



## CLEARING THE BASES

with Brett Helmer



### Hey Softballers,

With summer starting to come to a close, hopefully everyone has all of their qualifying done and is on their way to Nationals. After a demanding regular season it's important for everyone to look to take a little time off, maybe a week or so and recoup before you head down to Nationals.

Having your team at its full strength when the action heats up is crucial. Sometimes it's not the best team that wins it all, but the team that avoided injury and was able to keep their best players on the field.

Having the right gear can also make a huge difference when the games start to get tight and

every pitch really counts. Hopefully by now you've had the chance to try out some different bats and gloves and figured out which gear is going to be your go to for the play-offs.

Personally I always find myself reaching to my edition of Easton Stealth Tri-Zone bat, the SCN17BH. Over the course of the season I've also used some other models, and you can absolutely never go wrong with an Easton Synergy bat. This year's editions have the perfect sweet spots that give you that extra pop you need late in the year.

Speaking of heated action, I recently got back from competing in the 2010 Border Battle at the ASA Hall of Fame Complex in Oklahoma City and it was a great experi-

ence. Any time you can represent the game you play on ESPN is amazing, really the kind of thing that you strive for your entire career.

On top of that, getting to represent your country is a true honor and the entire competition was an incredible experience. Also, the ASA Hall of Fame Complex is a place that all softballers should check out if they ever get a chance.

It's been a busy summer for me as I have also been touring MLB ball parks all around the country again as part of the Long Haul Bombers Competition. This year has been extremely close with the title still up for grabs and all six manufacturer's teams having a shot to take it home.

The tour is going to come to an exciting conclusion in September at the home of the Mets, Citi Field in New York City. No matter how it all plays out, there's still nothing better than hitting home runs out of major league ball parks.

All in all it's been another great summer of softball and it's a dream to be able to play the game I love all around the country. I would like to wish everyone luck in the Nationals and for a healthy end to their season.

See ya at the yard.

**BRETT**