

(TRAINING ROOM)



CLEARING THE BASES

with Brett Helmer

Hey Softballers!

It is that time of year again when you put away your gear and enjoy the holidays while reflecting on a season well played. If you are like me, you are probably already looking ahead to 2012 and thinking more about getting back on the field than turkey and gifts, but now is the time to get some much needed rest, heal up the body and refuel.

Hopefully nationals went well for you and your squad and you have fresh

memories of big wins to tide you over until the first pitch of 2012. In the meantime, take the time off to analyze your game and figure out what you might need to step up next season to either defend your crown or snatch it up from last season's champion. Whether it is realizing that you need to work on evening out your swing, being more selective at the plate, cleaning up your fielding, or cutting some weight to round the bases a little faster, (that's what I will be doing) everyone's game can improve in some way.

If you feel that your hitting was a little bit lacking in 2011, a new bat might be a



key piece of the puzzle of getting

your confidence back at the plate. As always, Easton has some new options for the holiday season that can help you become the hitter that you want to be. The Stealth Tri-Zone SCN19 features the kind of innovative technology that Easton is known for with a 13.5 slightly end loaded extended barrel providing a bigger sweet spot. Also, if you are looking for a gift for the baseball player in your life, check out Easton's new line of Power Brigade bats, they have been building some serious buzz. Remember, all you high school baseball players have to swing the BBCOR bats starting January 2012!

Between representing my country in the Border Battle, traveling the country with the Long Haul Bombers and playing multiple NITs and nationals, this old body is ready for a couple weeks off! 2011 has been a great year and I'm excited to train in the off-season and get ready for another great year of softball in 2012. Thank you to all of my Easton Sponsored teams for your loyalty and hard work again this season!

See ya at the yard.

-Brett