



Why Should Young Players Participate in the Rally Cap Program?

- Fun Environment
- Learn baseball skills, rules and strategies
- Learn Sportsmanship
- Increase self-esteem
- Achieve personal goals
- One on One Instruction

The Rally Cap Program meets the requirements of the FUNdamental Stage in the LTAD Plan!



To Introduce the Rally Cap Program in your community please contact your Provincial Association.

BASEBALL CANADA
www.baseball.ca
(613) 748-5606

BASEBALL BRITISH COLUMBIA
www.baseball.bc.ca
(604) 586-3110

BASEBALL ALBERTA
www.baseballalberta.com
(780) 427-8943

SASKATCHEWAN BASEBALL
www.saskbaseball.ca
(306) 780-9237

BASEBALL MANITOBA
www.baseballmanitoba.ca
(204) 925-5763

BASEBALL ONTARIO
www.baseballontario.com
(519) 740-3900

BASEBALL QUÉBEC
www.baseballquebec.qc.ca
(514) 252-3075

BASEBALL NEW BRUNSWICK
www.baseballnb.ca
(506) 451-1329

BASEBALL NOVA SCOTIA
www.baseballnovascotia.com
(902) 425-5450 ext. 355

BASEBALL PEI
www.baseballpei.ca
(902) 368-4262

BASEBALL NL
www.sport.ca/nlbaseball
(709) 368-2819

SUBWAY RALLY CAP PROGRAM



FUNDamental learning for baseball players ages 4 through 8



WHAT IS RALLY CAP ?



The Rally Cap program is Baseball Canada's Official Initiation Program. This program has been designed specifically for young baseball players and aims to increase interest in baseball at young ages.

Players participate in combined practice/game structured events, while progressing through six skill levels. At each level, they will earn a specific cap colour. (White, Grey, Black, Green, Blue and Red).



RALLY CAP GOALS ?

- 1 Create a fun baseball environment for both children and adults.
- 2 Teach baseball skills, rules and strategies to our players.
- 3 Model and teach good sportsmanship.
- 4 Promote increased self-esteem among our young athletes.

PUBLIC RESPONSE

"Our association CRMBA is in the second year of the Rally Cap program and believe it's been a tremendous improvement in terms of player development, parent participation and general enjoyment of the game."

Earl Kelly, Campbell River, BC



"Great program! The players are always active and this maximizes their learning" "The CAP principle ensures that athletes stay motivated with appropriate drills for their ability level"

Benoit Lavigne, Québec



"This program is precisely how kids should be exposed to baseball at an entry level. The focus is on the three most important components: FUN, activity, and skill development. Coaches are provided with a proven, low cost, structured program which will ensure kids enjoy themselves while learning all of the fundamental tools. It's a WIN-WIN-WIN scenario!"

Peter Craig, Nova Scotia

WHY CHOOSE RALLY CAP ?

There are many benefits to choosing this FUNdamental Program. The Rally Cap Program...

- Increases one on one learning opportunities as a result of small group sizes.
- Develops proper mechanics for throwing and hitting at young ages.
- Teaches game knowledge and strategies.
- Develops skill acquisition in a structured manner.
- Involves parents with their child's development.
- Provides coaching material to assist coaches efficiently and effectively enhance each player's learning.

