

# FALL BALL REGISTRATION

We are the #1 Fall League in the area. Why? Because we care! It's all about the players and what they can accomplish.

This league is full of added benefits beyond excellent coaching and great competition. Our skills specific practice sessions, hitting circuits, and life skills/work ethic develop every player to help them reach their max potential.

Exciting times for the players and their parents!

**REGISTER AS INDIVIDUAL, PARTIAL TEAM, OR FULL TEAM!**

PLAYER/COACH REQUEST MUST BE IN BY AUGUST 6. REGISTRATION DEADLINE AUGUST 11. LATE REGISTRATION FEE \$20.00.

## MACK'S MITES

AGES 5-7

\$125

Mack's Mites allows young boys and girls to get an early start developing proper skills such as hitting, throwing, and catching through playing games. Practice will be at the Strike Zone with a Big Game/Pizza Party to wrap up the season for parents and players.

## INSTRUCTIONAL

AGES 7-9 or 10-12

\$150

This league provides players with an opportunity to continue their summer seasons into the fall. Players are able to learn other positions, get more experience at their current position, and improve basic fundamentals. SZ staff and coaches are responsible for assisting players on the field with basic fundamentals to enjoy this great game of baseball. Includes Hitting Circuits & Training.

## COMPETITIVE

AGES 9-10/11-12/13-14/15-16

\$175

This league is the next step in our development process and provides opportunity to improve players skills in a competitive environment. At this level, players begin specializing in certain positions and concentrating on the skills that pertain to those positions. Coaches have the knowledge and are able to teach the finer details of each position. Includes Hitting Circuits & Training.

## COMPETITIVE WOOD BAT

HIGH SCHOOL

\$210

This league is intended to give the High School Player an opportunity to continue their competitive season against the best competition around. Players will each be *provided a wood bat* to use and keep after the season is over. This league is for players 16 years of age and up. Hitting Circuits, Skills Specific Training and a College Recruiting Prep class is included with this league. This fall league consists of double headers on Sundays, leaving the opportunity for high-school players to participate in other fall sports. Includes Hitting Circuits & Training.

## ELITE TEAM -TRYOUT ONLY!!

JRs/SRs

Tryouts Only. Elite high school players will compete against some of the area's college teams, giving them first-hand exposure to college level ball, and the experience of playing at this higher level. The Elite Team will play a fall schedule. Games are played throughout the week and on Saturdays, so it will not conflict with the 16 and Up Wood Bat League for those players wanting to participate in both leagues. This team is not for the High School player involved in Fall Sports.



# FALL BALL REGISTRATION

<input type="checkbox"/> Mack's Mites League- <input type="checkbox"/> Fridays <u>OR</u> <input type="checkbox"/> Sundays     \$125	<input type="checkbox"/> Add-On : \$25 1/2 Hr. Private Lesson (Reg. \$50)
<input type="checkbox"/> Instructional League- <input type="checkbox"/> 7-9 Division <input type="checkbox"/> 10-12 Division \$150	<input type="checkbox"/> Add-On : \$50 1Hr. Private Lesson (Reg. \$80)
<input type="checkbox"/> Competitive League- <input type="checkbox"/> 9-10 Division <input type="checkbox"/> 10-12 Division \$175 <input type="checkbox"/> 13-14 Division <input type="checkbox"/> 15-16 Division	<input type="checkbox"/> Add-On : \$25 SZ BP Jacket Size:____ (Reg. \$50)
<input type="checkbox"/> Wood Bat (16 Up) Bat Size <input type="checkbox"/> 32 inch <input type="checkbox"/> 33 inch     \$210	<input type="checkbox"/> Add-On : \$20 Batting Gloves Size:____ ( Reg. \$29)
<input type="checkbox"/> Elite Team (Must Tryout-Payment Due Upon Making Team)	<input type="checkbox"/> Add-On : \$50 Batting Cage Card (Reg. \$100)

Shirt Size  YM  YL  S  M  L  XL  XXL TOTAL: \_\_\_\_\_

Player Name: \_\_\_\_\_ Age: \_\_\_\_\_ Summer Team: \_\_\_\_\_  
 Email for Confirmation: \_\_\_\_\_ (Information will be sent via email or on website)  
 Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_ Member #: \_\_\_\_\_  
 School: \_\_\_\_\_ Position 1: \_\_\_\_\_ 2: \_\_\_\_\_  
 Special Request to play on the same team with players or your coach: \_\_\_\_\_

CALL (402)398-1238 TO REGISTER OR SEND FORM TO STRIKE ZONE 2900 SOUTH 110TH STREET OMAHA, NE 68144 or FAX (402) 399-2019

PLAYER/COACH REQUEST MUST BE IN BY AUGUST 6. REGISTRATION DEADLINE AUGUST 11. LATE REGISTRATION FEE \$20.00.

**PAYMENT METHOD:** Cash Check Visa MC Disc AMEX

Card No \_\_\_\_\_  
 Exp Date \_\_\_\_\_ 3 digit V-Code \_\_\_\_\_



**PARENT/GUARDIAN RELEASE :**

(Please see website at [www.strikezoneomaha.com](http://www.strikezoneomaha.com) for actual release statement and refund policy.)

Parent/Guardian Signature: \_\_\_\_\_

## TEAM SIGN UP SHEET

**League:** \_\_\_\_\_ **Age Group:** \_\_\_\_\_ **Coach:** \_\_\_\_\_  
**Coach's Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Position 1: \_\_\_\_\_ Position 2: \_\_\_\_\_  
 Parents Release Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Email: \_\_\_\_\_  
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# WHY PLAY FALL BALL?

- Fall is a time for players to develop skills.
- Pitchers who didn't throw enough in the summer can get more innings or can work on another pitch. Work on your pick off's, slide steps, etc.
- Hitters can get more game time situations at-bats to help groove their swing.
- Work communication skills and pop up priority on the field.
- Defensively, players can learn another position and understand more about the mental set up involved.
- Catchers ... Work on your transfer skills when throwing, controlling the game and becoming a leader.
- Work on your base stealing skills ... even players with average speed can be a threat on the bases. It's all about learning to read each pitcher's move to first and home.

**Fall Baseball can be one of the most productive time of the year for any player!**

## FREQUENTLY ASKED QUESTIONS

**We have been the #1 Fall Baseball Program for over 13 years. Others have opened up for business and copied our programs. The problem is with that is we continue to improve our programs to make them the best. That is why our program remains #1. While imitation is the best form of flattery, your player deserves the best with the coaches that want to make it all about the players. We care about the players and want them to accomplish their goals. Do not be fooled by imitation.**

### **How do I decide between Instructional and Competitive league for my son?**

It will depend upon his skill level.

Instructional league is for beginners and those players that need to work more on their fundamentals.

Competitive League is for players who have been playing for a while and want to compete and thrive on situational ball.

### **Are uniforms provided?**

Each player will receive a Strike Zone jersey and baseball cap. Gray baseball pants, black belt, and black socks are needed to complete the uniform.

### **When are the Instructional games played?**

Two games are played per week on either a Tuesday or Thursday evening. The other game is usually played on Saturday mornings.

### **When are the Competitive game played?**

Games are played late Sunday mornings to early-late afternoons, double header games each week make for a great day of baseball. Schedules and direction to the various fields are updated weekly and posted on our website.

### **How do I get in contact with my coach?**

All coaches contact information will be on the schedule handed out at the initial player/parent meeting. Notification for this meeting, further details, and confirmation will be on our website and emailed to you. Please make sure that we have your email address on your registration form. If you are unable to attend this meeting, call a representative with any questions.

### **How do we choose our coaches?**

Every year at our Coaches Education Clinic, our coaches are shown the latest training techniques, position specific skills, and proper training methods. In addition, each coach possesses a strong desire to help players develop life skills to carry beyond the ball field.