

PLAY BALL !!

Who?

All girls and boys Age Groups by Birthdate/Grade:

T-Ball – 2019, 2018, 2017, 2016

Coach Pitch – 2012, 2013, 2014, 2015

Little League – 2011, 2010, 2009

Junior League – 2008, 2007, 2006, 2005, 2004

*After school programs available M-F

When do we play?

Nov - Mar (starting with a 6wk practice schedule Starting Oct. 29)

Practices during the week

Games during the weekend



Once your child has signed up, they will be contacted by their coach and a parents meeting will ensue to explain the expectations, schedule, rules and answer all questions regarding the team and League. Each player/parent will be expected to follow the Leagues rules on player/parents conduct, as well as expectations as a team member.

Fees

None. Each team is sponsored by a local company. Uniforms and equipment will be provided by the League and its teams.

District Teams and Coaching Staff

West End - Tom Chapman, Ramos & Ramon Hatchet, Tylia Nibbs

Sea Cows Bay - Coach Milton Maclean, Zach Pascoe, Devon Bedford

Road Town – Jamal Allen

Road Town – Dee Malone

East End - Rico Penn, Coach Carty, TC Frett

Virgin Gorda - Josh Ridgway, Redz, Miguel

Sponsors

TMF

Deloitte

Yates Associates

Little Dix Bay

Republic Bank

Honorable Neville Smith

What equipment does my child need?? *Besides another water bottle...*

Glove - Strongly encourage players to get their own baseball glove as the Teams can provide them, but they aren't always the best quality. Spend no more than \$75 on a beginner's glove. Genuine Leather is best, but takes the longest to "Break in." Synthetic leather break in time is way less and is game ready, however the durability and padding in the pocket is usually always thin and flimsy. Ask your coach for advice

Best Brands - Wilson, Rawlings, Mizuno

Shoes with grip - running shoes with grip/rubber cleats are best. They have baseball specific shoes with cleats on the bottom for extra grip. Football cleats work also. No crocs/slides/flips

Best Brands - Nike, Mizuno, New Balance

Uniform - Majestic MLB team uniform too provided by the teams and will include a hat, jersey top, pants and belt. Players are responsible for colored socks and under gear (jock strap, sliding shorts).

Bats - teams will provide bats. The more serious player may want to get their own bat. Select a bat based on height and weight with a difference of -10. Example - if a bat is 30inches and weighs 20oz it's referred to as a -10 bat. This has to do with the exit velocity of the ball off the bat and safety for defensive players.

Best Brands: DeMarini, Easton, Louisville

Helmets - teams will provide helmets. They will be shared amongst other players. Most players nowadays prefer their own helmet and are relatively inexpensive and are durable. A helmet should not slide when they move their head around and should feel snug but not squeezed.

Best Brands - Rawlings, Mizuno, Easton

Accessories - useful but not mandatory:

Bag - keep all your gear in one place - baseball specific bags are available.

Best brands - Rawlings, Under Armor, Easton

Batting gloves - reduce blisters. Adds padding under ball glove

Best Brands - Easton, Mizuno, Rawlings

Wrist bands - assist with keeping hands dry

Sunglasses - pretty obvious. Lol

