

***Thank you for participating in the USSSA National Championships. This information is in regard to the Skills Competition. There are ample opportunities in this skills competition, and we hope that you take full advantage of this and get as many players involved in this event as possible. This event will be administered in stations at the park to help organize the activities as much as possible. Please get through these as quickly as you can.***

#### **BASERUNNING RELAY (Field 1)**

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. The top 2 teams per age group in this relay will win awards.

#### **THROWING – STAR DRILL (Field 2)**

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, the 1B to the 3B, the 3B to the 2B, and 2B to the Catcher. Each team will get two timed opportunities; best time will be used for ranking. The top 2 teams per age group will win awards.

#### **CATCHER'S COMPETITION (Field 3)**

One catcher from each team will participate in this timed competition. The catcher will place all of their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, helmet and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher's gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

#### **PITCHING VELOCITY COMPETITION (Field 4)**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up pitch followed by 3 "clocked" pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2<sup>nd</sup> fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2<sup>nd</sup> fastest pitch. The top 2 individuals per age group will win awards.

***This skills competition is to provide a fun atmosphere for the players to interact with teammates and other teams in a relaxed atmosphere of competition and fun. Please be aware that negative behavior from parents or coaches will not be tolerated in any way, shape, or form.***

# Skills Competition

## USSSA National Championships

Team Name: \_\_\_\_\_

Manager Name: \_\_\_\_\_

Age Division: \_\_\_\_\_

### Baserunning Relay

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. The top 2 teams per age group in this relay will win awards.

### ***Location***

### **Field 1**

### Team Members


**Competition Time:** \_\_\_\_\_

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

# Skills Competition

## USSSA National Championships

Team Name: \_\_\_\_\_

Manager Name: \_\_\_\_\_

Age Division: \_\_\_\_\_

## Star Drill

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, the 1B to the 3B, the 3B to the 2B, and 2B to the Catcher. Each team will get two timed opportunities; best time will be used for ranking. The top 2 teams per age group will win awards.

## *Location*

## Field 2

## Team Members


Competition Time # 1: \_\_\_\_\_

Competition Time # 2: \_\_\_\_\_

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

# Skills Competition

## USSSA National Championships

Team Name: \_\_\_\_\_

Manager Name: \_\_\_\_\_

Age Division: \_\_\_\_\_

### Catcher's Competition

One catcher from each team will participate in this timed competition. The catcher will place all of their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, helmet and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher's gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

### *Location*

### Field 3 (2 stations)

Player Name

Competition Time: \_\_\_\_\_

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# Skills Competition

## USSSA National Championships

Team Name: \_\_\_\_\_

Manager Name: \_\_\_\_\_

Age Division: \_\_\_\_\_

## Pitching Velocity Competition

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up pitch followed by 3 “clocked” pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2<sup>nd</sup> fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2<sup>nd</sup> fastest pitch. The top 2 individuals per age group will win awards.

### *Location*

#### Field 4 (1 station)

Player Name: \_\_\_\_\_

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Player Name: \_\_\_\_\_

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