



JANUARY | 2023

WHAT'S NEW

IMPORTANT Upcoming Dates

- 1/1** – Registration opens
- 1/7** – Members meeting
- 3/4** – Registration closes
- 3/4** – Player evaluation
at Facility of Dreams

Winter Clinics

**Facility of Dreams –
Softball Hitting**
Sundays 1/8-2/12

Baseball Hitting
Thursdays 1/12-2/16

Baseball Fielding
Saturdays 1/7-2/11

Baseball Catching
Sundays 1/8-2/12

ATC – Saturdays 1/7-3/11

Happy 2023! A goal of Rumford Little League this year is to increase communication to keep families well informed on upcoming events and what's new within the organization. We're looking forward to a great year full of fun and growth for our players!



REGISTRATION FOR THE 2023 SEASON IS OPEN!!

The time to sign your children up for the 2023 season is here—head over to our website, www.rumfordll.com for online registration. We will be having player evaluations for children who sign up for the Minors and Majors Divisions on March 4th. More information to come on timing, etc.



RLL GIRL'S SOFTBALL IS GROWING!

Last year RLL welcomed the return of Girl's Softball and it was a great success! This year we are excited to join forces with Riverside and East Providence Central to build on the success of last season.



LET'S GET SOCIAL! Give us a follow on our new Instagram account—[@rumfordll](https://www.instagram.com/@rumfordll).



RLL COACHES TIP OF THE MONTH:

Top Three Ways to Develop Skills Over the Winter

We are entering a time of year when the weather does not always cooperate with our children's desire for outdoor play. With tryouts right around the corner, here are some tips from our coaches on how your players can continue to develop skills through cold New England winters, to be ready for the spring season.

1 Let the kids be kids.

The consensus among our coaches is that the most important skill for players is the ability to play catch. This may be an option on warm days in the winter. When it is not possible to play outside (some parents may disagree with this but...) the children can play catch inside. Of course, take away the baseballs and replace them with soft core balls, tennis balls, or foam balls. Small foam filled footballs can be a great way to train indoor hand-eye coordination. Children love playing monkey in the middle and dodgeball. Even when they don't have other children to play with, a ball and a basement wall is a great option for building this important skill (if mom or dad allows of course).

2 Play winter sports.

Basketball, indoor soccer, indoor tennis, and hockey are fun ways to develop strength, coordination, speed, lateral agility, teamwork skills and problem-solving skills over the winter months. Our coaches have also suggested playing dodgeball at one of the local trampoline parks as a fun way to stay healthy and build hand-eye coordination.

3 Rumford Little League clinics and training facilities.

While no expense or travel outside the home is necessary to develop skills over the winter months, Rumford Little League is partnering with excellent local baseball facilities to provide winter clinics, individual and group lessons, and training space. These facilities also allow parents to work with their children indoors on hitting, fielding, pitching, catching, and any other baseball skill you would like to focus on.

Did you remember to sign up for our winter clinics?



The Ocean State Outlaws, in partnership with Rumford Little League, are offering 6-week clinics in softball hitting, baseball hitting, baseball fielding, and baseball catching, beginning this month. The facility is located at 750 School Street, Pawtucket, RI. The clinics are designed for softball players ages 8-12 and baseball players ages 9-12.



ATC (Athletes Turned Champions), a longtime sponsor of Rumford Little League, is holding a clinic on Saturday mornings from 11AM to 1PM for players grades 3-5. The clinic resumes on Saturday January 7th and can be attended on a drop-in basis. ATC is located at 245 Esten Avenue, Pawtucket, RI. It is run by EPHS baseball coaching staff and players.

See page 1 for winter clinic start dates and schedules.

