-Shirt
Level 3	Hall of Famer	3000 Swings	Prizes: Certificate, Softball Bath Bomb, Mayfly T-Shirt

10U

Level 1	Major Leaguer	2000 Swings	Prizes: Certificate, Hornet Spin Pin
Level 2	All Star	3000 Swings	Prizes: Certificate, Mayfly T-Shirt
Level 3	Hall of Famer	4000 Swings	Prizes: Certificate, Softball Bath Bomb, Mayfly T-Shirt

12U

Level 1	Major Leaguer	3000 Swings	Prizes: Certificate, Hornet Spin Pin
Level 2	All Star	4000 Swings	Prizes: Certificate, Mayfly T-Shirt
Level 3	Hall of Famer	5000 Swings	Prizes: Certificate, Softball Bath Bomb, Mayfly T-Shirt

14U

Level 1	Major Leaguer	3000 Swings	Prizes: Certificate, Hornet Spin Pin
Level 2	All Star	4000 Swings	Prizes: Certificate, Mayfly T-Shirt
Level 3	Hall of Famer	5000 Swings	Prizes: Certificate, Softball Bath Bomb, Mayfly T-Shirt

* This is an honor system. Please record accurately and honestly.

** All swings should be entered in by April 1st, in order to be eligible for your award.