



# JOIN OUR 7U DEVELOPMENTAL FASTPITCH TEAM

**CEDAR RAPIDS REDS**



## MENTAL DEVELOPMENT

We will focus on teaching the fundamentals of the game and how to play the game the right way. We will have a focus on confidence, leadership and understanding the mental side of the game.



## OFFENSE & DEFENSE DEVELOPMENT

We will teach and develop the fundamentals of hitting, fielding & running. We will develop all offensive and defensive aspects. We will build the right approach and focus to develop dynamic well rounded players.



## EFFORT & FUN

We will have fun. Softball is fun and the more fun the girls have the more they will want to play and put in the effort. Putting in effort and seeing progress with your teammates is fun.

## ABOUT US

The Cedar Rapids Reds are a youth Fastpitch Softball and Baseball Organization. We were established in 1989 and have been developing young athletes to succeed in life and in baseball and softball. We believe and have proven that a focus on development will lead to a positive experience for our players and families.

100% Effort, 100% of the time.

**7u Fastpitch will start practice in April and play 10-12 games. The fee is \$200. 7u Birth Year is 2014 or later.**

## CORE FOCUSES



**Empower & Educate**



**Positive Mentorship**



**Personal Development**



**Positive Coaching & Reinforcement**



**Build Competitiveness through consistent training methods**

[www.crrreds.com](http://www.crrreds.com)



Register with this link or scan this QR Code:  
<https://forms.gle/GtGGMTofHqDn3jjq9>



SCAN ME