

TIP FROM VICTOR REYES:



“La comida es muy importante para desarrollo del atleta. Tener una buena alimentación te ayuda a tener un mejor rendimiento!”

“Food is very important for an athlete's development. Having a good diet helps you to have a better performance!”

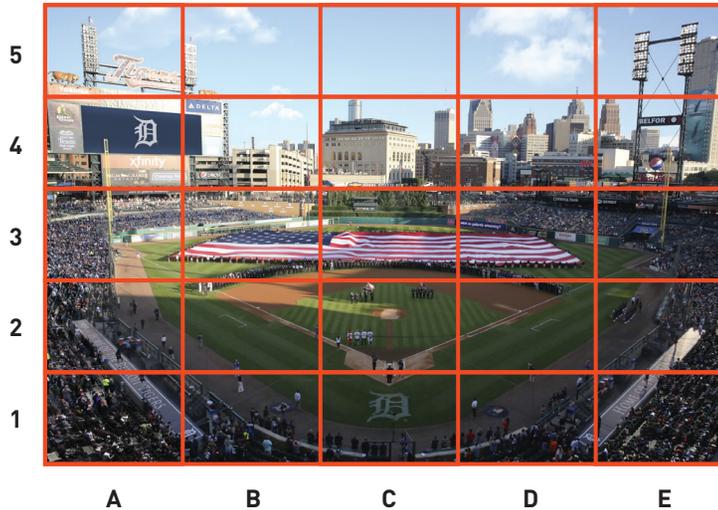


THIS WEEK IN DETROIT TIGERS HISTORY:

On June 2, 2010, after retiring 26 consecutive Cleveland batters, Tigers starter Armando Galarraga, appears to have hurled the season's third perfect game when the throw from the first baseman to the pitcher, covering the bag, clearly beats the baserunner for the final out, but umpire Jim Joyce emphatically calls Jason Donald safe. After seeing the replay, the first base arbitrator tearfully admits his error, apologizing to the 28 year-old Venezuelan right-hander for his blown call.

ALL OVER THE MAP

A grid can help locate items on a map. Using this picture of Comerica Park, find the answers to the following questions.



BASEBALLS

The diameter of a Major League Baseball is about 3 inches. Four baseballs stacked is about 12 inches, or 1 foot. If Victor Reyes is 6 feet and 5 inches tall, that would be 25.6 baseballs!



DID YOU KNOW?

A baseball is stitched using 88 inches of 5/10 red cotton thread in order to stitch the cowhide covers together. Baseballs are stitched by hand using 108 stitches, and each one takes about 10 minutes.

PRESENTED BY:



WHERE IS...

1. Third base? _____
2. The top of the right field foul pole? _____
3. The Comerica Park video board? _____
4. The Tigers Home dugout? _____
5. First base? _____
6. The pitcher's bullpen? _____
7. The pitcher's mound? _____

Answers on the back of this sheet!



PRACTICE AT HOME

If a large mirror is available and there is enough room to maneuver, players can watch their swing, throw and field movements as they do them to get a good picture of their actions.

This drill was a widespread practice back in the day but is not as necessary as players can now film their every move with their cell phone.

Either way, the ability to see one's actions and analyze them is beneficial.

ACTIVITY ANSWER KEY

ALL OVER THE MAP

1. B2

2. E4

3. A4

4. A2

5. D2

6. B3

7. C2