



Western Region Empire School

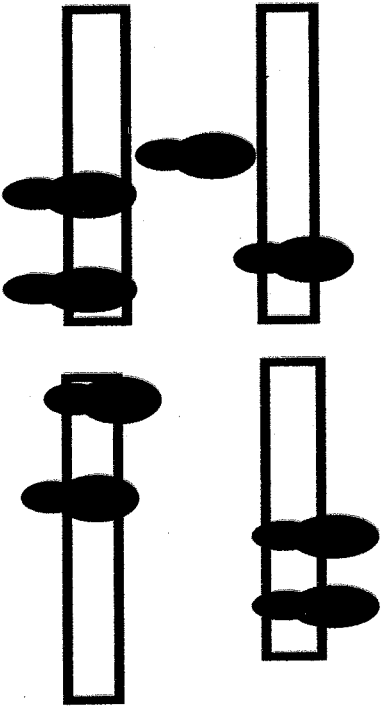
Little League - Intermediate League - Junior League - Senior League - Big League - Challenger Division
Wednesday PM 2-13-13



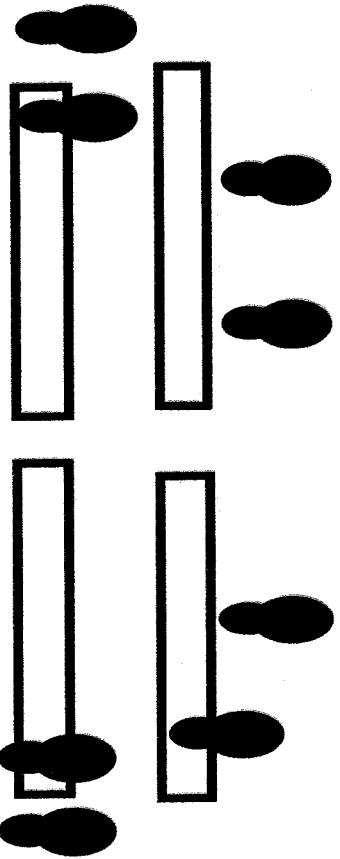
Foot Positions Right Handed Pitcher

PLATE

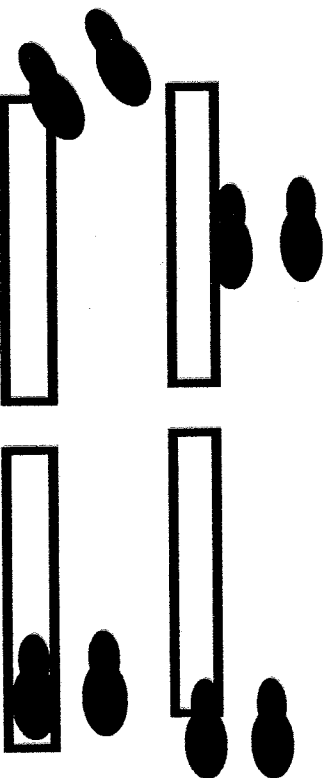
LEGAL SOFTBALL



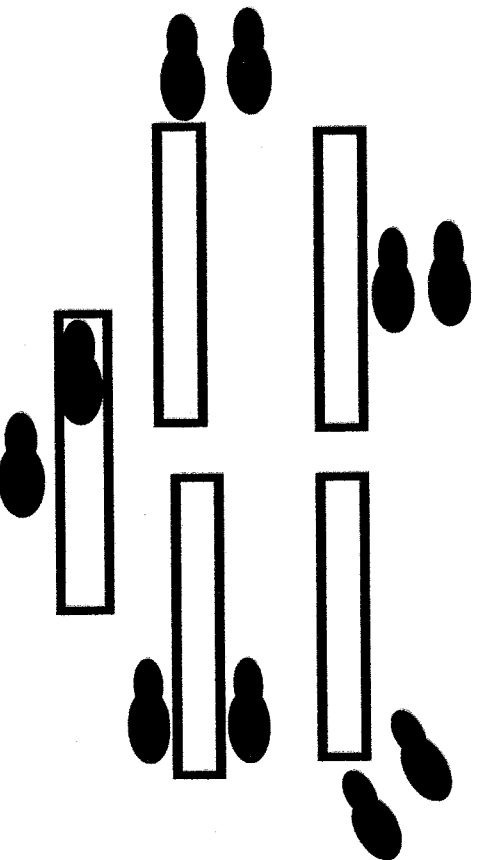
ILLEGAL SOFTBALL



LEGAL BASEBALL



ILLEGAL BASEBALL



"It's What You Learn After You Know It All That Counts."