



What to expect....

5U/6U Division

The goals of the 5U/6U (Rally Cap) Division are to:

- Create a fun environment in which children and adults are actively together in the game of baseball
- Develop fundamental motor skills, teach baseball skills, and basic rules to our players
- Experience success with an emphasis on good sportsmanship
- Promote and increase self-esteem among Rally Cap children and adults
- Recruiting new coaches and volunteers

Division Manager

Ryan Lovera
rallycap@ladnerminorbaseball.com

Coaches' Meeting
Feb 21

First practice
Late March

Opening Day
Apr 1

Photo Day
Apr 29

LMBA Dance
June 24

Season End
June 25

Program Overview

Team Formation:

Players will be placed onto teams by late March. Number of teams and team size will be based on the total number of players who register.

Regular field times:

Practice/game schedule is not available until the start of the season and is dependent upon the number of players registered. Plan for at least one practice and one game each week

Supporting the coaches:

Each team will have up to 3 official team coaches. You DO NOT need to be a baseball star to coach this division. Any parent can quickly learn how to teach the basics. The official coaches will also need help from other parents at practices and games. At this age, more eyes are needed to help "herd the cats" and keep the players safe while they wait for their turn. If you are able to help, let your team coach know at the beginning of the season.

LMBA will also be conducting coach the coach sessions for all parent coaches who are interested. More information will be shared at the start of the season.

2022-23 Season

Skill Development Focus

1. Fundamental Movement Skills
2. Throwing
3. Receiving
4. Hitting
5. Base Running

Players will need:

- Baseball glove
- Helmet with chin strap
- Jock/Jill
- Bat (optional)
- Grey baseball pants (optional)

Coach Responsibility

Developing baseball skills is something we look for in all our coaches, but it is not what we value the most. We want every coach to focus on ensuring ALL players are in a safe environment where they ALL can learn to love baseball. It is expected ALL coaches will be part of ensuring EVERY player is included.

Parent Involvement

There will be lots of opportunities for parents to be more than chauffeurs to and from the field. Coach, be the team manager, help with the assoc events, share pics on the LMBA social media, but most importantly be a supportive parent and remember we want our players to love coming out.

THE ONLY WORDS PARENTS
NEED TO SAY TO THEIR
CHILDREN: BEFORE A
PERFORMANCE: HAVE FUN,
PLAY HARD, I LOVE YOU. AFTER
A PERFORMANCE: DID YOU HAVE
FUN? I LOVE YOU. I'M PROUD OF
YOU. I LOVE TO WATCH YOU
PLAY. --TIM ELMORE

For more information, go to www.ladnerminorbaseball.com