

## Choosing the Right Bat for your Young Player

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For those of you that coach a younger aged team, or else you have a young daughter that needs a bat – here's some good information to help you. Keep in mind this info is just a guide and that you don't have to stick to it exactly. If your daughter picks up a bat that she likes and that isn't too heavy for her (meaning – she can swing it and stop it without the bat totally controlling her) then it's the right bat for her.

But a slight word of caution – there's more to the right bat than it's color ☺

| Determine Your Bat Length by Age |            |
|----------------------------------|------------|
| Age                              | Bat length |
| 5-7 years old                    | 24"-26"    |
| 8-9 years old                    | 26"-28"    |
| 10 years old                     | 28"-29"    |
| 11-12 years old                  | 30"-31"    |
| 13-14 years old                  | 31"-32"    |
| 15-16 years old                  | 32"-33"    |
| 17+ years old                    | 34"        |

| Determine Your Bat Length by Weight and Height |                      |       |       |       |       |       |       |       |       |     |
|--|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Your weight (pounds)                           | Your height (inches) |       |       |       |       |       |       |       |       |     |
|  | 36-40                | 41-44 | 45-48 | 49-52 | 53-56 | 57-60 | 61-64 | 65-68 | 69-72 | 73+ |
| Bat length                                     |                      |       |       |       |       |       |       |       |       |     |
| less than 60                                   | 26"                  | 27"   | 28"   | 29"   | 29"   |       |       |       |       |     |
| 61-70  | 27"                  | 27"   | 28"   | 29"   | 30"   | 30"   |       |       |       |     |
| 71-80  |                      | 28"   | 28"   | 29"   | 30"   | 30"   | 31"   |       |       |     |
| 81-90  |                      | 28"   | 29"   | 29"   | 30"   | 30"   | 31"   | 32"   |       |     |
| 91-100   |                      | 28"   | 29"   | 30"   | 30"   | 31"   | 31"   | 32"   |       |     |
| 101-110  |                      | 29"   | 29"   | 30"   | 30"   | 31"   | 31"   | 32"   |       |     |
| 111-120  |                      | 29"   | 29"   | 30"   | 30"   | 31"   | 31"   | 32"   |       |     |
| 121-130  |                      | 29"   | 29"   | 30"   | 30"   | 31"   | 32"   | 33"   | 33"   |     |
| 131-140  |                      | 29"   | 30"   | 30"   | 31"   | 31"   | 32"   | 33"   | 33"   |     |
| 141-150  |                      |       | 30"   | 30"   | 31"   | 31"   | 32"   | 33"   | 33"   |     |
| 151-160  |                      |       | 30"   | 31"   | 31"   | 32"   | 32"   | 33"   | 33"   | 33" |
| 161-170  |                      |       |       | 31"   | 31"   | 32"   | 32"   | 33"   | 33"   | 34" |
| 171-180  |                      |       |       |       |       | 32"   | 33"   | 33"   | 34"   | 34" |
| 180+   |                      |       |       |       |       |       | 33"   | 33"   | 34"   | 34" |