



2016 Homers for Health Home Run Derby Kit

PRESENTED BY:





We hope you will join us in hosting a Homers for Health Home Run Derby at your school! Whether you are making the derby a part of a special school celebration, assembly, picnic or including it in your physical education class, this packet contains the information you need to make your derby a great success!

Your Home Run Derby Kit Includes:

- Wiffle ball bat
- Ball tee (if needed)
- Six wiffle balls
- Scorecards
- Ribbon/tape (to connect chairs)
- Incentives for winners



You Will Need:

- Four adult supervisors
- Folding chairs to form score lines (approximately 18 chairs)
- Bucket for collecting balls (optional)
- More incentives (if desired)
- Extra ball tee (just in case!)

PRESENTED BY:





Set-up:

1. Determine the placement of tee (in gym, ball field, grassy area or courtyard)
2. Place four sets of six or more chairs in an arc
 - First line of chairs should be approximately 15 feet or paces from the tee
 - Second line of chairs should be approximately 30-35 feet or paces from the tee
 - Third line of chairs should be approximately 50 feet or paces (or more) from the tee
 - Fourth line of chairs should be approximately 75 feet or paces (or more) from the tee
3. Place the ribbon between each arc of chairs
4. Place 6-12 wiffle balls in a bucket
5. Line up participants a safe distance behind the tee. It is best to have a list of the participants and call them to the tee by name when it is their turn.
6. Place other students and spectators on the side line as cheerleaders, outfielders and runners. The runners collect the balls from the outfield and run them back to the tee. You can rotate students between these activities and also have participants join in after they have completed their swings.
7. Assign one adult (or student) to be the announcer. The announcer calls out the points per swing and introduces each participant when it is her/his turn. Using a sound system or megaphone is very effective.
8. Assign one adult to keep track of each participant's score per swing using the score sheets provided.

PRESENTED BY:





Set-up (continued):

9. Assign one adult as the "Ball/Tee Manager." This person will need to work fast by replacing the balls on the tee as they are hit. They should also be mindful of the height of the tee. A second person can help collect balls from the runners in a bucket and hand them off to the manager.
10. Assign one adult as the "Coach." This person will help each participant get into position. They will also manage the students in the outfield and the runners to make sure balls are retrieved and quickly returned.
11. If more adults are available, it would be helpful to have one with the students on the sideline and one in the outfield.

PRESENTED BY:





RULES OF THE GAME

Each participant gets 10 swings at the ball on the tee. The object of the game is to hit as many wiffle balls over the ribbon lines as possible. The top two participants (top female and top male) to earn the highest points per age group wins. Males and females are separated and placed into respective groups categorized by grades: **K-2, 3-5, 6-8.**

How to keep score:

- **Hits over the first line count as 1 point**
- **Hits over the second line count as 2 points**
- **Hits over the third line count as 3 points**
- **Hits over the fourth line count as 4 points**

After 10 swings, add up the participant's total points using the scorecard.

A hit **does not count** if it goes foul (to the left or right of the outer chairs), under the ribbon, in front of the chairs, or behind the tee.

If there is a tie between two or more participants, have a repeat match allowing five swings each. Keep repeating until there is one winner.

PRESENTED BY:





2016 Homers for Health Home Run Derby Championship Invitation and Registration Form

Friday, May 6, 2016 | Forest Park – Central Fields | Registration: 12:00 p.m. |
Derby: 1:00 p.m. - 3:00 p.m.

Congratulations on winning the Homers for Health Home Run Derby at your school!

You have qualified and are invited to participate in the **2016 Home Run Derby Championships in Forest Park on Friday, May 6**. There will be special guest appearances by St. Louis Cardinal **Matt Holliday** and his teammates. To register, simply complete this form and **return it to SSM Health Cardinal Glennon Children's Foundation on or before Friday, April 29**. Failure to submit the completed, signed form will disqualify you from the championship.

PARTICIPANT INFORMATION:

Student Name: _____

Student Grade: _____ Gender: _____ T-shirt size: _____

Parent or Guardian Name: _____

Address, City, State, Zip: _____

Phone: _____ Email: _____

School Name: _____

Number of guests to attend: _____ (unlimited)

PRESENTED BY:





2016 Homers for Health Home Run Derby Championship Registration Form (page 2)

- **Complimentary Guest:** Each registered complimentary guest will receive a bracelet at check-in allowing them to enter the event, access all activities and receive lunch.
- **Additional Fans:** Bracelets may be purchased for a \$5 donation for additional fans, which includes entry fee, access to all activities and lunch.
 - Additional registered fans will receive their bracelet at the event at check-in. To register your additional fans, provide us the names of each fan attending and enclose payment with this form.
- **Make checks payable to SSM Health Cardinal Glennon Children's Foundation and enclose with this Homers for Health Home Run Derby Championship Registration Form***

Name of Complimentary Guest (free bracelet):

1. (Free) _____

I would like to register the following additional fans for a \$5 donation per bracelet. Please include name and payment for each registered fan:

1. \$5 _____

2. \$5 _____

3. \$5 _____

4. \$5 _____

5. \$5 _____

6. \$5 _____

7. \$5 _____

8. \$5 _____

9. \$5 _____

10. \$5 _____

If you have any last minute guests bracelets will also be for sale the day of the event.

PRESENTED BY:





PARENT AGREEMENT:

I understand that my child will need to be supervised during the championship, and that I am responsible for his/her supervision and for transportation to and from the event. In addition, I grant SSM Health Cardinal Glennon Children's Hospital and its media partners permission to use my child's likeness, appearance, image, name and/or voice in any media related to the event. I agree not to ask for autographs or personal photographs with any of the St. Louis Cardinals players.

Sign: _____ **Date:** _____

Print Name: _____

TOTAL PAYMENT ENCLOSED: _____

**Return completed form and check made payable to
"SSM Health Cardinal Glennon Children's Foundation"
by Friday, April 29 to:**

Mail to: Steven Sartin
SSM Health Cardinal Glennon Children's Foundation
3800 Park Avenue, St. Louis, MO 63110

For more information: Email: Steven_Sartin@ssmhc.com | 314-678-6622

PRESENTED BY:

