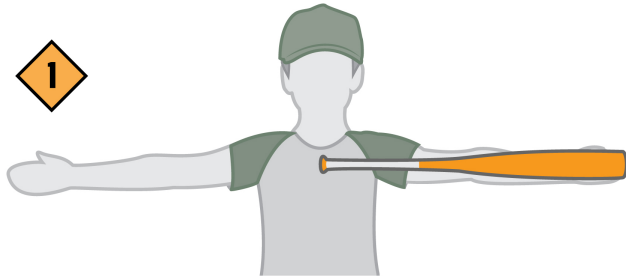


# How to Select a Bat

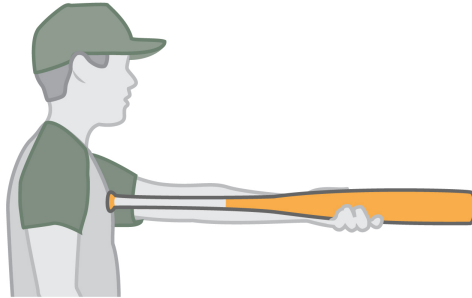
## LENGTH

1



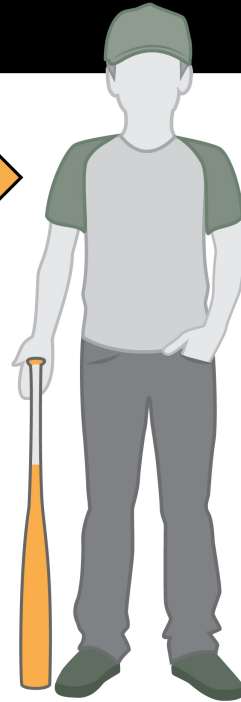
If you can comfortably reach the top of the bat with your fingertips, the bat is the right length.

2



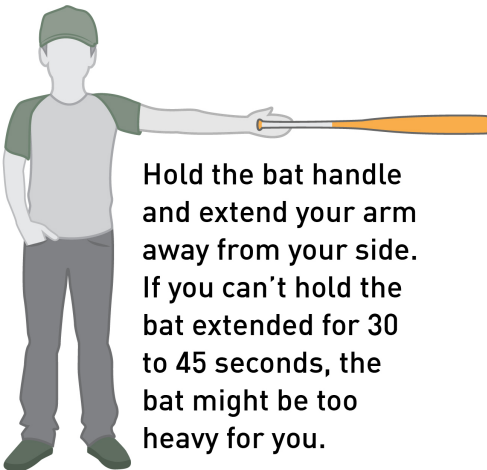
If your arm can reach out and grab the barrel of the bat, then it is the correct length.

3



When upright, the knob of the bat should reach the center of your palm.

## WEIGHT



Hold the bat handle and extend your arm away from your side. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you.

### MEASURING DROP

$$\text{LENGTH} - \text{WEIGHT} = \text{DROP}$$

