

Introduction to Baseball

Introduction to baseball is for players that are 3 & 4 years old and have had little to no experience. Since this is a young age group parent help is recommended. It will require 1 head coach, 2 assistants and many parent supporters. Training will be provided and equipment will be modified to maintain safety without compromising on skill building exercises.

Introduction to baseball will start once, (weather permitting), we move outside and are playing in the fields/diamonds. It will be held at the same location as RallyCap and will run for 6 weeks. It runs from the beginning of May until the middle of June every Monday & Wednesday from 6:15 pm-7:00 pm.

The objective at this level is to introduce young players to the basics of baseball (throwing, catching, base running, batting and team play). This is a beginner program for those that are young and have had little to no experience playing baseball. Upon completion of this program the participant will earn their RallyCap report card and introductory white colored Rallycap.

These seasons of ball can never happen without volunteers and support, so if you have an interest in helping to coach this program or wish to assist in any way, please fill out a [Coaching Application](#). Also keep in mind that training will be provided and any out of pocket expenses for taking clinics will be reimbursed.

Cost for the program is \$40 and does not require any extra volunteer commitments.

If you have any questions or concerns please contact the RallyCap director.