



APRIL | 2023

WHAT'S NEW

IMPORTANT Upcoming Dates

Games will begin for most divisions the week of April 17th

Rumford Red Sox vs. Rumford Brewers (Majors)
Friday May 5th 6:30pm on Lindberg under the lights

Opening Day
Saturday May 6th 9:00am

Picture Day
Thursday May 4th Times TBD

Outdoor Practices Begin
Saturday April 1st



It's finally here—the moment we've all waited and prepared for! This year's Baseball & Softball season is now beginning. It's time for your player to show off their growth from the offseason. They're all a year older, a bit faster, stronger, and taller. Some are in new divisions looking to break through. Some are in the same divisions looking to be like the stars that came before them. Whatever your player is gearing up for this year, it will be a good one—full of growth, new challenges, and most importantly, FUN!!



WHAT TO EXPECT DURING THE SEASON

Coaches have begun reaching out to the younger teams with practices starting soon. Outdoor practices are beginning now for the older divisions. The regular season will start in just a few weeks with games going on daily at our beloved Kimberly Ann Rock Complex throughout the spring and summer. Keep an eye out for softball information coming soon.



CALLING ALL VOLUNTEERS

An emphasis for us this year is finding new volunteers and more people who want to be involved in the league. The more helping hands, the better. We have over 80 volunteers this year alone, which is **amazing!!** We cannot wait to get you all involved in some capacity. Be on the lookout for volunteer opportunities in the coming weeks.



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RLL COACHES CORNER:

In Season Tips for Parents

Baseball season is here! The days are longer, the weather is warmer, and opening day is right around the corner. Several of our divisions have begun their practices. In the January edition of Coaches Corner, we discussed tips to develop your players over the winter months. This month we asked our coaches for some tips for parents during the season.

A large part of a young player's skill development happens outside of the team setting.

The main difference maker for players at the youth level is the amount of repetition a player gets. As a parent, you can help your players by playing catch, throwing batting practice, hitting ground balls, or by encouraging and facilitating opportunities for your players to play with their friends. The more repetitions your player can get, the better. The one constant that our coaches have found with players who excel is that they spend lots of time playing baseball outside of team activities. This is not unique to baseball. Children will become very good at things that they enjoy and spend a lot of time doing.

Players learn a lot during games, but most skill development happens outside of the games.

The games are like a fun test. The skills are developed during the preparation for the test, not the taking of the test. That is why showing up on time to practice and taking all the practice time seriously goes a long way. The coaches will give young players as many repetitions as they can during the practice time they have during the week.

Learning responsibility is part of the game. Above the Tee Ball Division, players are asked to be responsible for having their own water and keeping track of their

own equipment. This is part of the process. Things like munchkins or bubble gum in the dugout are a nice thought, but they often distract from what the coaches are trying to teach and accomplish. There is a place for treats after the game is over.

In Little League, umpires occasionally get calls wrong.

In fact, sometimes they completely miss a play or see something the opposite of the other 60 or so people at the field. This is ok, it is part of Little League. Many of these umpires are volunteers from our own community. Make Rumford a welcoming and enjoyable place for them too. When a missed call happens, it is a good opportunity for players to practice processing feelings of anger and disappointment, and turning the next page quickly.

Once the game is over, every player processes the day's events differently.

Some take time to manage their emotions. Some are seemingly unaffected and more focused on hot dogs and friends. Our coaches' experience is that none of them want to recap failures and hear advice right after a game is over. Unless there is a serious event that happens during the game that needs to be addressed, let the players have time to process the game. The coaches are sure to go over anything that needs to be discussed at the next practice when the emotions have cooled off.

IN OTHER NEWS



We had a very successful field clean up day full of volunteers and kids helping to get the fields ready to go. The city has started working and making improvements to the complex. Our coaches are upkeeping our fields daily to keep them on par with the best in the state!



The Shack is getting geared up and ready to serve dinner on those days where the ball field takes place of the dining room. We will also have league merchandise available this year. Rumford Little League shirts, sweatshirts, and hats will be available for purchase at the Snack Shack.