



## **PLEASE CHECK OUT SOME OF OUR GREAT GRASSROOT PROGRAMS**

### **BASEBALL 5**



#### **What is Baseball 5?**

Baseball5 is a new five-on-five sport derived from traditional Baseball. This faster urban discipline can be played anywhere with no bats and no gloves.

#### **Description of play**

Once the hitter puts the ball in play, he or she must run to first base.

During the game, the runners can leave their base only when the ball is put into play (hit) by a teammate.

There can be no more than one player on a base at any time. If there is, the last player to arrive

at the base is called out.

A run is scored when the runner circles the bases to home plate without being called out.

A game consists of FIVE INNINGS. In each inning, the teams take turns playing on OFFENCE and on DEFENCE with the roles switched when the team on defence records three outs or when all the players on a team have had a chance to hit.

**For more information - <https://www.baseballsask.ca/player-programs/winterball>**

## **RALLY CAP**



The Rally Cap program is an entry level program designed to introduce children to the game of baseball, keeping them active and engaged, while learning the skills of the game in a fun, safe and informative atmosphere.

**For more information - <http://www.baseballsask.ca/programs/rally-cap>**

## **MY FIRST PITCH**



My First Pitch is a program targeted at the development of pitchers entering the 11U division where pitching is introduced for first time. All players entering this division are exposed to mini-cam on pitching.

**For more information - <http://www.baseballsask.ca/programs/my-first-pitch>**

## **CHALLENGER BASEBALL**



Well, it is probably the most rewarding organized baseball activity you will find out there. Challenger Baseball is the program that allows children with cognitive or physical disabilities the opportunity to enjoy all the benefits of playing baseball, in an environment that caters to their very special needs. Our philosophy is very simple: “play, just for fun!!” You can’t beat it.

***For more information –***  
**<http://www.baseballsask.ca/programs/challenger-baseball>**



***In addition to the above terrific Programs, we would also like to bring awareness to the following:***

***Membership Benefits***

***<http://www.baseballsask.ca/about/membership-benefits>***

***Girls Baseball Program***

***<http://www.baseballsask.ca/programs/girls-baseball>***

***NCCP (Coaching)***

***<http://www.baseballsask.ca/programs/nccp-coaches>***

***NOCP (Umpires)***

***<http://www.baseballsask.ca/programs/nocp-umpires>***

***Long Term Athlete Development (LTAD)***

***<http://www.baseballsask.ca/programs/ltad>***

***Pitch Count***

***<http://www.baseballsask.ca/programs/pitch-count>***

***Team Sask Program***

***<http://www.baseballsask.ca/team-sask>***

***About Baseball Sask***

***<http://www.baseballsask.ca/about>***

***If you have any questions about any of our Programs please contact Mike Ramage (Executive Director) at [mike@baseballsask.ca](mailto:mike@baseballsask.ca)***