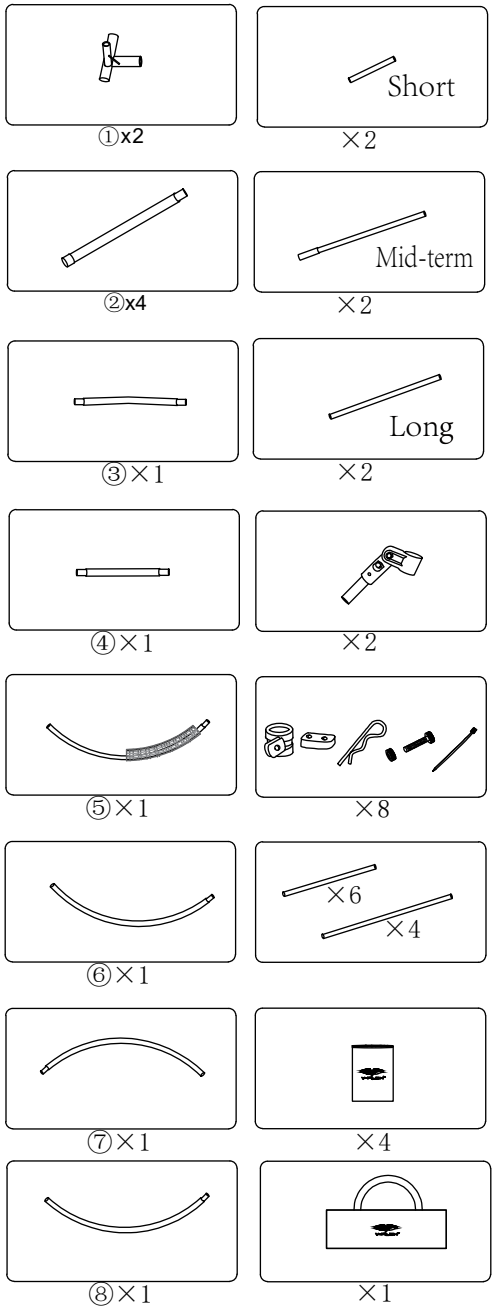
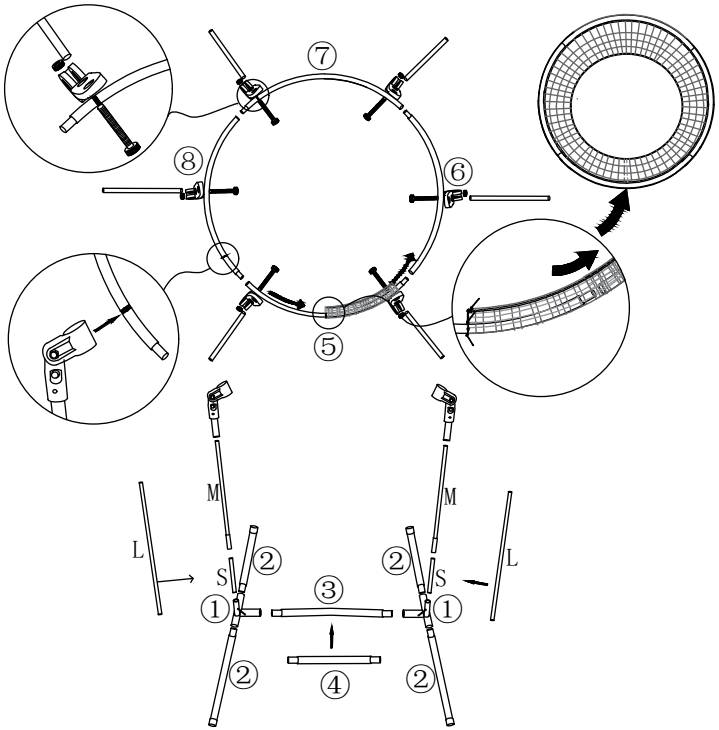
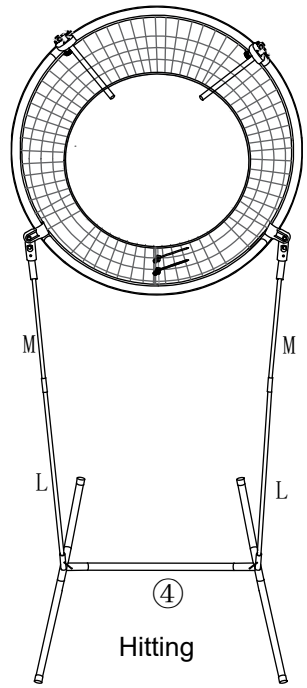
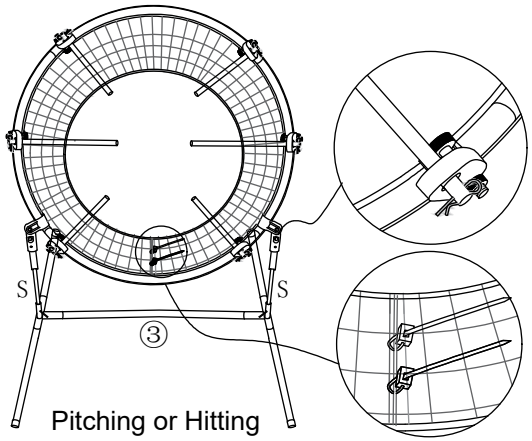
INSTRUCTIONS



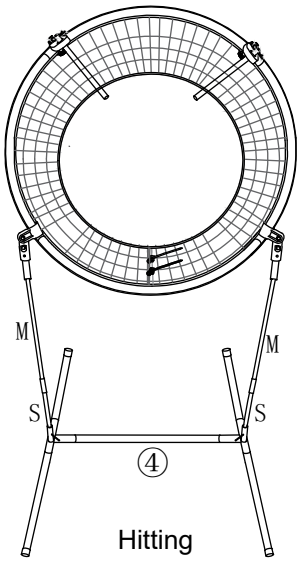




Hitting



Pitching or Hitting



Hitting