



February 2022 -

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*We'll hang the hitting nets
March 5th at noon. Bring
your daughter and put her
to work :)*

New Lease For Storm

We are proud to announce the signing of a new lease with the Lions Club for continued use of the Lions Club field. When we started this year's talks with the Lions Club our main objective was to secure our typical one year agreement. However, early on in discussions it became evident a longer term lease was an option. Several emails, conversations and text messages later, we reached an agreement. Our new lease with the Lions Club is a 5 year lease and runs through to 2028. This agreement provides our organization with long term stability and allows us to make necessary upgrades to the field, bleachers and equipment shed.

Our partnership with the Lions Club began in 2012 and we have enjoyed a great relationship from the beginning. Together, we have withstood outside obstacles trying to end our relationship, but our combined commitment to honesty, respect and integrity has always and will always prevail.

Many thanks to the Lions Club and its members. Our organization, as we know it, would not have been possible without their unwavering commitment.

Crow Hop, Before or After?



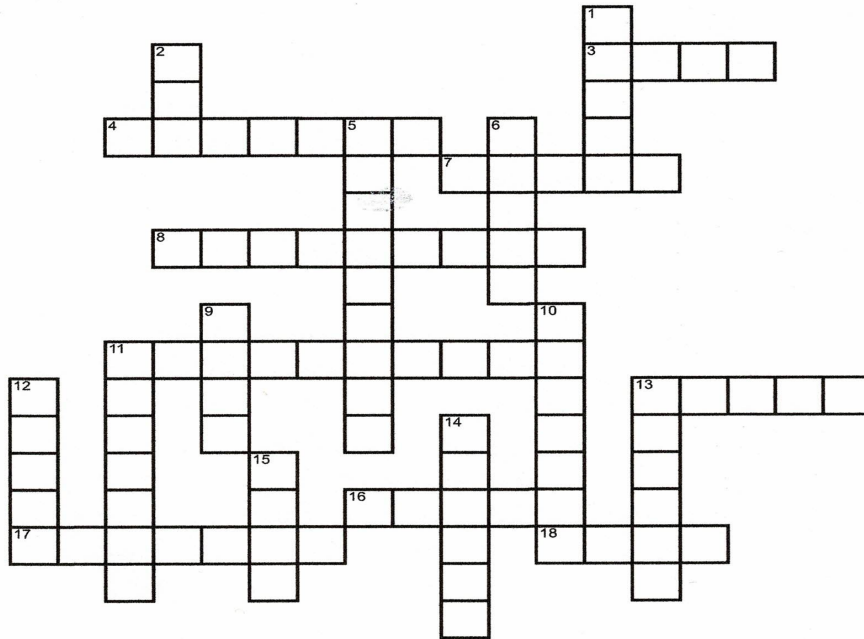
Picture yourself standing in right field holding a ball. You are 120' from home plate and your objective is to get the ball to home plate as quickly as possible. There are really only two choices, run the ball to home plate or throw the ball to home plate. The average high school softball athlete runs around 20 feet per second or 13.636 MPH. The average high school softball athlete throws a softball 73.333 feet per second or 52 MPH. Given these statistics it would take you 6 seconds to run the ball to home plate or 1.63 seconds to throw the ball to home plate. The choice is obvious, you throw the ball.

The average crow hop takes over 10' to execute which means your release takes 1/2 second after you catch the ball and that is if you execute the crow hop perfectly. In that 1/2 of second, the athlete tagging up at third can cover 10', given she runs 20 feet per second.

We actually teach the crow hop, it's a critical part of our defensive philosophy. The difference is, we teach the athletes to crow hop before they catch the ball. This enables the athlete to immediately throw the ball upon the catch. Is it more difficult? Absolutely, but it sure allows our outfielders to throw out runners.



Storm Softball #1



Across

- 3** Catchers are.
- 4** One of our founding principles.
- 7** What is the first name of the Fury's head coach.
- 8** How many inches wide is home plate.
- 11** Our favorite drill
- 13** Distance between bases (Feet)
- 16** Left hand to belt.
- 17** Signs - one is
- 18** 212

Down

- 1** 414
- 2** The first Storm team name
- 5** Wings mean
- 6** How often do you walk on the softball field.
- 9** Signs - What number is steal
- 10** The storm nickname of the head coach for the Artic
- 11** Every athlete must.
- 12** Your room should always be.
- 13** What day does every team practice.
- 14** Catcher throws the ball to the player at third.
- 15** Indicator - nose

Next Months Crow Hop

* Scheduled Field Improvements *49 Square Feet, Changes the Game

* Word Search *Answers to #1 Crossword Puzzle

* Daily Drills