

Why Should Young Players Participate in the Rally Cap

- 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 (613) 748-5606

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

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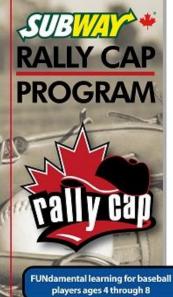
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## WHAT IS RALLY CAP?

## **PUBLIC RESPONSE**

## WHY CHOOSE RALLY CAP?



The Rally Cap program is Baseball Canada's Offi-

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



## **RALLY CAP GOALS?**

- Create a fun baseball environment for both children and adults.
- 2 Teach baseball skills, rules and strategies to our players.
- Model and teach good sportsman-ship.
- 4 Promote Increased self-est mong our young athletes.

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, Compbell 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" Bendit Lovigne, Quebec



\*This program is precisely how kids should be exposed to baseball at an entry level. The focus is on the: three most important components: FUM. activity, and skull development. Coaches are provided with a proven, low cost, structured program which will ensure kids enjoy them-selves while learning all of the fundamental tools. It's a WIN-WIN-WIN scenarios Peter Craig, Novo Scotia

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
- 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

