



Youth Baseball

League Info
Spring 2019



Thank you for enrolling your child in youth baseball, we hope you enjoy the season! If your child is new to the league or moving up to the next age division, please see the information at the bottom of the page about the player assessments. If they are returning to the same age group and have chosen to return to last year's team, they should not attend the assessments. Keep in mind that the spring and fall leagues and teams are completely different. Here are some things to know about the league:

- ❖ Player eligibility is based on age on **June 30, 2019**
- ❖ Uniforms (cap & game jersey) are provided by APR&CR
- ❖ Players are required to wear solid grey baseball pants for games (not provided)
- ❖ Cleats are not required but we recommend the use of them (metal cleats are not allowed)
- ❖ All leagues have mandatory participation rules. Every player is placed in the batting order and cannot sit out consecutive innings on defense (exception: disciplinary action as approved by program supervisor)
- ❖ Each team will have 2 or 3 scheduled meetings (practices or games) a week (1-2 during the week and 1 on the weekend). Teams may also reserve the batting cages for additional practices.
- ❖ Note: Practice times and days will rotate
- ❖ **BATS MAY NOT EXCEED -12** [length to weight ratio] (Bats will be checked at the fields on game days)
- ❖ Practices for most teams will begin the **week of March 18**. You should hear from your coach by March 15
- ❖ Games will begin on **Saturday, April 6**
- ❖ All games played at Apex Community Park. Some practices will be at Apex Elementary or Baucom Elementary
- ❖ All coaches are volunteers and are approved by APR&CR and certified through NYSCA. If you are interested in coaching, please contact karl.lyon@apexnc.org
- ❖ **No special team or player requests will be honored.** Players are subjectively selected by the coaches through an assessment and draft system. **All registered players will be assigned to a team.**
- ❖ In case of inclement weather, please call our **WEATHER HOTLINE: (919) 249-3348**.
- ❖ Please support your team through good sportsmanship!
- ❖ Make sure to communicate with your coach if you have to miss any practices or games
- ❖ Remember, to be successful in games, players need to attend their team practices!
- ❖ If you have any questions please call (919) 249-3402

TEAM PLACEMENT PLAYER ASSESSMENTS

(for all players new to league/age division or not returning to last year's team)

Please arrive 15 minutes early – players arriving late will not be permitted to go through assessments (they will be randomly assigned to a team)

Saturday, March 9
Salem Middle School (Baseball Field)

Coed T-Ball (5-6)	No Assessments
Instructional (7-8)	No Assessments
Farm (9-10)	9:00 am
Major (11-12)	11:00 am
Junior (13-15)	1:00pm

Rain Date is March 16

Am I an APEX RESIDENT or NON-RESIDENT?

Resident: Resides **WITHIN** the Apex Corporate Limit as defined by the Planning Department and also pays Apex taxes. You can be considered a non- resident even though you have an Apex address.

Non-Resident: Resides **OUTSIDE** the Apex Corporate Limits as defined by the Planning Department

Note: Addresses located in the "ETJ" (Extra Territorial Jurisdiction) are considered Non-Residents for registration purposes.

Waiting List Policy

Waiting lists are available for some programs and activities offered by the Apex Parks, Recreation, and Cultural Resources Department. Waiting lists are typically created after all participants and / or coaches are verified for the program / activity in question and the program is deemed full based on a number established by the department. Participants on the Waiting List will then be reassigned based on their place of residency with Apex Residents always receiving priority over non-residents based on the above definition of "APEX RESIDENT."

Once a determination is made to release someone from the waiting list, they will be contacted by APR&CR and have 3 working days from the time they are contacted either in person or by message to complete all remaining registration requirements for their particular program. Failure to do so will authorize APR&CR to go to the next person on the waiting list. For Youth Athletic Programs, once regular season games have begun Players / Participants will not be added from the waiting list unless it will result in a forfeit situation.

Refund Policy

A full refund of registration and participation fees and charges will be made for all programs, activities, and events canceled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department (APRCR). For all other situations where refunds may be requested, the following guidelines shall apply. The Director of Parks, Recreation, and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein.

Community Center / Athletic / Instructional / and Non-Athletic Programs

1. If a participant requests a refund, in writing, at least 10 calendar days before the first day of athletic league tryouts or at least 10 calendar days before the first meeting of a class or non-athletic / instructional program, a full refund, minus a \$5.00 processing fee, will be issued.
2. If a participant requests a refund, in writing, less than 10 calendar days prior to the first day of athletic tryouts, or less than 10 calendar days prior to the first meeting of a class or non-athletic / instructional program, a 75% refund will be issued only if the participant can be replaced from the waiting list.
3. For athletic programs, no refunds will be issued on or after the first day of regular season games for the affected league. For Community Center classes or non-athletic / instructional programs, no refund will be issued on the day of or after the first class meeting.

EXCEPTIONS

For Youth Athletics, Instructional, and Non-Athletic Programs, a full refund of all fees paid, less a \$5.00 processing fee, will be made if:

- 1) Prior to the first regular season game or first class meeting, a written excuse, from a licensed medical doctor, is provided indicating that the participant should not participate due to medical concerns or physical limitations.
- 2) Prior to the first regular season game or first class meeting, a written verification is provided that the participant has been included in either a Middle School, High School, or College program that prohibits participation in recreational programs.

SPORT SNACK GAME PLAN

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

<p>SNACK & DRINK SUGGESTIONS</p> <p>Fruit and water are always the best snack choices for kids on the move. Try these popular options:</p> <ul style="list-style-type: none">> Orange & apple wedges> Fresh peaches, pears, watermelon or other seasonal fruit> Dried fruit, nuts and raisins> Bananas, grapes & strawberries> Fruit cups (packed in juice) or unsweetened applesauce> Water - no need for sugar-packed drinks	<p>GRAB & GO - THE PRICE IS RIGHT!</p> <p>Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.</p> <p>Healthy Snack Total = \$7.29</p> <ul style="list-style-type: none">> Fresh bananas/oranges/apples - \$3 to \$4 a bag> 16-pz. natural spring water bottles (15 pack) - \$3.29 <p>Typical Snack Total = \$10.25</p> <ul style="list-style-type: none">> Mini bags of cookies (12 pack) - \$4> Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25
--	---



www.advocatesforhealthinaction.org

