



FEBRUARY | 2023

WHAT'S NEW

IMPORTANT Upcoming Dates

- 3/4 – Registration closes
- 3/4 – Player evaluation at Facility of Dreams
- 3/25 – Field clean up day
- 4/1 – Practices begin

New Board of Directors

The votes are in and the board members for this year have been selected! This group of volunteers work to make the RLL the best it can be. You can see an updated list of the board members and their roles on the RLL website, rumfordll.com.



GIVE US A FOLLOW!

Some RLL videos and photos will be posted exclusively to our new

Instagram account. Catch your little all-star today at [@rumfordll](https://www.instagram.com/rumfordll).

We are one month closer to the start of our 2023 season! Here are the latest happenings around RLL.



JOIN US FOR RLL WINTER CLINICS

Winter Clinics are running now through the middle of March and are a great way to get your little all-star ready for the upcoming season. **Both clinics listed below can be attended on a drop-in basis.**

Facility of Dreams – Hitting Clinic – Saturdays from 8:30AM to 10AM
Includes players in Coach Pitch, Minors, Majors (separated by level)
Runs through 3/25 (no sessions 2/18 or 3/4)

ATC – Saturdays from 11AM to 1PM for players grades 3-5
Runs through 3/11 by EPHS baseball coaching staff and players
ATC is located at 245 Esten Avenue, Pawtucket, RI

For any questions on these clinics, please email President@rumfordll.com.



PLAYER EVALUATION DETAILS

Player evaluations will be held on the last day of sign-ups, March 4th. All players ages 7-10, as well as players moving up to the Majors Division **must attend**. They will be held at 8AM to 11AM at the Facility of Dreams, 750 School Street, Pawtucket, RI. If you have a scheduling conflict, please email President@rumfordll.com.



RLL COACHES CORNER:

Equipment Guide

The season is approaching, and your player is asking for the latest and greatest equipment upgrades. Are you looking for information to help you outfit your little all-star? If so, continue reading below!

Baseball Bats: When you arrive at the store you will be faced with a sea of acronyms. You will see USA bats, USSSA, and BBCOR bats. If your little all-star is in the Tee Ball division, you may also notice the section of Tee Ball bats. For purposes of Little League baseball, you want **USA** bats. At this level, you may disregard USSSA and BBCOR. USSSA bats are not allowed in Little League games, they are mainly utilized in AAU or travel ball. BBCOR bats are intended for older players and adults.



Tee Ball bats are generally cheaper than USA baseball bats. They are perfectly fine for the Tee Ball division. However, if your player is playing Coach Pitch, and the coach breaks out the hard balls, your Tee Ball bat will be dented beyond use after just a few batting practice sessions. If your player intends to move up levels with the same bat they used in Tee Ball, you may want to consider a USA baseball bat purchase.

When choosing a bat, you will see that the bats have a length and a weight. The difference between the length and the weight is called the "drop". For example, a 27-inch 16oz bat has an 11 drop (this can also be said 27 drop 11). The drop for Little League bats will usually be 10 or 11. Sometimes you will find a drop 8 or a drop 12. The lighter the bat, the easier it is for little players to swing. Lighter bats also produce less force on impact if swung at the same speed. Players playing Coach Pitch may swing a 26- or 27-inch bat while older players in Minor League Division may swing at bat that is 29 or 30 inches. Once a player gets into the higher levels of baseball after Little League, the drop gets regulated, and the ratio must be reduced.

As a result, some players in the Major League Division choose to start reducing to a drop 8 or drop 5 to prepare for higher levels. Whether it is better to use a relatively heavy or a relatively light bat is an open debate. It is a matter of preference for the player.

USA bats may be made of composite or alloy. There is no real difference in the performance of a composite bat versus an alloy bat. If your player squares up the sweet spot, the ball will go equally as far with each type. The main difference between the two types of bats is that composites are lighter so the barrel of the bat can be larger without adding weight. This allows for larger sweet spots on composite bats. Composite bats also produce less vibration on the handle than alloy bats. This leads to less sting on the hands with the ball hit off the end of the bat. The downside of composite bats is that they may be more expensive and they need to be broken in. It may take several hundred swings to get a composite bat ready for optimum in game performance. Alloy bats are ready to use off the rack. Most of the bats used at the Coach Pitch and Minor levels in Rumford Little League are alloy bats.



Most players will let their friends try out their bats. We recommend trying as many bats as possible in practice and games to find a length, weight, material and make of bat that works for your little all-star. It is not mandatory to provide your own bat for Rumford Little League baseball. However, it is recommended to do so if it is financially possible. Some coaches will occasionally work in small group practices where players may not be able to choose amongst all their teammate's bats.

If you need more information on USA bats check the link on the Rumford Little League Website, www.rumfordll.com.

RLL COACHES CORNER: Equipment Guide

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Gloves: In the Tee Ball Division there are not many catches or accurate throws. Tee Ball players have tiny hands that cannot close most gloves even if they had the coordination to catch a throw. As a result, it is less important to invest in pricey equipment at the entry Tee Ball level. Some of our coaches even recommend practicing catching tennis balls with bare hands at the Tee Ball entry level just to develop basic hand eye coordination.

At the Coach Pitch level, baseballs are introduced, and players need to begin catching throws. Some glove manufacturers make gloves that are made for children's hands with full size pockets for catching. Those are excellent for the 7 to 10-year-old age group. Since gloves need to be broken in, hand me down gloves or secondhand gloves are easier to get game ready than brand new leather gloves. You can occasionally find some hidden gems in second hand sporting goods stores.



Some new gloves will be easier to break in depending on the quality and type of the leather. If you buy a new leather glove from the sporting goods store, you may want to consider paying the extra fee for the store to break in your glove depending on how rigid the leather is. At the very least you may want to consider getting glove conditioner to help with the process. Do not overuse the glove conditioner because the weight of the oil or cream may stay in the glove. Playing lots of catch with a new glove is the best way to break a glove in. If you invest in a new glove prior to season, be sure to leave time to break it in. Double the expected break in time if you purchase a new catcher's mitt.

If you still have any questions about gloves and bats, do not hesitate to ask your player's coach at the beginning of the season!

