Mason District Little League
Parent's Handbook

Mason District Little League
P.O. Box 592
Annandale, VA, 22003
www.mdll.org

ABOUT THE NATIONAL LITTLE LEAGUE BASEBALL ORGANIZATION

Little League Baseball, Incorporated is a non-profit organization whose mission is to "to promote, develop, supervise, and voluntarily assist in all lawful ways, the interest of those who will participate in Little League Baseball and Softball."

Through proper guidance and exemplary leadership, the Little League program assists youth in developing the qualities of citizenship, discipline, teamwork and physical well being. By espousing the virtues of character, courage and loyalty, the Little League Baseball and Softball program is designed to develop superior citizens rather than superior athletes.

Founded in 1939; granted Federal Charter July 16, 1964, by unanimous act of the Senate and House of Representatives of the Congress of the United States of America and signed by President Lyndon B. Johnson as Public Law 88-378, 88th Congress H.R. 9234, and amended December 26, 1974, Public Law 93-551, 93rd Congress, H.R. 8864. Little League is tax exempt.

LITTLE LEAGUE PLEDGE

I trust in God
I love my country
And will respect its laws
I will play fair
And strive to win
But win or lose
I will always
Do my best

THE LITTLE LEAGUE PARENT/VOLUNTEER PLEDGE

I will teach all children to play fair and do their best
I will positively support all managers, coaches and players
I will respect the decision of the umpires
I will praise a good effort despite the outcome of the game

www.littleleague.org

MASON DISTRICT LITTLE LEAGUE

MDLL serves the Annandale, Alexandria, and Falls Church communities in Virginia by providing opportunities to learn and play tee ball and baseball for boys and girls ages 4-12.

2012 MASON DISTRICT LITTLE LEAGUE BOARD OF DIRECTORS AND OFFICERS

MDLL is a non-profit corporation registered with the Commonwealth of Virginia and chartered by Little League Baseball, Inc. The program is administered by a board of directors (in bold) and operated by volunteers. The board is elected at the annual meeting of the corporation held each year in the fall. Everyone associated with the league is urged to attend this meeting. In addition, the board of directors meets at least once a month, typically the first Sunday of the month at the Mason District Government Center. Any parent/guardian of a child participating in the league is encouraged to attend.

President	**Toni Matheny**
Vice President	**Jack Lavoie**
Secretary	**Maureen Kiser**
Treasurer	**Pamela Primrose**
Player Agent	**Larry Lefbom**
Coaching Coordinator	**Barry Leopold**
Safety Officer	**Scott James**
Information Officer	Vacant
Finance Officer	Jack Lavoie/Kim Wilkins
Chief Umpire/Coordinator	Lance Swanhorst
Umpire Scheduler	Marianna Conroy
Quartermaster (equip)	Hile Rutledge
Quartermaster (uniforms)	Mark Roosma
Volunteer Coordinator	Vacant
Scheduling Coordinator	David Hong
Opening Day Coordinator	Vacant
Majors Coordinator	Vacant
AAA Coordinator	John Kampschror
AA Coordinator	Chris Pabilonia
A Coordinator	Kurt Kaufmann
T-ball Coordinator	Vacant

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OVERVIEW

This handbook provides a basic understanding of the Mason District Little League (MDLL) program. The content is intended as a general overview and is not a substitute for the league's official policies and procedures. The league's official policies and procedures are listed in the *Little League Baseball Official Regulation and Playing Rules*, and MDLL's Constitution and By-Laws.

LEAGUE CORE VALUES

MDLL provides a safe and fun environment for children to learn lifetime skills — leadership, sportsmanship, and teamwork. Parents play a vital role in your child's experience and are instrumental in making it a positive one. We encourage you to be involved and to help your child develop these new skills.

Our core values are:

1. Have fun!!
2. Improve baseball skills
3. Teach and enforce good sportsmanship and safety at all times
4. Build character
5. Gain a better appreciation and understanding of the game

League administrators, managers, coaches, officials, and parents must work cooperatively to provide a safe and positive environment.

LEAGUE OPERATION AND VOLUNTEERS

MDLL is a non-profit corporation registered with the Commonwealth of Virginia and chartered by Little League Inc. The program is administered by a board of directors and operated by volunteers. The board is elected at the annual meeting of the corporation held each year in the fall. Everyone associated with the league is urged to attend this meeting. In addition, the board of directors meets at least once a month, typically the first Sunday of the month at the Mason District Government Center. Any parent/guardian of a child participating in the league is encouraged to attend.

MDLL is completely administered and managed by volunteers. It is crucial that each player's parents or guardian help the league. With your help, we can continue to ensure that the league is a safe, fun environment in which children can learn to play baseball, improve their athletic skills, and, most importantly, build and mold a positive character.

Some volunteer activities are very visible while many go unnoticed. Some activities are tremendous time commitments while others require only a few hours. Some activities require specific knowledge and skills while others require little, but a willingness to pitch in. But, all of our volunteers make this league work.

It is vital that everyone recognize the value of volunteering. Volunteers make MDLL operate successfully and efficiently. The more volunteers the better for everyone. Take a look at the following list of volunteer commitments. Performing any of these jobs will make our league better.

VOLUNTEER ACTIVITIES

Board of Directors

President – The president presides at league meetings, and assumes full responsibility for the operation of the local league. The president receives all mail, supplies and other communications from the Little League Headquarters. As the chief administrator, the president selects and appoints managers, coaches, umpires and committees. A president may manage, coach or umpire, provided he/she does not serve on the protest committee, nor serve as tournament team manager or coach. The president also represents the league in the District organization. (5 hours/week)

Vice President – The vice president presides in the absence of the president, works with other officers and committee members, is ex-officio member of all committees, and carries out such duties and assignments as may be delegated by the president. A vice president may manage, coach or umpire, provided they do not serve on the protest committee. (Varies ~2 hours/week)

Secretary – The secretary maintains a register of members and directors, records the minutes of meetings, is responsible for sending out notice of meetings, issues membership cards and maintains a record of league's activities. (3 hours/month)

Treasurer – The treasurer signs checks as directed by the local league's constitution, dispenses league funds as approved by the board of directors, reports on the status of league funds, keeps local league books and financial records, prepares budgets, and assumes the responsibility for all local league finances. (3 hours/month)

Player Agent – The player agent conducts annual tryouts, is in charge of player selection, assists the president in checking birth records and eligibility of players and generally supervises and coordinates the transfer of players to or from the Minor Leagues according to provisions of the regulations of Little League Baseball. The player agent must not manage, coach or umpire in the division over which he/she has authority. (12 hours at beginning of season)

Coaching Coordinator – The Coaching Coordinator is responsible for training our coaches. The CC will set up coach's training sessions before the start of the spring season. The coaching coordinator works to ensure MDLL players are taught consistently as they progress through little league. (16 hours/season)

Safety Officer – The safety officer coordinates all safety activities including supervision of ASAP (A Safety Awareness Program), ensures safety in player training, ensures safe playing conditions, coordinates reporting and prevention of injuries, solicits suggestions for making conditions safer, and reports suggestions to Little League International through the ASAP system. (12 hours in spring)

Information Officer – The information officer manages the league's official home page on active.com, manages the online registration process, and ensures that league rosters are maintained on the site, assigns administrative rights to league volunteers and teams, and ensures that league news and scores are updated on a regular basis. He/she collects, posts and distributes important information on League activities including direct dissemination of fund-raising and sponsor activities to district, public, league members and media, serves as primary contact person for Little League and active.com regarding optimizing use of the Internet for league administration and for distributing information to league members. (5 hours/week)

Other League Officials

Finance Officer – The Finance Officer is responsible for signing up league sponsors. Corporate and individual donors substantially support MDLL. Responsible for the coordinating all sponsorship activities, including but not limited to: in-season team uniforms, scoreboard signs, concession stand signs, restroom signs, post-season teams, post-season tournaments. Coordinates with the Treasurer to make sure that all sponsorships are paid. Coordinates with the uniform officer to ensure correct team colors and sponsorship logos are used. Coordinates with the VP maintenance to make sure correct sponsorship signs are placed on buildings, scoreboards, etc. in the park. Assists the Special Events Coordinator in coordinating, planning, and directing all of the Community Day events (end of year thank you to all sponsors). (15 hours/Spring)

Volunteer Coordinator – The volunteer coordinator helps to identify parent volunteers for Board positions and for ad hoc volunteer needs. For board positions the President will work with the volunteer coordinator to identify appropriate candidates. For as hoc volunteer requirements, the designated lead for the event or activity will provide the requirements for volunteers to the coordinator that the coordinator will work to fill. (2 hours/month)

Uniform Quartermaster – The uniform quartermaster purchases uniforms for the league in spring and fall. The quartermaster determines quantities of material, places orders, distributes uniforms and approves payment by the treasurer for material bills. (20 hours/season)

Equipment Quartermaster – The equipment quartermaster purchases equipment for the league in spring and fall. The quartermaster determines quantities of material, places orders, distributes equipment and approves payment by the treasurer for material bills. (15 hours/season)

Opening Day Coordinator – The ODC plans, schedules and leads MDLL opening day ceremonies. This includes VIP scheduling, facility coordination, photography set-up and getting the word out to Division coordinators, coaches and parents. (20 hours/Spring)

Umpire Coordinator – Responsible for hiring and training of all umpires for baseball and softball. Coordinates with the President to schedule all training clinics, seminars, etc. Organizes and directs all training clinics, seminars, etc. Coordinates with the President and Field Scheduling Coordinator to prepare all umpire work schedules. (10 hours/season plus umpiring)

Umpire Scheduler – Responsible for scheduling of all umpires for baseball and softball. Coordinates with the Umpire Coordinator and President to schedule all training clinics, seminars, etc. Organizes and directs all training clinics, seminars, etc. Coordinates with the President and Field Scheduling Coordinator to prepare all umpire work schedules. (2 hours/week during the season)

Chief Umpire – The Chief Umpire is responsible for coordinating with the Division 4 Umpire Officer and keeping MDLL abreast of changes in rules and policies. (2 hours/spring)

Scheduling Coordinator – Determines and maintains schedules for practices and games. Coordinates with other Leagues to set up interleague play. Reschedules in event of rainouts or other reasons. Posts schedule on website and distributes to League Board members, Coordinators, Coaches, Umpires and other leagues. (3 hours/week during the season)

Field Maintenance Officer – The Field Maintenance Officer ensures materials are on hand at our playing fields (lime, liners, rakes, etc.) and that the fields and dugouts are ready for play at the beginning of spring and fall seasons. (4 hours/beginning of the season)

Batting Cage Coordinator – The Batting Cage coordinator ensure the batting cage is ready for Spring practices and keeps and publicizes the batting cage schedule. (1 hour/week during the season)

Majors Coordinator – The Majors Coordinator works with the Major's coaches to prepare coordinated practice and game schedules, local rules and policies and similar topics. The Coordinator assists in scheduling make-up games and coordinating with other leagues for play in their division. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

AAA Coordinator – The AAA Coordinator works with the AAA coaches to prepare coordinated practice and game schedules, local rules and policies and similar topics. The Coordinator assists in scheduling make-up games and coordinating with other leagues for play in their division. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

AA Coordinator – The AA Coordinator works with the AA coaches to prepare coordinated practice and game schedules, local rules and policies and similar topics. The AA coordinator sets the number of teams and coaches for those teams. The AA coordinator assigns players designated for AA to the teams. The Coordinator assists in scheduling make-up games and coordinating with other leagues for play in their division. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

A Coordinator – The A Coordinator works with the A coaches to prepare coordinated practice and game schedules, local rules and policies and similar topics. The A coordinator sets the number of teams and coaches for those teams. The A coordinator assigns players designated for A to the teams. The Coordinator assists in scheduling make-up games and coordinating with other leagues for play in their division. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

Tee Ball Coordinator – The Tee Ball Coordinator works with the Tee Ball coaches to prepare coordinated practice and game schedules, local rules and policies and similar topics. The Tee Ball coordinator sets the number of teams and coaches for those teams. The Tee Ball coordinator assigns players designated for Tee Ball to the teams. The Coordinator assists in scheduling make-up games and coordinating with other leagues for play in their division. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

Other Volunteer Opportunities

Adult Umpire – Umpire training provided in the spring. (4 hours training, 3 hours/game)

All Star Coordinator – The Coordinator works with the Player Agent to distribute All Star ballots to Majors and AAA teams late in the spring season. Coordinator works with the uniform quartermaster to order uniforms and pass them out to the teams. Coordinator organizes the other volunteers for the tournament games hosted at Mason District Park. Tournament games are mid-June through mid-July. (20 hours/season)

All Star/Tournament Announcer – As a host league, MDLL provides an announcer for each tournament game held at Mason District Park who announces the players, coaches, and umpires at the beginning of the game; announces each batter and any substitutions. Tournament games are mid-June through mid-July. (2 games requested)

All Star/Tournament Scorekeeper – As a host league, MDLL provides a scorekeeper for each tournament game held at Westgate. The scorekeeper is responsible for keeping accurate statistics in a scorebook during the game. Knowledge of substitutions is necessary. Tournament games are mid-June through mid-July. (2 games requested)

Coach – Each team has two coaches of record. These are the full-time coaches who work closely with the manager and help to run practices and develop the players' skills. (6 to 10 hours/week during the season)

Fall Ball Coordinator – The Fall Ball Coordinator works with the President and division coordinators to identify managers and assists with player registration. The Coordinator works with the Field scheduler and the Umpire Scheduler to coordinate practice and game schedules, interleague rules and policies and similar topics. The coordinator works with other league officers as necessary for smooth operation of the league. (20 hours/season)

Hotline Monitor – One of the most important jobs since you become a spokesperson for MDLL. This person is responsible for checking the hotline voice mail and returning phone calls. An ability to speak Spanish is invaluable. (1 hour/week)

Manager – Individual responsible for handling all aspects of team management: instructing players in the proper techniques of baseball during practice, game management, soliciting volunteers to assist in running the team, demonstrating proper sportsmanship, and insuring that the players are safe at all times—just to name a few. The manager must represent the attitude and philosophy of the league. (6 to 12 hours/week during the season)

Recruitment Chair – Player recruiter identifies opportunities to recruit players. Distribute flyers to local schools, staff registration events, and help the Player Agent as needed. Post signs in neighborhoods. (4 hours prior to each season)

Spring Work Day Coordinator – Help prepare Mason District and Parklawn for the spring season. Duties may include weeding, bull pen/batting cage maintenance, cleaning snack bar, painting, etc. The Spring Work Day is typically in late March. (4 hours in spring)

Team Parent – The team parent assists the manager by coordinating the team's participation in league events, coordinating snack assignments, the team party and much more. (1 to 2 hours/week)

Team Scorekeeper – Responsible for keeping accurate game statistics in a team scorebook. Scorekeeping includes entering the lineups, recording every pitch, hit, etc. while following the standard procedures used universally by scorekeepers. (2 hours/game)

Team Sponsorship – Your contribution will help pay for equipment and uniforms, field maintenance, training and umpiring costs. Team sponsors have their name on the back of the players' uniforms. Spring, fall, and All Star sponsorships are available. (15 minutes)

PROTECTING OUR CHILDREN

All local Little Leagues are required to conduct background checks on managers, coaches, board of directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. Individuals are also required to complete and submit a Little League Volunteer Application to their local league. These procedures protect our children and maintain Little League as a hostile environment for those who would seek to do harm to children; protect individuals and the league from possible loss of assets because of litigation; and take advantage of technology and laws that have made background check information accessible. Go to the Little League website, http://www.littleleague.org/learn/programs/childprotection.htm, for more information about Little League's Child Protection Program.

REGISTRATION

All boys and girls between the ages of 4 and 12 who reside within the league boundaries are invited to join the program. A child's league age is the age of a child on April 30th of that year. A birth certificate (or other authorized proof of age document) must be provided for every player. Additionally, parents /guardians must provide proof of residency that establishes that a player resides within the MDLL playing boundaries.

MDLL BOUNDARIES

Figure 1 contains a map of MDLL boundaries. In order to participate, you must reside within MDLL's boundaries.

MDLL's boundaries are:

- Starting at Route 7 and Sleepy Hollow Road
- Southwest on Sleepy Hollow Road to Kerns Road.
- Kerns Road to Annandale Road
- Annandale Road to Hummer Road
- Hummer Road to Little River Turnpike
- Little River Turnpike east to Interstate 395
- From 395 follow Alexandria City line to Route 7 meeting Arlington County Line
- Follow Arlington County Line to Route 50
- Route 50 to Olin Road
- Olin Road to Munson Hill
- Munson Hill to Row
- Row to Route 7
- Route 7 to Sleepy Hollow Road

ACCEPTABLE FORMS OF DOCUMENTATION

Residence will be established and supported by three of the following documents dated before February 1 of that year:

1. Driver's License
2. Voter's Registration
3. School records
4. Welfare/child care records
5. Federal records
6. State records
7. Local (municipal) records
8. Support payment records
9. Homeowner or tenant records
10. Utility bills (i.e., gas, electric, water/sewer, phone, mobile phone, heating, waste disposal)
11. Financial (loan, credit, investments, etc.) records
12. Insurance documents
13. Medical records
14. Military records
15. Internet, cable or satellite records
16. Vehicle records
17. Employment records

Note: Three utility bills (three items from No. 10 above) constitute only ONE document.

The player's league age will be certified by one of the following original documents:

1. Proof-of-age document issued by federal or state registrars of vital statistics (e.g., birth certificate)
2. Document issued by federal or state registrars of vital statistics listing the date of birth with reference to the location and issue date of the original birth certificate
3. Report of Birth Form GS240 for children born abroad of parents who are United States citizens
4. DD Form 1173 identification cards and military hospital certificates for military dependents

*Please note that a passport or a child's ID card is NOT a valid proof of age document.

REGISTRATION PROCESS

Registration for the spring season typically starts in December. While this is a few months before the season begins, it allows the league time to plan the number of teams, managers, and equipment required for the upcoming season. Although we encourage every family to register online, you may take advantage of one of the skill assessment/tryout sessions to register in person; or you may register by mail by downloading a registration form from MDLL.org and mailing it to MDLL, PO Box 592, Annandale, VA 22003.

Fees must accompany the registration form. Checks should be made payable to Mason District Little League.

REGISTRATION FEES

The 2012 fee schedule as determine by the 2011 Board of Directors is listed below for each respective season. MDLL offers discounted registration and scholarships to players unable to afford the registration fee.

Spring Fee Schedule		
Division	**Type**	**Fee**
Majors, AAA, AA, A	Baseball Registration	$100
T-ball	Baseball Registration	$50
All	Late Fee (Register after Jan 31)	$15
All	Non-Volunteer Fee	$25

Fall Fee Schedule		
Division	**Type**	**Fee**
Majors, AAA, AA, A	Baseball Registration	$75
T-ball	Baseball Registration	$50
All	Late Fee (Register after Jul 31)	$15
All	Non-Volunteer Fee	$25

To make baseball affordable for all families, MDLL offers a family discount for families registering more than one player. The total family registration is $150 in the spring and $100 in the fall.

FINANCIAL ASSISTANCE

All children who meet the age and residency requirements are eligible to play little league baseball and to participate in our training opportunities regardless of the family's ability to pay the fees. Please discuss your situation with the player agent or the president.

LEAGUE STRUCTURE

The league is divided into five levels of play ensuring that children participate at a level commensurate with their age, maturity and ability. MDLL offers T-ball, A, AA, AAA, and Majors.

Children who are 9 or older are required to participate in a skills assessment/tryout session that allows the managers to place them into the level where they will be most successful. 8 year olds are encouraged to participate as well. The following is a brief description of the various levels:

T-BALL

Age Range: League age 4, 5, and 6 year olds; any new 7 year olds.
Team Formation: The T-ball coordinator assigns the players to teams to equalize numbers. Efforts are made to put together players from the same school where possible. Siblings within the division will be assigned to the same team. Team requests can be made, but no commitment is made that those requests will be honored. No tryout required.
Description: Players learn, develop, and practice fundamental baseball skills in a nurturing environment. The batter hits the ball from a batting tee, developing hand-eye coordination and the swing technique without fear of being hit by a pitched ball. Defensive players are encouraged to register outs, though base runners are not removed from the bases.

SINGLE A (A)

Age Range: Mostly league age 7 to 8 years old with a very few advanced 6 year olds and 9 year olds who have not played before. No previous LL experience required. Players are introduced to fielding, hitting a moving ball, and base running. Players should be able to pay attention in the field, to know each base, and know each position by name. No tryout required.
Team Formation: The Single A coordinator assigns the players to teams to equalize numbers. Team requests can be made, but no commitment is made that those requests will be honored. Efforts are made to put together players from the same school where possible. Siblings within the division will be assigned to the same team.
Description: A-Ball is focused completely on player development. The focus is on being introduced to fielding, hitting a moving ball, and base running. Players should be able to pay attention in the field, to know each base, and know each position by name. Teams do not keep score. Outs can be made on batters and base runners, and batters can strike out. The strong developmental aspect of the level dictates a few unique rules and practices. Coaches can use pitching machines to pitch to the batters or soft toss. Defensive coaches are positioned on the field during play. Playing time is divided evenly; the opportunity to play a variety of positions is afforded each child.

DOUBLE A (AA)

Age Range: Mostly league age 8 and 9 year olds with a very few advanced 7 year olds and 10 year olds who are determined to not be ready for AAA.
Team Formation: The AA coordinator assigns the players to teams to equalize numbers. Team requests can be made, but no commitment is made that those requests will be honored. Efforts are made to put together players from the same school where

possible. Siblings within the division will be assigned to the same team. If AA teams need to replace players during the season, AA eligible players will be selected from A level teams.
Description: At AA, the focus on player development is balanced with increased team competitiveness. This is the level where players first pitch in games. A continuous batting order is used, playing time is distributed evenly and each player will play infield positions in every game. While all players should be encouraged and taught to play all positions, for reasons of keeping the game moving, managers may assign increased playing time at key positions based on player performance.

TRIPLE A (AAA)

Age Range: Mostly league age 9, 10, and 11 year olds with a very few advanced 8 year olds and a very few league age 12 year olds who are determined to be unready for the Majors level.
Team Formation: All players of league age 9 and older must participate in a skills assessment/tryout. Teams are formed each year by a player draft. Not all players eligible for AAA will be selected in the draft to play at the AAA level. If AAA teams need to replace players during the season, AAA eligible players will be selected from AA level teams.
Description: While Little League Baseball is always focused on player development, AAA is a completely competitive level. No player may sit out two innings until all players sit out one inning (except a starting pitcher may keep playing until pulled from pitching at which time the pitcher must sit an inning). All players must play at least one inning in the infield. Managers are strongly encouraged to train players to play multiple positions. Teams use a continuous batting. AAA players are beginning to develop advanced baseball skills and position specialization is beginning to take place.

MAJORS

Age Range: Mostly league age 11 and 12 year olds with several years of previous LL experience with a very few advanced 10 year olds.
Team Formation: Players not currently on a Majors team will participate in a skills assessment/tryout, and teams will be formed by a player draft. Once a player is assigned to a Majors team.
Description: While Little League baseball is always focused on player development, the Majors level is the most competitive level and plays games against other Northern Virginia Little Leagues. The coaches' focus is on improving individual skills, playing as a team, game strategies, and sportsmanship. Players should have understanding of basics of the game, to be able to play catch from 80 feet, and to show confidence at the plate and in field. No player may sit out two innings until all players sit out one inning (except a starting pitcher may keep playing until pulled from pitching at which time the pitcher must sit an inning). All players must play at least one inning in the infield. Teams use a continuous batting. Players must tryout.

BEYOND LITTLE LEAGUE

Matriculating 12 year olds are given the opportunity to play transition ball during the fall season. This opportunity is provided by Falls Church-Annandale (FCABR) Babe Ruth (http://fallschurchannandale.baberuthonline.com). It introduces players to the 90' game. The following spring, 13 year olds, may register with FCA or decide to play on travel teams, usually through Northern Virginia Travel Baseball League.

TRAINING

MDLL provides a variety of clinics and training for players, umpires, managers, and coaches. Managers and coaches are able to learn age- and level-specific drills to teach baseball skills. Umpires learn the rules for each level and practice in game-like situations. Players have the opportunity to improve their skills through a variety of classes, as well.

Majors clinics offer the most experienced players the chance to reinforce their skills, as well as learn more advanced concepts. AAA clinics provide players with the opportunity to learn more about pitching, catching, hitting, and infield play. AA level courses introduce younger players to pitching, catching, and the fundamentals of baseball. T-ball and A teaches baseball skills to the youngest players. While some sessions begin as early as November, most training sessions are provided at the beginning of the year (January/February/March) prior to the start of the season.

Additionally, players are encouraged to attend clinics, classes, and camps provided by other organizations. Table below shows some of the resources available in the local community.

Season	Organization	Timeframe	Contact	Description
Yearly	Virginia Baseball Club (VBC)	Year-round	www.goVBC.com	Father/Son Overnight Weekends Holidays Full and half days Advanced Skills Pitchers & Catchers Transition to 90'
Summer/ Winter	Annandale High School	TBD	Coach Abrigo GoAbri@yahoo.com 571-237-6807	Fundamentals for all aspects. Ages 4-14
Yearly	Strike Zone Academy	Year-round camps and clinics	703-823-0061 Pickett St. Alexandria www.theStrikeZoneAcademy.com	
Yearly	Prospect Sports	Year-round camps and clinics	www.prospectssportstraining.com	Provides strength and agility training

SKILLS ASSESSMENT/TRYOUTS

Overview A skills assessment or tryout is conducted to determine the skill level of players. Children ages 9 to 12, who did not play in Majors the previous spring, participate in tryouts. Any child aged 9 or above must participate in a skills assessment to be eligible to participate on a Majors or AAA. Any league 8-year olds who would like to be considered for selection to a AAA team must participate in a skills assessment.

At the skills assessment/tryouts, the managers and coaches rate each player's ability to hit, throw, run, field fly balls, and field ground balls. The skills assessment/tryout is approximately 30 minutes in length.

What to Bring Each player should come equipped to play ball. Children should wear gym shoes (no cleats) and comfortable clothing, as they will be running in the gym. Each player should bring his/her glove. Bats and helmets are provided; however, players are encouraged to bring their own helmet, if they have one.

Eligible Players When the skills assessment/tryouts are over, the player agent creates a list of players eligible for draft selection at each level.

THE DRAFT

Balancing the League

Everyone involved in Little League wants what is in each child's best interest:

1. Each child wants to have fun playing baseball.
2. Parents want their children to have a positive experience.
3. MDLL wants the teams to be selected so that each child has a fair opportunity to participate and contribute.

The skills assessment/tryout and draft is the Little League-approved method for achieving these goals.

Although MDLL is sensitive to the wishes of parents regarding the level into which their child is drafted, it is Little League's policy that a child will play at the level at which he/she is drafted. This rule means that by registering to play baseball, a child (and his/her parents) agree to play at whatever level the managers determine is best, based on the child's ability. If you wish an exemption, you may discuss your situation with the player agent; however, all exemptions, detailing the reasons for the exemption, must be submitted in writing to the player agent. Exemptions may be granted to have siblings playing together on a team. MDLL's job is to ensure that each player is playing at an appropriate level.

The draft is the method which most successfully:

- Distributes talent into the appropriate level of play (i.e., Majors, AAA, AA), keeping the league strong and growing.
- Distributes talent evenly throughout each level, making the games more competitive and fun.
- Promotes the safety of the players (if a player is playing above his/her skill level, he/she could be hurt. If a player is playing below his/her skill level, he/she could hurt others).

The list of Major-eligible players is compiled by the Player Agent or designated individual. Managers draft from the Majors-eligible list. Typically, there are more players on the Major-eligible players list than there are available positions on Major teams. Not

every child on the list will be drafted to Majors. The remaining players are included in the AAA draft and are available to be called up to the Majors to fill vacancies that may occur during the season.

Once the Majors teams have completed their draft, a list of AAA-eligible players is prepared for that level's draft. Those not selected in the AAA draft will be placed on AA teams.

Team Assignment for AA, A, and T-ball

For T-Ball, A, or AA teams, a player's parents may request the team for which he/she plays. If no request is made, players are assigned by home/school area. Every attempt is made for each team to have an equal number of each age group to balance the competitiveness of teams. The division coordinator forms teams. Once teams have been assigned, the manager will contact each player's family with the practice schedule.

WHAT YOU CAN DO AS A PARENT

Keep in mind that we are working within a draft system and following established Little League policies and guidelines. MDLL attempts to balance these policies and guidelines with what is in the child's best interest and the league's best interest. Share any concerns in an appropriate manner:

1. Use the comments section on the registration form and end-of-season surveys. These comments are kept confidential. They are reviewed by the Player Agent and when appropriate, shared with the managers.
2. If necessary, you may submit a written request to the Player Agent to exempt your child from playing for one specific manager or coach.
3. Contact the player agent. The player agent is your child's advocate within the system and knows what options are available for your child.

PRACTICES AND GAMES

Practices usually begin in March (shortly after tryouts). Major teams begin first, followed by AAA, AA, A, and T-ball (AA, A, and T-Ball teams typically start their season practices a few weeks after the Majors). Games begin in early April for all levels and end around the time elementary schools let out for the summer. Post-season championships and playoff games begin immediately following the regular season. Tournament games (All Stars) begin in late June (9-10 and 10-11 All Stars) and early July (Majors).

Little League policy states that Majors will play a minimum of 12 games in a season. Majors may have 4 meetings (games or practices) per week; AAA, and AA may have 3 meetings per week; A and T-ball are allowed two. Managers may, at their discretion, hold optional practices.

Games are played on weekday evenings as well as Saturdays. Games are normally scheduled Monday through Friday during the week; Games are scheduled to begin at 6:00 pm or 6:15 pm on weekdays and throughout the day on Saturdays.

Each team will practice and play games according to a pre-determined schedule. Times and locations of practices and games will vary. A list of available fields is included for easy reference.

During the regular season, managers are required to play each player in every game. The amount of playing time will vary according to the level played. Managers will do their best to ensure balanced playing time. All MDLL teams bat in a continuous batting order (all players are included in the batting order and given the opportunity to bat even when they are not playing a defensive position), maximizing the frequency with which they are able to bat. If you have a concern regarding your child's playing time, please discuss it with his/her manager.

PITCH COUNTS

We want our Little Leaguers to be able to play baseball later on in life—high school, college, and just simply for fun. Current philosophies of best practices for coaching youth baseball recommend placing limits on the number of pitches a child may throw. USA Baseball, the American Sports Medicine Institute, Dr. James Andrews and others advocate pitch limits for children participating in baseball. MDLL has embraced this approach for many years and has specific guidelines to limit the number of pitches a player may throw in a game situation. Beginning in 2008, Little League instituted a limit to the number of pitches a player may throw in both the regular season and tournament games.

League Age	Max/Day	Days of Rest				
		4	3	2	1	0
11-12	85	66+	51-65	36-50	21-35	01-20
9-10	75	66+	51-65	36-50	21-35	01-20
7-8	50	N/A	N/A	36-50	21-35	01-20

A pitcher may not pitch in more than one game in a day. A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Players that caught in four or more innings in a game are not eligible to pitch on that calendar day.

If your child plays on more than one team, parents are responsible for informing team managers and coaches of their child's pitching and catching. The rules are to insure the safety and health of the players and should be strictly enforced

POST SEASON PLAY

Tournaments are held at the end of the season for AAA and Majors levels.

PAPA WAYNE STARLIPER TOURNAMENT

Following the regular season (the third week of June through early July), District 4 sponsors a single elimination, AAA tournament in which the winning AAA team competes against other AAA teams in the district. Alexandria, Arlington, Mason District, Falls Church, Great Falls, McLean, Reston, and Vienna Little Leagues comprise District 4.

The MDLL AAA Division holds a Tournament at the end of the season. For an even number of AAA teams, the season record is used to determine seeding for a tournament. Team with best record is seeded #1 and plays the last place team, seconded seeded team plays the next to last place team. For an odd number of teams, a round robin format is used. The first and second place teams play the final game to determine the MDLL Starliper team. If after the round robin tournament the teams are tied, the teams with the fewest runs against play to select the MDLL Starliper team.

ALL STARS

Eligibility

Each year MDLL forms several All Star teams that continue play beyond the regular season to compete at the District level and beyond. These include teams of players league age 9 & 10, and 11 & 12. In 2011, we added a league age 10 &11 team. Being part of an All Star team is an honor and privilege. It requires dedication and hard work from the player and a large commitment of time from the parent/guardian and child. Families with eligible players should keep these dates in mind when planning summer activities.

To form the teams, the players vote for the All Stars in their division and select the most talented players from a list of eligible players. MDLL develops the list of eligible players based on information submitted by parents on the Tournament Commitment Form.

Each player league age 9 to 12 in Majors and AAA, are asked to submit the Tournament Commitment Form. On the form, the parents indicate whether or not they want their child to be part of the selection process.

9-10 and 10-11 tournaments typically the last week of June with practices beginning after the end of MDLL regular season in mid June. The 9-10 and 10-11 tournaments were double elimination. So depending on how the team performs, they may play two games to five or six games.

Majors (11-12) tournament starts later near the beginning of July with practices beginning after the teams are announced on June 15. It is a round robin tournament and has five to six games in the first round.

While the MDLL Board would like all Tournament players to be present at all practices and games, we realize that 100% participation for all players is hard to achieve. The Board also does not want parents to keep their child from the selection process because they know their child will not be available 100% of the time between June 15 and July 15. The team is formed based on having a minimum number of players to compete during each game and a change in schedules can upset the basis on which the team is formed.

Parents must assist when MDLL hosts tournament games. A commitment to play means a commitment to assist in games in which your child is not playing! All home tournament games are played at Mason District Park Field. Tournament game tasks include field preparation, scorekeeping, announcers, and after-game field maintenance.

Selection

For the Majors (or 11-12 year old team), the majority of the All Stars are selected by their peers and the remaining three are chosen by the All Star coaching staff. The 11-12 Majors All Star Tournament begins around July 1 and runs through mid July.

For the 9-10 All Stars and the 10-11 All Stars, their peers select the majority of the All Star players and the remaining three are chosen by the All Star coaching staff. To be eligible for All Star tournament play, a player must be available for 90 percent of the practices (before and during the tournament) and all but one game. Typically, the 9-10 and 10-11 tournaments begin in late June and run through mid-July.

GENERAL INFORMATION

FIELD CLOSURE STATUS

Fairfax County Field Closures are available on their website at (or call 703-324-5264 after 3 p.m. Note: the Mason District Park LL Field is Field #1 at MDP and the Parklawn Park LL Field is Field #1 at Parklawn.

MDLL uses its web site, MDLL.org to share information with players and their families. Communicates primarily through email. The primary email address is mdllorg@yahoo.com. If you have questions or concerns, you may also use the email or the website to leave a message. A league representative will get back to you.

SUGGESTIONS, CONCERNS, COMPLAINTS

We are always interested in improving what we offer our community, and we want to hear from you. MDLL distributes a yearly survey to obtain feedback from the general membership. If you have more pressing concerns, please share any suggestions, concerns, or complaints in an appropriate and constructive manner. Managers, coaches, and board members are good places to start.

INSURANCE

The league provides free “excess Medical Insurance” for all players as well as managers, coaches, and umpires. This insurance begins where a family’s personal

medical insurance ends with a $500 deductible. Coverage begins with the first practice and continues to the end of the season, including any playoff and tournament games.

In the event of an injury to a player during a practice or a game, the first step is to alert the team manager. In addition, the league's safety officer must be notified as soon as possible. Insurance claim forms are available from the safety officer who can assist in their preparation and filing.

USE OF TOBACCO PRODUCTS

To provide a wholesome environment for the children who participate in MDLL, the use of any form of tobacco is prohibited within 50 feet of all playing and practice fields. Please help us keep the children healthy.

UMPIRES

MDLL uses both adult and youth (12 and older) umpires. We provide training for both novice and experienced umpires. Contact the Chief Umpire to volunteer.

SPONSORSHIP

Sponsors play a vital role in the financial stability of MDLL. Their generosity helps purchase uniforms and equipment and enables MDLL to have the most reasonable registration and training fees in the area. Please patronize our sponsors.

UNIFORMS AND EQUIPMENT

The league provides uniforms for all players. Players receive pants, a jersey, a hat, and socks.

Gloves
Players must provide their own fielding glove. The glove should be of an appropriate size to fit the player's hand and large enough so that a baseball will fit in the pocket. Typically, smaller gloves are easier for the players to use. The league will provide catcher's mitts and gear to each team at the start of the season.

Shoes/Cleats
Shoes should provide good traction on hard ground. Tennis shoes are fine. Cleats can provide better traction, but only rubber cleats are allowed in Little League. No metal spikes or metal cleats are allowed.

Bats
Each team is provided with several bats, which are selected to meet the developmental requirements of the players. If you choose to purchase a bat for your child, Little League allows wood, aluminum, and some composite bats. A list of approved composite bats is located at: http://www.littleleague.org/learn/equipment/approvedcompbatssmall.htm.

When selecting a bat, lighter is often better. Bats are measured by length in inches and weight in ounces. Manufacturers will typically highlight the differential of the length of a bat and its weight. The greater the differential, the lighter and more manageable the bat will be. For instance, a bat appropriate for a T-ball player may be 25" long. If the bat weighs 16 ounces, it will have a –9 differential. If the bat weighs 15 ounces, it will have a –10 differential, which is better for most players. Use the charts below as guidelines when selecting a bat.

Age	Length
5-7	24”-28”
8-9	27”-29”
10	28”-30”
11-12	30”-31”

Youth League (11-12 yrs.)		Youth League (8-10 yrs.)	
Player Weight (lbs.)	Best Bat Weight (oz.)	Player Height (in.)	Best Bat Weight (oz.)
70	18	48	16
80	19	50	16.5
90	19.5	52	17
100	20	54	17.5.
110	20.5	56	18
120	21	58	18.5
130	21.5	60	19
140	22		
150	23		

This chart is based on research conducted by Worth Inc. with the University of Arizona.

PARENT'S ROLES AND RESPONSIBILITIES

As a parent you can volunteer. MDLL depends on adults like you to organize and conduct every aspect. Not only do adults serve as administrators, volunteer coaches, and umpires they also help with field maintenance, fund-raising, and numerous other special projects.

Without a doubt, Little League is a family affair that gives parents and children a common ground for spending time together. Whether you are coaching the players, selling popcorn to the fans, or bringing soda for the team after the game, your family will enjoy being a part of Little League in your community. Most of all, your child will appreciate the benefits of your enthusiasm and involvement in his or her activities.

When winning is kept in perspective, there is room for fun in the pursuit of victory or more accurately, the pursuit of victory is fun. With your leadership, Little League can help your child learn to accept responsibilities, accept others and most of all, accept her - or himself.

GUIDELINES TO YOUR CHILD'S SUCCESS

1. Be realistic about your child's physical ability.
2. Help your child set realistic goals.
3. Provide positive reinforcement and praise accomplishments.
4. Don't relive your own athletic past through your child.
5. Provide a safe environment for training and competition.
6. Set the right example – control your own emotions at games and events.
7. Demonstrate respect for your child's coaches, other players, and game officials.
8. Focus on the fun the children are having.
9. Be a champion for your child and their team.
10. Make sure your children know that – win or lose – you love them.

*Virginia District 4 2011 Little League Tournaments Opening Ceremonies program.

SPECTATOR CODE OF CONDUCT

In order to ensure that the principles of sportsmanship, fair play, skill development and mutual respect among players, coaches, umpires, and spectators are the primary considerations governing competition in the MDLL, the Board of Directors has adopted the following Spectator Code of Conduct.

Each spectator has an opportunity to contribute to the enjoyment of the game as well as be an example for the players in both word and deed. To make the most of this opportunity consider the following:

1. Encourage each player to compete according to the rules at all times.
2. Respect the umpires regardless of age and refrain from questioning their decisions in a disrespectful or abusive manner. They are volunteers who are attempting to do their best.
3. Respect the coaches and players of the opposing team, both during play and at the conclusion of the game, win or lose. Remember, baseball is just a game.
4. Teach players to be humble and generous in victory and proud and courteous in defeat. Set the example.
5. Maintain control of your emotions and avoid actions, language or gestures toward managers, coaches, umpires, players or other spectators, which may be

interpreted as hostile or humiliating. Swearing at or belittling players will not be tolerated.

6. Accept and practice the principle that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and manner of their fans.

Each person who comes to a Mason District Little League game is considered responsible for his/her behavior. In the event where there is a serious code of conduct violation, league officials will conduct a review of the violation and take appropriate action.

SCHEDULED EVENTS

OPENING DAY

Prior to the first game, MDLL has an Opening Day Ceremony. Players gather with their teams and march on the Mason District Park field. Parents and friends are strongly encouraged to observe. Local dignitaries attend the ceremony and are an important part of the activities. The ceremony is one of the few times that all players are together at one time. Mark the date on your calendar and plan to attend.

FALL BALL

Registration for the Fall Ball instructional league begins mid-season. During the fall season, MDLL competes against teams from Arlington, Vienna, Great Falls, McLean, and Reston. Typically, a player registers for the next level up, using Fall Ball as an opportunity to prepare for the upcoming spring season. Players gain valuable experience and to continue to improve their skills. We encourage all players to join. Twelve-year-olds, who will play on a 90-foot diamond in the upcoming season, are encouraged to join a Transition League team to gain experience on the larger field.

FIELD LOCATIONS

Field Closure Status: Fairfax County Field Closures or call 703-324-5264 after 3 p.m. Note: the Mason District Park LL Field is Field #1 at MDP and the Parklawn Park LL Field is Field #1 at Parklawn.

Dowden Terrace
5699 Bouffant Blvd, Alexandria
50'/70' Transition Field and AA Practice Field

Directions: North on Columbia Pike towards Baileys Crossroads; right onto Lacy Blvd; left onto Magnolia Ln; right onto N. Rosser; right onto Bouffant Blvd.

JEB Stuart Park Ballfields #1 & #2
3312 Peace Valley Lane
AA Division Games and Practices

Directions: JEB Stuart HS Softball varsity field across from Jeb Stuart High School

Mason District Park Field #1 and Batting Cages
6621 Columbia Pike, Annandale

Majors and AAA Division Baseball Games

Directions: Field is towards the turf field.

Parklawn Park (upper)
6460 Lincolnia Road, Alexandria
Majors and AAA Division Baseball Games and Practices

Directions: Limited parking near the field. Do not park in the truck loading area.

Parklawn Elementary School
4116 Braddock Road, Alexandria
Single A Division Baseball Games and Practice

Directions: Ballfield is behind school. Park in school parking lot.

Parklawn Park Batting Cages
6460 Lincolnia Road, Alexandria

Batting cages next to the Parklawn Park baseball field. Adjacent to 7-11.

Walnut Hill Admin Center Ballfields
7423 Camp Alger Avenue, Falls Church
T-Ball-Division practice and game baseball fields

Directions: From Annandale Road, turn onto Graham Road heading north, turn left onto Camp Alger Avenue. Softball Fields #1 and #2: #1 is closest to Center with short right field. #2 is in southwest corner.

Parts of this handbook were adapted from A Parent's Guide to Little League Baseball by Rainer Martens and the Falls Church Kiwanis Little League Parent's Handbook.

APPENDIX: GOALS FOR ACHIEVEMENT

It should be the objective of the coach to help each player achieve these goals during the course of the season.

This is a guideline for the mental and physical development of the youth league player from Tee-ball through the Majors level. It contains goals specific to each level that should be met upon the completion of the season if the player is to advance the following year. It should be the objective of the coach to help each player achieve these goals during the course of the season.

T-BALL

Mental Aspects:

1. Ability to sit on bench during team at-bat, pay attention to game, and know when it is their turn to hit.
2. Ability to pay attention in the field and consistently see ball off bat.
3. Know each base.
4. Know each position by name.

Physical Aspects:

1. Hitting
    a. Consistent stance in relationship to home plate.
    b. Ability to make consistent contact.
    c. Hold on to bat with both hands throughout swing.
    d. Ability to keep balance during swing.
2. Base running
    a. Know to run all the way to base.
    b. Learn not to run into outs.
    c. React to fly balls even though few will be caught.
3. Fielding
    a. Ability to play catch at a short distance.
    b. Ability to catch easy ground ball (roller).
    c. ***IMPORTANT:*** React to ball above the waist with glove fingers up, not the palm. Players will not develop catching skills before this occurs.
    d. Begin to react to balls on throwing arm side by turning glove to backhand.
4. Throwing
    a. Begin to turn glove side to target before the throw.
    b. Step toward target.
    c. Make accurate throws from at least 20’.

SINGLE A

Mental Aspects:

1. Ability to maintain concentration throughout inning.
2. Often know what to do with the ball when fielding.
3. Know that shortstop is captain of infield and centerfielder is captain of outfield.

Physical Aspects:

1. Hitting
    a. Consistent hip turn and balance in swing.
    b. Consistently takes aggressive swing.
    c. Begin to identify strike zone.

NOTE: The mechanics of the swing and an aggressive attitude are very important at this stage, even if no contact is made (hand-eye coordination will catch up). Players should not advance to live pitching until they can take an aggressive swing.

2. Base running
    a. Ability to round bases, especially first.
    b. Consistently look to advance (aggressive).
    c. Quickly react to base coach commands.
    d. Consistently steps on proper area of base.
    e. Slide when appropriate.
3. Fielding
    a. Ability to play catch from at least 60'.
    b. Ability to catch easy ground balls to the right and left.
    c. Ability to catch low fly ball.
    d. Understand ready position.
    e. Catch ball with two hands.
    f. Consistently use backhand to catch balls on throwing aim side.
4. Throwing
    a. Start to use crow hop for long throws.
    b. Make accurate throws from 60'.
    c. Often uses proper grip.
5. Catching
    a. Use proper stance.
    b. Catch all pitches in strike zone.
    c. Ability to block balls in dirt directly in front.
    d. Ability to make throw to second base.

DOUBLE A

Mental Aspects:

1. Overall understanding of basics of game is as important as physical skills. Knowledge of the game can make up for physical deficiencies and will accelerate future development at the AAA level.
2. Understanding sportsmanship and good conduct essential.
3. Begin to show confidence at plate and in field.
4. Begin to show ability to handle adversity and failure, works on channeling emotions positively.

Physical Aspects:

1. Hitting
    a. Knows the strike zone and takes pitches out of strike zone.
    b. Makes consistent contact.
    c. Knows how to properly avoid an inside pitch.
2. Base running
    a. Basic understanding of common situations.
    b. Learn to get good jump off base every pitch
    c. Learn to slide.
3. Fielding
    a. Ability to play catch accurately from 70'.
    b. Fly balls forward should be caught with relative ease.
    c. Ability to field slow speed ground balls.
    d. Knows what to do with ball after fielding in basic situations.
    e. Consistently in ready position' during pitch.
4. Throwing
    a. Make accurate throws from 70'.
    b. Know proper throwing technique (good balance and direction in throwing motion).
    c. Begin to develop a long, fluid arm motion.
    d. Know basic "crow-hop" technique to build momentum for long throws.
5. Pitching
    a. Ability to throw 35 pitches without soreness in arm.
    b. Ability to throw 50% strikes.
    c. Ability to handle adversity and recover during game.
    d. Confidence to survive failure and pitch again.
6. Catching
    a. Ability to block balls in dirt.
    b. Understand role of catcher as field leader.
    c. Know concept of relay and cut-off, begin to direct infielders.
    d. Field balls in front of plate, including bunts, and make accurate throw to first.
    e. Understand positioning for tag play.

TRIPLE A

Mental Aspects:

1. Overall understanding of basics of game is as important as physical skills. Knowledge of the game can make up for physical deficiencies and will accelerate future development at the majors level.
2. Understanding sportsmanship and good conduct essential.
3. Show confidence at plate and in field.
4. Ability to handle adversity and failure and channel emotions.

Physical Aspects:

1. Hitting
    a. Aggressive approach every at bat
    b. Ability to take good swing and still take pitches out of strike zone.
    c. Make consistent contact.
    d. Understand mechanics of adjusting to off-speed pitches.
2. Base running
    a. Ability to determine when to take extra base when ball is in front of runner.
    b. Basic understanding of common situations.
    c. Consistently get good jump off base every pitch
    d. Slide aggressively
3. Fielding
    a. Ability to play catch from 80'.
    b. Fly balls forward, left, and right should be caught with relative ease.
    c. Ability to field medium speed ground balls.
    d. Consistently know what to do with ball after fielding.
    e. Consistently in ready position' during pitch.
    f. Ability to make back hand catch and make throw to opposite direction.
4. Throwing
    a. Make accurate throws from 80'.
    b. Body should have good balance and direction on all routine throws.
    c. Long, fluid arm motion.
    d. Ability to use momentum for long throws.
5. Pitching
    a. Ability to throw 50 pitches without soreness in arm.
    b. Ability to throw 60% strikes.
    c. Begins to use both sides of plate.
    d. Begins to use off-speed pitch.
    e. Recognize game situations, position in count, and strength of batter.
    f. Ability to handle adversity and recover during game.
    g. Confidence to survive failure and pitch again.
6. Catching
    a. Ability to move to right and left to block balls in dirt.
    b. Take charge of team and be a leader.
    c. Direct infielders during relay and cut-off.
    d. Field balls in front of plate, including bunts, and make accurate throw to all bases.
    e. Understand positioning for tag play.

MAJORS

Mental Aspects:

1. Overall understanding of basics of game is as important as physical skills. Knowledg1) Play with confidence at all times.
2. Know situations—count, outs, score during at bat and in field.
3. Anticipate—know "what to do when ball is hit to me or anybody else."
4. Look for continuation of play on defense
5. Thorough understanding of game.

Physical Aspects:

1. Hitting
    a. Ability to see ball out of pitchers hand.
    b. Good understanding of strike zone.
    c. Ability to make pitcher throw strikes.
    d. Understand contact zone and hit to all fields
    e. Ability to adjust with two strikes.
    f. Consistently hit average pitchers hard.
    g. Ability to execute sacrifice hunt.
2. Base running
    a. Ability to de Confident, aggressive, and alert at all times.
    b. Consistently look to take extra base.
    c. Advance on all passed balls.
    d. Ability to adjust slide away from tag.
    e. Ability to dive back to base.
3. Fielding
    a. Range and ability to go back on fly ball.
    b. Ability to play catch from 100.
    c. Consistently in position to back up play.
    d. Aware that all nine players are involved each time ball is put into play.
    e. Communication used at all times.
    f. React to hard hit balls and make an attempt to catch.
    g. Ability to charge ground balls and throw on the run.
    h. Understand and execute standard defensive plays.
4. Throwing
    a. Ability to make accurate throws from at least 100' with sound mechanics.
    b. Position players should always throw with four-seam grip.

NOTE: Players should strive to make long, accurate throws. Players who cannot throw efficiently will find it very difficult to adjust to the 90' diamond the following year.

5. Pitching
    a. Throw above 60% strikes.
    b. Consistently use both sides of plate.
    c. Change speeds effectively.
    d. Ability to field position and react to line drives.
    e. Ability to handle pressure of close game situations.
    f. Back up bases.
6. Catching
    a. Ability to frame strike zone.
    b. Make strong, accurate throw to first, second, and third.
    c. Ability to move aggressively to right and left to block ball in dirt.
    d. Aggressively pursue passed ball and wild pitch -accurate toss to pitcher at home plate.

Mason District Little League
P.O. Box 592
Annandale, VA, 22003
www.mdll.org