



Hill House Baseball Bat Suggestions



When picking a baseball bat there are a couple of key things to look for:

- Bat should have a USA or USSSA certified logo on it, which ensures it follows the current little league guidelines.
- The bigger and lighter the bat the better at the younger age levels. Stronger players might like a heavier bat for more power, but the lighter the bat, the more bat speed they will generate. A good test for weight is:

Try holding the bat handle and extending your arm to your side. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you.

- **Picking the right length is important. Use the following three tests to pick the right length:**
 1. Place the bottom of the bat in the center of your chest, pointing it to the side, parallel to your outstretched arm. If you can comfortably reach the top of the bat with your fingertips, the bat is the right length.
 2. Position the bottom of the bat in the center of your chest, facing outward. If your arm can reach out and grab the barrel of the bat, then it is the correct length.
 3. Stand the bat up against the side of your leg. If the end of the bat reaches the center of your palm when you reach down, it's the appropriate length.



Hill House Baseball Helmet Suggestions

- Proper fit is the most important. When on – the helmet should sit about an inch above the eyebrow and should not move around when your child shakes their head. If the helmet moves around when they shake their head, try the smaller size. If you are in between sizes, they sell padding kits to adjust the size.
- Another thing to consider is getting a facemask on the helmet. It is not a requirement but if you're child feels comfortable wearing one the safer they will be.

