



MAY | 2023

WHAT'S NEW

IMPORTANT Upcoming Dates

Picture Day

Thursday May 4th
Coaches will reach out with each team's time slot

Rumford Red Sox vs. Rumford Brewers (Majors)

Friday May 5th 6:30pm on
Linberg under the lights

Opening Day

Saturday May 6th
Players arrive at 8:00am

Baseball & Softball season is in full swing! All divisions are well into games and Opening Day is right around the corner. Tee-ball will be starting games on Opening Day and is the last division to get started. We've seen great success across all divisions to start the season, with growth and development already noticeable. The kids are back on the fields and having a ton of **FUN!!**



SMILE BRIGHT FOR PICTURE DAY THURSDAY 5/4

Pictures will be held on the lawn behind the Wolf School. Coaches will be in touch with each team's designated time for photos. Please have the players arrive in full uniform ready to **SMILE!** Pictures can be ordered by texting RUM23 to 90738.

FRIDAY NIGHT Lights

MAY 5TH | 6:30 PM

Avenue N

BREWERS

Powered by Rexel



Contractors Supply

RED SOX

Watch Rumford's Majors Stars Shine at Night! This is a great event for younger players to watch and have some fun with friends the night before Opening Day. We are expecting a packed house and some great baseball. The Snack Shack will be open and ready to go! **Make sure you stop by!**

OPENING DAY 2023

SATURDAY, MAY 6TH

(weather permitting)



All players should arrive at 8:00am in full uniform (shoes are fine). **Players should be full of team spirit, ready to make noise throughout the neighborhood and bring it back to the field.** A short ceremony will take place on the field and then players will be released for a day filled with games at Kimberly Ann Rock.



Mom's

RLL COACHES CORNER:

Tips and Tricks for Surviving the Season

With practices and games well underway, we've asked a few of our veteran Moms for some tips and tricks on getting through the season with your players, families...and your sanity!

The sound of the bat hitting the ball and team cheers from the dugouts, the crockpot running at home (or dinner at the Snack Shack yet again!)...Little League season is in full swing! Moms play a crucial role in our player's success and we hope our tips below help to make this time as enjoyable and stress-free as possible!

Syncing Up Schedules. The Little League season is a fun time but can also be an intense one with schedules, especially if you have multiple children in the league. You can quickly start to feel like the "Mom Taxi", driving from practices to games, and everywhere in between. Syncing schedules with your spouse/partner or support system, like the grandparents or fellow Little League Moms, can ease the stress when a practice starts before your workday ends, or when you need to be in two places at once. **It takes a village for sure!**

Occupying the Siblings. It wouldn't be Little League without a pack of wild siblings running through the stands. More often than not, player's siblings are brought to practices or games, whether they like it or not. For the younger siblings, it's great to have an arsenal of activities to help them pass the time. Our favorites include Play-Doh, drawing materials and SNACKS. Older siblings tend to happily play with/watch over the younger crew, which always helps the moms out! It's fun to see the siblings cheering on their brother or sister and the teams, biding their time for when it's their turn on the field.

Equipment and Uniform Management. Staying on top of your player's equipment and uniform can feel like a full-time job, so organization is key. Having a set place in the house where equipment "lives" can make keeping track of everything so much easier. Half the time the equipment may not leave the car since practice or a game is the following day, which works too! Nothing is worse than your player running around the house looking for their glove/hat/cup (if needed—those buggers end up EVERYwhere!), right before gametime. Uniforms can also prove to be a challenge to keep clean and organized. We find throwing everything in the laundry immediately after each game ensures it won't get lost in a pile of everyday clothes before the next game. Having multiple pairs of practice/game pants is helpful, when possible. We have also come to a point where having our players wear practice pants more than once between washes is not ruled out, because, well, they're just going to get dirty again!

Game Day Gear. As Moms, we have to bring a lot of "essentials" to a game. Here are a few must-haves for making all that time on the sidelines more comfortable: a great foldable chair (the ones that recline are nice!), blankets (for earlier in the season when it's chilly, or to lay out for younger fans to sit on), sunscreen and a hat (we've been known to break out an umbrella to combat that summer sun as well!), your drink of choice, Snack Shack money (the players will be hungry!), and hand sanitizer/wet wipes. Keeping a tote fully stocked helps on days you may be running late and some of these items live in our cars all season long, along with rain gear, just in case!

Trust the Coaches. It's something that may not come easily to you if you're new to the game, and even veteran Moms need reminding sometimes! Coaches are volunteer parents who take the time out of their schedules for their team. It's a lot of work and most do it for the love of the game and the players. Have we come across some tough coaches over the years? Yes. But the positive/fun coaches have far outweighed the tough ones. You may question a decision here and there, but they are human and are doing their best! **Trust the coaches to guide and develop the team and your player will be better for it.** (And we may be a little biased, but RLL has the best coaches around!)

We're all in this together. For so many kids, baseball/softball is a rite of passage. **When your child joins a team, the whole family actually joins.** Your child's teammates become like your own children. We become a community of parents here for the kids and their love for the game, in whatever ways we can. Starting from the youngest tee-ballers, with parents joining in on the fun, to the oldest players, where parents become a fan club, cheering on the team's every move. Embrace this time, as it is fleeting, and remember that we are all in this together! Let's do what we can to help make our player's experience in RLL one that will create memories they carry in their hearts forever...and your hearts, as well.