



Baseball FUNdamentals School Clinics

- The Play Baseball Detroit Baseball FUNdamentals is a part of a multi-faceted outreach program dedicated to strengthening and expanding youth baseball and softball programs throughout the metropolitan Detroit region.



| 2010 Schools |
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| Brown Academy |
| Edison Elementary School |
| Emerson Elementary School |
| Lindbergh Elementary School |
| Marquette Elementary School |
| Mayberry Elementary School |
| McIntyre Elementary School |
| McKinley Elementary School |
| Owen Elementary School |
| Powell Academy |
| Shultz Elementary School |
| Webster Elementary School |

- In 2010, Baseball FUNdamentals School Clinics were conducted in 12 elementary schools reaching over 1,300 students in Wayne, Oakland, and Macomb counties.
- During Baseball FUNdamentals School Clinics, members of the Detroit Tigers front office staff as well as members from the baseball community conduct interactive baseball drills during gym class that teach basic fundamentals of the game and encourage children to sign up for organized leagues.
- In addition to a day of instruction, participating schools receive a Baseball FUNdamentals Starter Kit including the necessary equipment (bats, balls, gloves) to allow each physical education instructor to integrate youth baseball into the school's physical education curriculum.
- All students who participate receive a Play Baseball Detroit T-Shirt.



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Program Timeline:

(Each program will run approximately 45 minutes in length and will be adjusted to school schedule.)

- :00 Introduction (5 Minutes)
 - A. Introduction of team
 - B. Program material to be covered
 - C. Shirt distribution
- :05 Stretching Exercises (5 Minutes) Led by the Ph Ed. Instructor
- :10 Fielding and throwing (10 Minutes)
 - A. Glove Hand
 - B. Proper stance
 - C. Fielding ground balls
 - D. Throwing to the target
- :20 Base Running (10 Minutes)
 - A. Running through 1st Base
 - B. Rounding the bag
 - C. Home run
- :30 Hitting (10 Minutes)
 - A. T-Set Up
 - B. Proper stance and grip
 - C. Three (3) swings off of a tee
- :40 Questions and Answer (3 Minutes)
- :43 Wrap Up (2 Minutes)
- :45 Class Dismissed

