

ADULT SLOW-PITCH SOFTBALL

Chris Benjes

ADULT SOFTBALL -- This is a non-competitive slow-pitch league for players over 30 years old containing separate divisions for men and women. All levels of talents are welcome. Double-headers are played on Friday evenings from July through September. Registration for returning teams/players begins in mid-January and runs until mid-April. If the league does not fill up by April, registration then opens to any new players who get placed (first-come, first served) on teams that do not have full rosters. Please watch the Slow-Pitch Softball pages on the Forest Hill Rec website (www.foresthillrec.com) for details and registration forms. Contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com or Amy Parsley, 410, 963-8791, amyparsley@comcast.net for information.

BASEBALL/SOFTBALL

Chris Benjes, Frank Soderberg

2010 YOUTH BASEBALL / SOFTBALL FEES PER PLAYER --

If received on/before January 31st:.....5-6 and 7-8 Age Groups: \$50.....9-10 age group and older: \$75
If received on/before February 28th:.....5-6 and 7-8 Age Groups: \$60.....9-10 age group and older: \$85
If received on/after March 1st:5-6 and 7-8 Age Groups: \$70.....9-10 age group and older: \$95

MULTI-CHILD DISCOUNT -- When registering multiple children from the same household, you may subtract \$5 from the second child's fee, and \$10 from the third. The fourth child or more plays for no additional fee.

ON-LINE REGISTRATION and payment with credit cards and PayPal is available on the Forest Hill Baseball and Softball websites as of January 1.

MAIL-IN REGISTRATIONS should be received **NO LATER** than **JANUARY 31, 2010**. Forms are included with this newsletter and are also available on the website now.

WALK-IN BASEBALL/SOFTBALL REGISTRATION will only be held on two Saturdays this year: January 9th and 16th from 11:00 A.M. until 3:00 P.M in the Activity Room at Forest Lakes Elementary School.

2010 IN-HOUSE BASEBALL/SOFTBALL NEWS -- Monthly baseball/softball meetings started back in November, and are held on the second Monday of every month from November through April. The best way to get involved with Forest Hill baseball and softball is to come to the meetings. We are constantly looking for new ways to make our programs fun for the players, coaches and parents, and we always have some special surprises in store. Remember to visit our website often, as there are new bits of important information added daily. Surf to www.foresthillbaseball.com for direct access into the baseball web page. Baseball families, be sure to subscribe to our baseball e-mailing list - http://lists.foresthillrec.com/mailman/listinfo/baseball_list - for up-to-date information and news.

4 YEAR-OLD BASEBALL -- Once again we will be organizing a program strictly for 4 year-old boys and girls to learn the very basic fundamentals that will prepare them for the 5-6 clinic next year. This group is strictly limited to 24 participants that meet once per week to have fun and play baseball. This is a parent-child activity and parents are expected to participate. Please contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com, if you would like to help with this program.

5-6 BASEBALL/SOFTBALL -- The very successful 5-6 clinic will meet and practice on Fields 8 and 9 at Forest Lakes Elementary School on Saturdays at 10:00 A.M. starting April 10th. The 5-6 program runs through June 19th. Participants must turn 5 on/before April 30, 2010.

7-8 BASEBALL -- In an effort to constantly improve our programs, the 7-8 program will once again will break the teams into two groups - a 7 year old group and an 8 year old group. Emphasis will be on the fundamentals of baseball, keeping the players moving, learning, and practicing their skills in preparation for the higher age groups through drills, practice and games.

9-10 and 11-12 BASEBALL -- These age groups are where the game of baseball is played with umpires, live pitching, base-stealing, and all the excitement that baseball brings. Games are played twice per week, and the season ends with a league championship tournament.

13-15 BASEBALL -- Our 13-15 players will participate in a newly formed league consisting of teams from the Bel Air, Forest Hill, and Hickory/Fountain Green playing on 80' diamonds at home and away. Players of all talent levels are encouraged to play.

16-19 BASEBALL -- The 16-19 baseball program will field one or two teams again this season, based on demand and talent. These teams will play in the North Harford County Baseball League (NHCBL) on Tuesday and Thursday evenings from mid-May through early July. Tryout registration forms and fees will be accepted by mail or at the walk-in registration sessions listed above. See the "16-19 BASEBALL TRYOUT-REGISTRATION FORM" included in this newsletter. Tryouts are in early-March and players must pay the fee at the time of registration. Those not making a 16-19 team will be refunded in full. Qualified 15 year-olds are invited to try out for the 16-19 program. Questions can be directed to Joe Fischer, coachjoefischer@comcast.net, 410-638-0640.

PLAYER EVALUATIONS and DRAFTS -- Players new to the FHRC baseball program, players without the previous year's evaluation, or players requesting to play up to the next age group must be evaluated to ensure proper placement. Any player requesting to move up must be evaluated in February. No Exceptions!! Details about playing in a different age group are available on the baseball web page. All players will be placed in their final, designated age group as of March 6, 2010. In-house teams are selected in mid-March and players will be contacted by their managers before practice begins on April 1st.

BASEBALL NEW-PLAYER and PLAY-UP EVALUATION TIMES at the Harford Sandlot in Forest Hill:

6 year-olds requesting to play 7-8:	Sat Feb 20 2010 at 12:00 PM sharp.
New 13-15 year-olds and 12 year-olds requesting 13-15:	Sat Feb 20 2010 at 12:00 PM sharp.
New 9-10 year-olds and 8 year-olds requesting 9-10:	Sat Feb 20 2010 at 1:15 PM sharp.
New 11-12 year-olds and 10 year-olds requesting 11-12:	Sat Feb 20 2010 at 3:30 PM sharp.

SIGN-UPS FOR TRAVEL BASEBALL TRYOUTS will be available at the two walk-in registration sessions in January. Players can also sign up for travel tryouts by sending an e-mail to baseball@foresthillbaseball.com. All players who sign up for travel tryouts must register and pay for in-house baseball before they can participate in the February tryouts. Please include the player's name, age, date of birth and phone number. A separate fee and in-house baseball participation is required for players who make a travel team.

BASEBALL TRAVEL TRYOUTS at the Harford Sandlot in Forest Hill:

8U Age Group	February 13 th and 14 th from 1:00 – 2:30 PM.
9U & 10U Age Groups	February 6 th from 1:00-2:30. February 7 th from 11:00 - 12:30.
11U & 12U Age Groups	February 6 th from 2:45 - 4:15. February 7 th from 12:45 - 2:15.
13-15 Age Groups	February 6 th from 4:30 - 6:00. February 7 th from 2:30 - 4:00.

We ask all potential travel players to sign up in advance so we are better able to anticipate the turnout at the tryouts. Tryouts for age groups that show insufficient interest by January 31st will be cancelled and there will not be tryouts for a travel team in that age group.

The Forest Hill Express travel baseball teams will begin their seasons in late March and will play approximately 14 regular season games and participate in three or four tournaments through late June. As the annual treat for the Forest Hill 12U Express, they have been scheduled to play at the Cooperstown Dreams Park in New York during the week of July 10th. There is a separate financial commitment and a requirement for fundraising for all players who are on the 12U Travel team to help offset the tremendous expense of the Cooperstown trip. While this is a fantastic experience for the players, coaches and families, it is also well worth the financial and time commitments.

FOREST HILL TRAVEL will host portions of the Spring Classic and Summer Classic Baseball Tournaments, as well as the entire Forest Hill Frenzy Softball Tournament at our Complex. Teams from all over Maryland, including our own Express and Heat teams, will compete in these tournaments during the weekends of March 27-28, June 26-27 and July 17-18, respectively. This is a great fundraising opportunity for our travel programs and a great way to

showcase our beautiful complex. Good games, great food, and memorable experiences highlight these tournaments every year.

FOREST HILL STORM -- The Forest Hill Storm is a full-time youth baseball program affiliated with the Baltimore-Metro Baseball League, the premier independent amateur baseball league in Maryland. This highly competitive program will consist of five Storm teams in 2010 – 11U through 16U. Teams were selected in the fall and will practice through the winter in preparation for the spring season. The Storm program is self-funded and plays an extensive schedule with home games at the Complex and Friends Park. Tryouts for the 2011 teams will occur late in the summer. For more information about our Metro baseball program, please contact Jim Maguire, 410-557-2847.

UMPIRES -- The Forest Hill Baseball program is looking for youth umpires for evening games on Mondays, Thursdays, Fridays, and Saturday mornings in the spring and Sunday afternoons in the fall. Umpires must be at least 14 years of age by May 1, 2010 and must complete the free training program in March. All umpires are paid per game. If interested, please contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com.

CONCESSION STAND -- Each baseball/softball team will be assigned a night for which they are responsible for working the concession stand with the help of a committee member. This is done for a variety of reasons, the biggest being that if we have no help we are forced to close the concession stand for that particular night. We are very pleased with how people want to help our programs, and appreciate the regular volunteers. The schedule will once again be posted in the Opening Day book.

BASEBALL/SOFTBALL MEETING SCHEDULE -- *ALL ARE WELCOME!* The monthly baseball/softball meetings are held on these Mondays in 2010: January 11, February 8, March 8 and April 12 starting at 7:30 P.M. in the Activity Room of Forest Lakes Elementary School. The best way to get involved with Forest Hill baseball and softball is to come to the meetings.

BASEBALL/SOFTBALL COACHES -- Volunteers requesting to **manage or coach** a baseball/softball team *MUST* complete a “MANAGER/COACH APPLICATION FORM” and have it approved. They should also attend the baseball/softball meetings. The meetings in January, February and March are mandatory for baseball managers. See the “MANAGER/COACH APPLICATION FORM” in this Newsletter. Managers for in-house teams will be announced in late January, so please get those forms in soon!

BASEBALL AGE GROUP DIRECTORS:

5-6 Age Group	Amy Parsley
7-8 Age Group	Eric Lippert
9-10 Age Group	Deb Norcross
11-12 Age Group	Kevin Small
13-15 Age Group	Open
16-19 Age Group	Joe Fischer
Storm (11U-16U)	Jim Maguire

TRAVEL BASEBALL MANAGERS:

8U Express: Open
9U Express: Kris King
10U Express: Bob Johnson
11U Express: Mark Morgan
12U Express: Open
13U Express: Chuck Hamrick
14U Express: Kirk Warner
15U Express: Keith Rhodes

LEGAL WAIVER / CODE OF CONDUCT -- Forest Hill Baseball/Softball has instituted a Players/Parents Code of Conduct/Agreement that is strictly enforced. These documents can be found in this newsletter. Please remember to read and sign the legal waiver and return it with your registration. The agreement will be also available at walk-in registrations and is required for all registered players/families.

BASEBALL SPRING TRAINING CAMP -- Is your child ready for the 2010 season? They may be playing another sport now, or eating too many holiday goodies. Either way, it's time to get those baseball muscles moving. A key to having a successful 2010 season is being prepared. Spring Training 2010 is what the doctor ordered. Spring Training Camp is a benefit fundraiser for our 16-19 program and is designed for boys and girls ages 5-12

years, teaching good sportsmanship, throwing, fielding ground balls and fly balls, sliding, hitting and base running. Come and learn new baseball skills, slide on our sliding mats and learn how to field like a pro. All this and more in a fun recreation league atmosphere. Three sessions are held in the spacious Churchville Recreation Center on three Saturday evenings in March. All players receive a Camp T-shirt and a Certificate of Achievement. For questions, call Joe Fischer, 410-638-0640, or e-mail coachjoefischer@comcast.net.

We have a limit of only 50 participants in this Camp, so please register early. Early-bird registration fee of \$60 for the Camp is due by February 26th. The fee is an additional \$10 for registrations received after February 26th. Absolute deadline is Wednesday March 3rd. See the "BASEBALL SPRING TRAINING CAMP REGISTRATION FORM" in this newsletter.

FALL BASEBALL -- If you are interested in being a Fall Ball manager or coach, complete a "Manager/Coach Application Form" and contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com.

Forest Hill will be placing several teams into two different Fall baseball leagues in 2010. There will be several Forest Hill teams in the 9-10, 11-12 and 13-15 age groups that participate in the Harford County Fall Baseball League (HCFB). This is a rec-league program designed for players of all talent levels. No tryouts are necessary. The season runs from late August into November and all games are played on Sundays at the Complex and other Harford County baseball locations. In preparation for next year, participants will be placed in divisions based on what age group the child will play in spring 2010.

Early Registration for Forest Hill Fall Baseball in HCFB runs from May 1-31. There will be a \$20 late fee assessed for all registrations after May 31. The absolute registration deadline for the HCFB is June 26th, after which the league will be closed. We will not accept any registration forms after this date so we can draft the teams and order their uniforms. Register early to save money and insure your child's spot in the league.

We will also have tryouts for fall teams that will participate in the Baltimore County Major League (BCML) program. This is a higher level league similar to our spring travel program that involves some away games in Baltimore and Harford Counties. Tryouts for these teams will be in mid-July. All BCML regular-season games are played on Sundays from mid-August through October. There is also a mid-season tournament in October with games on Saturday and Sunday. Because this is a more competitive league, age groups for teams in our Baltimore County Major League program are based on the age that the child played in spring 2010. We do not allow play-ups in this league. Fees will be determined as the season approaches.

Since the registration deadline for the Harford league is June 26th, players wishing to play fall baseball that are also planning to try out for a BCML team should make sure they first sign up for the HCFB program by the deadline, and then attend the BCML tryouts. Doing so guarantees that the player will definitely play some form of fall baseball. Since players can not play in both leagues, fees paid for the Harford league will be transferred to the Baltimore County program for players that make a BCML team.

Registration information for both leagues will be available on the Forest Hill baseball web page starting in April.

AGE CUT-OFF DATES -- Remember that the age cutoff date has changed for all youth baseball nationwide. See the table in this news letter for your proper age group for 2010.