

# ARE YOU LOOKING FOR MORE BASEBALL AT THE BABE RUTH LEVEL?

NH Babe Ruth Xtreme program gives you more games after the school season and an opportunity to play in the LONGHORNS All Star team at states

## REGISTRATION DEADLIN 11/15/2019 SIGN UP AT

<https://stratham.recdesk.com/>

## QUESTIONS? CONTACT US

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## GREAT BAY LONGHORNS

BABE RUTH 13-15

## 2020 XTREME PROGRAM



# PROGRAM OUTLINE

## ELEGIBILITY

Any Child who plays Regular Season Babe Ruth in the Great Bay Program or other towns that are in support of allowing kids to play inter-charter (i.e. Hampton).

## TEAM COMPOSITION

Like Babe Ruth regular season, teams will be formed with ages 13-15 mixed together evenly matched. Ideally, we can form at least 2 teams of 12 players that can practice and scrimmage together and play other teams on the seacoast.

Kids will have the opportunity to swap back and forth to allow for schedule conflicts. If we end up with more kids than we have coaches, there may be a tryout for the summer season teams.

## WINTER

Starting in January 2020, once a week kids will be given indoor training from different instructors focused on strength and conditioning as well as batting mechanics.

Starting in March, building up begins for the Babe Ruth Season with emphasis on throwing mechanics and will wind down in April to allow kids to participate in school ball without risking injury.

## SPRING

Once school ball has concluded, One day on the weekend we'll schedule double headers with other Xtreme programs.

## SUMMER

Once Regular Season Babe Ruth wraps up, the tempo of practices and games will ramp up. Expect practice ~3 times a week and tournament on the weekend leading up to States. The Season should wrap up approximately Mid July



## STATE ALL-STARS

Great Bay will field at least one team at the 13/14/15 age groups. There will be independent evaluations to select for this tournament based on Xtreme coach or regular Season Babe Ruth recommendations.

Participation in the Xtreme program does not guarantee a spot on the all-star team, but will give kids additional playing time to improve their chances of making the squad.

Kids from Great Bay (Epping, Newmarket, Stratham + Extreme players are eligible)

## COST

Initial estimates are \$250/player with pay as you go clinics. This includes at least 12 games/tournament play and practices.

