

**For Details, Contact:**

Phil Rognier, Executive Director
E-Mail: phrog38@hotmail.com
Thao Griffiths, VVAF Country Director
Email: tgriffiths@vi.org
Cell: 0915-340-358

FirstSwing Foundation
PO Box 497
Medina, WA 98039
Phone 425-451-8276
GAGPTH!!!!

FirstSwing Foundation Press Release

The FirstSwing Foundation PLAYS BALL in Viet Nam!!

Medina, WA, April 08, 2009: The **FirstSwing Foundation**, a Washington state non-profit, is proud to announce that it will be conducting baseball/softball clinics/camps in Hanoi, Viet Nam April 5-19 for youngsters and coaches. **FirstSwing** has an extensive youth baseball/softball program that provides camps, clinics, tournaments, and “special day” activities year round in the Puget Sound area. It has also travelled to Portugal, California, Oregon, and other states to present its unique approach to teach youngsters not just the game but most importantly the “life’s little lessons” inherent in our national pastime!

The Executive Director of **FirstSwing**, Phil Rognier, has been involved in baseball since 1947 and has created a FUN and exciting educational curricula that teaches the fundamentals and mechanics of the game(s) as well as incorporating the essence of being a good solid productive citizen. The mission of the foundation is to teach youngsters the proper way to throw, hit, field, run, and condition, as well as the concepts of decision-making, problem-solving, responsibility/accountability, work ethic, manners(yes manners!), integrity, courage, and all the other important traits of a solid citizen and future spouse and parent! Youth baseball is a *process*, not an end in itself!!

FirstSwing has joined with Microsoft, Vietnam Veterans of America Foundation (VVAF), and a number of local businesses and organizations in Hanoi to create two weeks of camps and clinics, 5-15/04/2009, in order to teach boys and girls the basics of the game(s) and provide a safe and educational environment in which to have fun and recreate. Coach Phil will visit local schools, teach the game and provide equipment for the children. There will be two weekend camps, modeled after the local **FirstSwing** camps, that will provide more extensive drills, practice techniques, and games. The University of Hanoi is providing staff and logistical support for the camps, and Coach Phil will have a number of adult/university student clinics for those interested in becoming coaches and wanting to learn more about the games of baseball and softball. Each participant(youth and coach) will receive equipment, a syllabus, a commemorative tee shirt, and **FirstSwing** wristband.

The credo of **FirstSwing** is GAGPTH!...or Get a Good Pitch to Hit! In baseball and life, it is necessary to discern between a good solid opportunity and one not so good, and THEN work very hard to succeed!! **FirstSwing** empowers youngsters to create realizable goals, to aim high, and work hard to achieve these goals! Hopefully, in some small way, a baseball/softball program in Viet Nam will not just be a good faith venture between two countries but will develop responsible citizens who will *create* their future rather than just trying to predict it! “PLAY and LEARN”, what a concept!!! GAGPTH!

FirstSwing encourages any individual, business, or group to participate in the project. Needs range from baseball gear(new to “gently used”) to financial contributions!!