

RallyCap

RallyCap baseball is a skill building program for young players and new prospective coaches. This level of baseball is designed for children aged 4-7 years old. If this is your child's first year of baseball and they are 3 or 4 years old then I would suggest our **"introduction to baseball"** program. If you are unsure what level of ball is best suited for your child please contact the Rallycap director.

Please feel free to check the website to gain some understanding of what the RallyCap program is all about. <https://www.baseball.ca/rally-cap-initiation-program>

RallyCap usually begins around the first week of April with 4 weeks of indoor practicing at the LRC field house & curling rink. All indoor RallyCap clinic sessions will be on Mondays and Wednesdays from 6pm-7pm. It will start with two days of evaluations where players will perform different tasks and then earn a colored baseball Rally cap. Team creation will commence once skill levels are evaluated. Ideally, teams will consist of 6-9 players per team, but this number can vary dependent upon the number of volunteer coaches. Coaches will be trained and have opportunity to get involved with the clinics offered throughout the season. All training out of pocket cost will be reimbursed.

Here is the link for any Canadian baseball coaching certifications. <https://nccp.baseball.ca/>

After our indoor sessions are completed, we will go outside (weather permitting), for RallyCap skill building games to continue with development every Monday and Wednesday nights 6-7pm (location TBA).

There will be another evaluation towards the end of the season to demonstrate new skills, and show an increase in skills, to potentially earn their next level of colored cap.

The objectives at this level are to focus on teaching proper throwing mechanics, catching, fielding ground balls, hitting and base running. Through active participation players will continue to develop their personal and

team skills. It is also a great opportunity for parents, grandparents, aunts & uncles to get involved coaching, assist coaching or to just be a helper on the sidelines. Without volunteers these seasons of ball could not be possible.

We understand the commitment required, so to show our appreciation, you may be eligible to have 1 or both of your volunteer commitments fulfilled.

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. The program will be held at the same location as the RallyCap program. It will run for 6 weeks 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.

Cost for the program is \$40 and does not require any extra volunteer commitments. If you have an interest in helping coach this program please fill out a [Coaching Application](#).

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