



# What to expect....

## 7U Division

The 7U (Super T) division continues the FUNdamentals of the 5U/6U (Rally Cap) experience, focusing on the skills and the love of the game. The emphasis is on learning baseball concepts and having fun! Players will start the season using either a tee or soft toss before transitioning to the pitching machine, outs will be introduced part way into the season and scoring is not kept. Each child will get a turn to bat in each inning and the catcher position will be introduced.

## 2022-23 Season

### Skill Development Focus

1. Throwing/Fielding
2. Catching/Base Running
3. Hitting
4. Introduction to positions and rules

### Division Manager

Rey Nason  
supert@ladnerminorbaseball.com

### 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.

## 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.

Coaches' Meeting  
Mar 1

First practice  
Early April

Opening Day  
Apr 1

Photo Day  
Apr 29

LMBA Dance  
June 24

Season End  
June 25

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](http://www.ladnerminorbaseball.com)