



YMCA

We build strong kids,
strong families, strong communities.

Dear Parents,

Welcome to the YMCA T-Ball program. Our goal is to teach your child the fundamentals of baseball and to have fun! This year we have wonderful, experienced coaches working with our program.

This season we will be practicing every Tuesday from 6:00 to 7:00 p.m. and games will be held on Thursdays. Game times will vary slightly but will begin at 5:30. Each game last approximately 1 hour.

PRACTICES

Each of our practice sessions will be organized in the following structure:

Warm up: 5-10 minutes. Jogging, marching, skipping and stretching.

Fitness Circle: 5 minutes. Basic fitness principles will be introduced while stretching.

Game Play: 10-15 minutes. A low-organized, low-pressure, fun game will be played, with lots of interruptions for fun and corrections.

Instruction: 5-10 minutes. Specific skills and concepts will be introduced each session. Topics will include:

- Batting
- Base Running
- Throwing & Catching
- Fielding – Ground / Fly Balls

Skill Practice: 10-15 minutes. Players will practice what was taught that day.

Team Circle: The team will huddle briefly, and discuss the day and the YMCA core values of Caring, Honesty, Responsibility, and Respect.

All players will practice for the first week. Teams are already determined at the start of today's practice. This year we have 6 teams – "The Yankees" (Yellow), "The Tigers" (Red), "The Giants" (Green), "The Butterfingers" (Orange), "The Bombers" (Blue) and "The Brewers" (Gray). Attached you will find coach information including the coach's name and contact number.