

## Baseball Equipment for AA (Coach Pitch) at HPL

**Fielding Glove:** Each player should have his own fielding glove. The league will provide catcher's gear for each team. Gloves are sized in half-inch increments from 9 to 13 inches. Generally, players in this league will be most comfortable with a 10 or 10½ inch glove. Bigger is not better, the glove should fit comfortably. Older gloves that are "broken-in" are most comfortable and easy to open and close. A new glove that is the least expensive can be very stiff and difficult to use while the more expensive ones are typically softer and easier to use and "break-in". Prices for 10 inch gloves typically range from about \$15 to \$150.

**Bat:** If you have a bat (that's the right size) and you don't mind it being shared, please bring it to all practices and games. Selecting the right bat is tricky business. First time players often want to use the biggest bat they can swing but in general smaller younger players prefer smaller lighter bats while larger older players prefer larger heavier bats. In selecting the right bat, the idea is to pick one that will provide the maximum bat speed at the point of ball contact. In general this means that you want a long light bat. A bat is too heavy for you if you can't hold it straight out, with a straight arm, parallel to the ground for at least 10 seconds. An 18-ounce bat might be only 25 inches long or it might be as long as 30 inches. The 30 inch bat would be made of a much lighter and much more expensive alloy and so would cost considerably more. Youth bats (with a maximum 2.25" barrel) cost anywhere from \$20 to \$250. For the beginning T-Ball player, go cheap as you won't get a good return for spending more. I actually found a good bat once on clearance sale for \$2.50! But this time of year you won't find many sales. Here's a chart that will help you determine where to start.

WEIGHT	HEIGHT									
	3'-3'4"	3'5"-3'8"	3'9"-4'	4'-4'4"	4'5"-4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"-6'	6'1"-over
Under 60 Lbs	25"/26"	27"	28"	29"	29"					
61 - 70	27"	27"	28"	29"	30"	30"				
71 - 80		28"	28"	29"	30"	30"	31"			
91 - 100		28"	29"	29"	30"	30"	31"	32"		
101 - 110		28"	29"	30"	30"	31"	31"	32"		
111 - 120		29"	29"	30"	30"	31"	31"	32"		
121 - 130		29"	29"	30"	30"	31"	31"	32"		
131 - 140		29"	30"	30"	30"	31"	32"	33"	33"	
141 - 150		29"	30"	30"	31"	31"	32"	33"	33"	
151 - 160			30"	30"	31"	31"	32"	33"	33"	
161 - 170			30"	31"	31"	32"	32"	33"	33"	33"
171 - 180				31"	31"	32"	32"	33"	33"	34"
over 180						32"	33"	33"	34"	34"

MOST POPULAR LENGTH BY AGE						
AGE	5-7	8-9	10	11-12	13-14	15-16
LENGTH	24"-26"	26"-28"	28"-29"	30"-31"	31"-32"	32"-33"

**Batting Glove(s):** These aren't necessary at this level but many players like to use them, especially as they get older, so it's okay to start if you haven't already. They won't really help but it's good to get used to using them for later. They can be found almost anywhere for about \$10 to \$30. Just make sure that they fit well and are comfortable.

**Batting Helmet:** We have some helmets for team use but most players like to bring their own. A player bringing his own helmet should be aware that it will likely be used by some of his teammates. Helmets can be found almost anywhere for about \$20. It must be NOCSAE approved and should fit well and be comfortable. This is usually not the one-size-fits-all kind. **There can be NO modification of the helmet and that includes painting and decals.**

**Cleats:** Cleats are not required at this level but most players wear them because they provide traction necessary for aggressive play. They range in price from about \$15 to \$65. They should be *baseball* cleats and *must* fit well and be comfortable or else they will certainly be a hindrance rather than a help. **Metal cleats are NOT allowed in Little League.**