

2005



**Drug** free!



## Winter Instructional League

Thank you for your registration to the 2005 “DrugFree” Winter Instructional League. With the introduction of Baseball Park, this year promises to be one of the most exciting and rewarding yet. Below is the format for the first weeks of the League. I trust that you will enjoy the 2005 Winter League.

### Saturday 28<sup>th</sup> May 2005 – 1<sup>st</sup> Day of WIL

- All participants are required to attend to be assigned team, given a coach and also have a training session.
- Session will run from 9:30am to 11:30am
- Players are required to wear baseball pants, jacket, cap and protector and bring a glove and drink bottle.

### Saturday 4<sup>th</sup> June 2005 – Long Weekend

There are no games scheduled for this weekend.

### Saturday 11<sup>th</sup> June 2005 – First week of League

Game times are as follows

Game 1	9:30am
Game 2	12 noon
Game 3	2:30pm
Game 4	5pm

Your coach will confirm your pre-game warm up time (approx. 1 hr before game) and assembly point. Fixtures will be distributed on the 28<sup>th</sup> May.



The 2005 “DrugFree” Winter Instructional League is proudly sponsored by Easton. Easton Baseballs are the official ball of the 2005 “DrugFree” Winter Instructional League

*Baseball Park is a Smoke Free Venue*

Basic Rules and Philosophies:

1. All players have the option to use wooden bats. Players 15 and older are suggested to use wood. Wood Bats will be available.
2. Game times are 2 hours – at the conclusion of the 2-hour time limit you finish the batter you are on.
3. Four innings maximum per pitcher.
4. If a player is not listed in the starting line up on any given week, they must start the following week (unless the coach has a valid reason – e.g. non-attendance, lateness, injury).
5. Speed Up Runners can be used.
6. A Designated Hitter is permitted.
7. No rainouts – all people required to attend every session regardless of weather. Coaching staff will determine alternative modes of instruction should it be necessary during wet weather periods
8. Normal rules of baseball apply but may be subject to adjustments for instructional purposes.
9. The WAIS coaching staff at their discretion will invite some athletes to attend some mid week training sessions.

If you have any further questions or concerns, please do not hesitate to contact me. My numbers are below.

Stuart Johnson  
BWA “DrugFree” Development Coordinator  
Office: 9383 7735  
BB Park: 9456 3550  
Mobile: 0403 878 338  
Email: dev@baseballwa.asn.au