

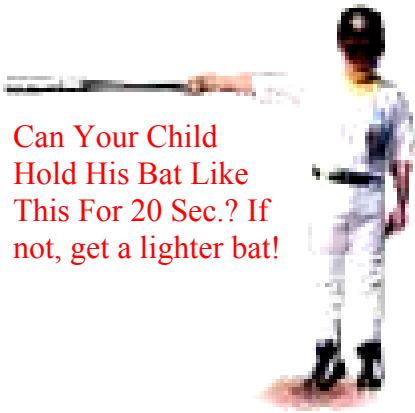
## Selecting A Bat

When selecting a bat, it is imperative that you choose one that can be easily handled by the hitter. In most all cases, it is better to get a lighter bat that can be swung at a higher bat speed. Parents start kids at early ages with great expectations of stardom. They march down to the local sporting goods store to buy their kid a bat. Since this is their little budding star, normally, it's nothing but the finest. What do they look at first when choosing a bat? No, not the weight, but the price tag. Yes, it's important that they only have to make this type an investment once every several years, so they will buy Junior one he can grow into.

This scenario happens repeatedly and has done more to hurt young hitters swings than no instruction at all. Since young hitters are weak physically in their hands, wrists and forearms, they must use the larger, stronger muscles in their upper back and trunk muscles to swing their new investment. This results in the front side leading the swing by opening up in order to drag the hands and bat through, normally resulting in contact that is weak and late. Couple this with a horizontal bat angle, with the torquing effect of gravity on the barrel, and Junior not only has a problem with his front side flying open, but now has a problem with the barrel dropping as well.

Sometimes Junior is just a better athlete than the kids pitching to him and can be successful with these swing mechanics. However, as Junior grows older with these mechanical flaws, the pitchers age as well. They develop arm strength and throw harder, forcing Junior to start his swing earlier to hit their fastball. But still another problem for Junior occurs at this age-- pitchers begin to throw breaking balls and change speeds. Now Junior, an all-star since birth is starting to struggle at the plate. He can't seem to hit the breaking ball because his front side flies open too soon. Pitchers that Junior normally owned are now jamming or throwing it past him. Now Junior is frustrated and mom and dad can't understand what the problem is. Junior now thinks the game is not as much fun as it used to be, so he thinks he will quit. **The point is, *select a bat a kid can swing, not one that he has to grow into***

Can Your Child  
Hold His Bat Like  
This For 20 Sec.? If  
not, get a lighter bat!



### Bat Selection by Height and Weight

Weight	Height									
	3' 0" to 3' 4"	3' 5" to 3' 8"	3' 9" to 4' 0"	4' 1" to 4' 4"	4' 5" to 4' 8"	4' 9" to 5' 0"	5' 1" to 5' 4"	5' 5" to 5' 8"	5' 9" to 6' 0"	6' 1" +
< 60	26"	27"	28"	29"	29"					
61-70	27"	27"	28"	29"	30"	30"				
71-80		28"	28"	29"	30"	30"	31"			
81-90		28"	29"	29"	30"	30"	31"	32"		
91-100		28"	29"	30"	30"	31"	31"	32"		
101-110		29"	29"	30"	30"	31"	31"	32"		
111-120		29"	29"	30"	30"	31"	31"	32"		
121-130		29"	30"	30"	30"	31"	32"	33"	33"	
131-140		29"	30"	30"	31"	31"	32"	33"	33"	
141-150			30"	30"	31"	31"	32"	33"	33"	
151-160			30"	31"	31"	32"	32"	33"	33"	33"
161-170				31"	31"	32"	32"	33"	33"	34"
171-180						32"	33"	33"	34"	34"
Over 180							33"	33"	34"	34"

Age	5 to 7	8 to 9	10	11 to 12	13 to 14
Length	24" to 26"	26" to 28"	28" to 29"	30" to 31"	31" to 32"