## \#3 INDOOR WINTER WORKOUTS

The Half Hollow Hills Little League has designed a 12-week winter workout program for players that will take place from January -March. Qualified paid coaches lead these workouts to enhance all players skills over the 12 weeks. Cost varies based on age and number of players.

## Instructional Design

3 coaches per hour ( 3 stations)
Our indoor winter workouts will cover hitting, fielding, pitching \& catching skills. Hitting: batting stance, grip, bat speed, and swing path. Fielding: footwork, body positioning, managing momentum, and handling ground balls and fly balls. Pitching: pitching from the
stretch, learning the windup, maintaining body control, proper pickoff techniques and different grips for pitches. Catching: stance, signs, receiving, framing, blocking, throwing, fielding bunts, tags, and the mental aspects of dealing with pitchers.

## \#4 FREE CLINICS

The Half Hollow Hills Little League offers Free Spring \& Fall Clinics on Sundays for all players.
These clinics cover Hitting, Fielding, Pitching \& Catching skills.
 The clinic will focus on crucial aspects such as batting stance, grip, bat speed, and swing path.
Our fielding clinic is structured to teach the correct mechanics required for proficient fielding and achieving success in the field. This clinic will focus on the crucial elements of fielding, such as footwork, body positioning, managing momentum, and handling ground balls and fly balls.
Our baseball pitching clinic is designed to instruct correct throwing mechanics that will lead to enhanced control and minimize the risk of injury. The clinic will focus on many things, including
Our baseball catching will cover all major aspects of being behind the plate. Players will receive instruction on stance, signs, receiving, framing, blocking, throwing, fielding bunts, tags, and the mental aspects of dealing with pitchers. Catchers must bring their own catching gear.
HHHLL Girls Fastpitch Softball Pitching Clinic for beginners and novice pitchers. This clinic is designed to be an introductory clinic one that will provide the necessary basics to become a Fast-Pitch Softball Pitcher.

## \#5 CAMPS

The HHHLL offers Camps during school breaks for all age groups.
SPRING BREAK CAMP
APRIL 22, 23, 24
MONDAY - WEDNESDAY
(RAIN DATE-THURSDAY/FRIDAY
3 DAY CAMP 9AM-12PM 9 HOURS TOTAL
8:1 Coach to Player Ratio
\$135 early registration
\$150 late registration
Our Spring Break Camp will cover hitting, fielding, pitching \& catching skills. Hitting: batting stance, grip, swing path, tee work, soft toss drills \& live hitting. Fielding: footwork, body positioning and technique when fielding ground balls/fly balls and mirror/glove
movement drills. Pitching/Throwing: pitching techniques, throwing mechanics, etc. Catching: stance, receiving, framing, blocking

Above QR code for our HHHLL WhatsApp Community. We will be posting important updates regarding rainouts, field changes,
and events. It will also allow coaches to stay connected and for teams to streamline communication.


THE HALF HOLLOW HILLS LITTLE LEAGUE® program includes divisions for all children ages 4-16. In addition to practicing onndamentals and the excitement of playing games in a competitive environmen League pridefully enlists the sport to strengthen its participants' self-esteem and confidence.
Regardless of physical size, skill, strength, gender, religion, or nationality, Little League offer the opportunity for a child to experience and benefit from the life lessons, socialization, and ether you are looking cornerstones of the program. League is more than an organization, it is a community organization operated by local volunteers and dedicated to providing any child with a fun and engaging youth sports environment.

## MTTLELERGUE <br> CORE YMLUES

## Little League

Community, Fun, Integrity, Inclusion, and Teamwork
Let us work together to live out our core values so we can continue to give Little Leaguers® a fun, community-driven environment to play baseball and softball.
HAYIRG A MHIMRING ATTITUDE

The importance of learning to have a winning attitude. Learning how to lose gracefully while still having fun, being with friends, and learning Baseball and softball are games of opportunity. Missing one opportunity, but being prepared for the next one, is core to a winning attitude.'

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Next on the list is learning to work as a team. Emphasizing the importance of sharing resources, taking turns, and understanding that people make The parents of players play a significant role, as well, in helping them learn about teamwork, including setting a good example, the importance creating positive coaching chemistry, having mutual respect with their players, and learning how to disagree without being disagreeable
RURTURING A SENSE OF HUMILITY

Then, there is nurturing the sense of humility that comes from appreciating the fact that baseball and softball are games of fractions.
importance of staying in the moment, learning to forgive yourself, and moving on after a play - good or bad. "Afterall," even the best sluggers fail to get a hit $70 \%$ of the time.'
SROMMNG GRATITUDE
Little League will help all better understand what it means to both feel and show gratitude. Being grateful for the time their parents, coaches, Little League will remind you of three key vey things that Firstrtinue the to helply make the the Little Leargue program work.
whether you have been a player, parent of a things. First, the maturity and insight of our children are both surprisising and heartwarming. Second whether you have been a player, parent of a player, coach, umpire ,groundskeeper, or volunteer, vour contribution matters to these kids and the
communities that host them. Third for young players and families playing baseall or softbalt through ittle League, it is more than learning
technical skills, it is about learning to be successful people for a lifetime.

## Otsego Park

This is more than a Field. It's the place you learned to play. Where you made lifelong friends. Where you felt safe. And were inspired by your teammates and coaches. That is why Half Hollow Hills Little League is committed to giving our community its own Field of Dreams.

\& Opening Day Parade \& Ceremony
e Replica MLB Uniform
e Fully Stocked Snack Stand
es Safe/Community based Baseball/Softball Complex
e) Picture Day
e MLB Pitch, Hit \& Run Contest
\& MLB Junior Home Run Derby
e Wood Bat Week
e All Star Weekend \& Field Day
e) Sandlot Day
e HHHLL Night at Citi Field
$\ell$ End of Season Celebration - Family Picnic \& Carnival

ONCE THE SPRING LITTLE LEAGUE SEASON ENDS, YOUR CHILD'S ABILITY TO DEVELOP THEIR SKILLS CONTINUE WITH THE FOLLOWING OPPORTUNITIES....

## \#1 WILLIAMSPORT TOURNAMENT

Any player signed up for the HHHLL SPRING season is eligible to try out for our Williamsport teams.
As per HHHLL charter with LL, we can put forth 2 Williamsport teams in each of the following age groups - 10U, 11U, 12U 13 U (50-70), 14U, and 16U.
Each Little League® season concludes with International Tournament play for Little Leaguers® in seven divisions. The tournament trail begins in early June and leads to seven World Series tournaments in July and August.
The oldest, and best-known, championship tournament is the annual Little League Baseball® World Series held in late August in Williamsport, Pennsylvania, with games held in Howard J. Lamade Stadium and Little League Volunteer Stadium.
The other six Divisional World Series tournaments are held at sites across the United States during the week or weeks before the Little League Baseball World Series. It is the culmination of weeks of local league play and provides participants with th opportunity to travel, make new friends, and engage in friendly competition activities few other summer programs provide.

## Levels of Play

District: This is the first level of play. Most district tournaments begin around the first week of July, lasting from one to three weeks. Large districts, or those made up of widely dispersed teams, play in area tournaments before advancing to a district final or semifinal. Some district tournaments are played in a modified Olympic Pool Play format.
Section: This is the second level of play. District winners from Section 4 East/West compete for the chance to advance to our New York State level of play
State, Province, or Country: This is the next major level of play. However, in some states, provinces, or countries where there are many leagues, a sub-tournament is played, usually referred to as Sectionals. State, provincial, or national tournaments are played around the last week of July or the first week of August. Most of these tournaments are played in a standard double-elimination format.
Region: This is the fourth level of play. However, there may be one or two pre-regional tournaments (Section or Division Tournaments) played in some areas before advancing to the regional level. Regional tournaments are usually played in late July or the first or second week of August. Most are double elimination, but a few use the modified Olympic Pool Play Format.
World Series: This is the final level of tournament play. There are seven World Series tournaments: Little League Baseball®, World Series: This is the final evel of tournament play. There are seven World Series tournaments: Little League Baseball $\mathbb{R}$,
Little League Intermediate ( $50 / 70$ ) Baseball, Junior League Baseball, Senior League Baseball, Little League Softball@, Junior League Softball, and Senior League Softball.

## Tournament Eligibility

Any community with a youth baseball or softball program chartered with Little League International is eligible to enroll a team or teams in the annual Little League Internationa Tournament.
Once enrolled in tournament play, every team in all baseball and softball divisions of Little League, from the time it plays its first local District Tournament game to the World Series, must carry documents proving the eligibility of each player on the team. These documents must conclusively prove each players age and residens.
All teams must carry an Eligibility Affidavit, prepared by their league officials, and certified by their District Administrator, a boundary map with the confirmed players' residences or schools plotted accurately, and supporting materials. This information is reviewed and verified prior to the start of each level of play of the Little League International Tournament.

## Tournament Fun Facts

ef More than 6,500 teams, approximately 6,000 teams in the U.S., begin the tournaments in the Little League Baseball division. About 5,500 are eliminated in the first three weeks of play.
About 43,000 games are played in seven divisions leading up to the various World Series tournaments. More than 16,000 of those games are played in the Little League division, the equivalent of more than six Major League Baseball seasons.
el Every game at each of the seven Little League World Series tournaments is available to watch through the ESPN Family of
Networks and ESPN + .

## \#2 HALF HOLLOW HILLS HAWKS

Any player signed up for the HHHLL SPRING season is eligible to play on a HHH Hawks team Hawks teams start at the 8U age group and continue through each age group that the Little League services. Any coach can recruit players and start a Hawks team or players can try out for an established Hawks team. Hawks teams can play in District Tournaments or any of the HHHLL Invitational Tournaments.
District 34 Tournament (Summer Tournament)

1. 12 Game Season during the last week in June through the first weekend in August.
2. One guaranteed playoff game
3. Play against the other 15 Little League programs in our district plus any other youth/little league organization
4. Games played at Otsego Park \& different local fields in our other Little League hometowns.
5. New Hawks Uniforms to show our league pride.
6. Championship sign on building for any team winning the Championship in their division.

## nvitational Tournaments

HHH hosts Invitational Tournaments in the Spring \& Fall
Bring your team to our tournament!!!
BASEBALL DIVISIONS
8,9 and 10 -year-old divisions ( 3 separate divisions) ( $60^{\prime}$ base / $46^{\prime}$ pitch)
11/12-year-old division (one division) (60' Bases /46 Pitch) \& or (70' base / 50' pitch)
12/13-year-old division (one division) (70' base / 50' pitch)
13 -year-old division (one division) (70' base / $50^{\prime}$ pitch)
12 -year-old division (one division) ( $70^{\prime}$ base / $50^{\prime}$ pitch) \& or ( $90^{\prime}$ base / $60^{\prime}$ pitch)
$12 / 13$-year-old division (one division) ( $90^{\prime}$ base / $60^{\prime}$ pitch
12 through16 (Juniors, Seniors) ( $90^{\prime}$ base / $60^{\prime}$ pitch)
15 through 19 (Big League) ( $90^{\prime}$ base / $60^{\prime}$ pitch)
SOFTBALL DIVISIONS
8U (Farms)
(10U) Minors
(12 U) Majors
(14 U) Juniors
You provide us with Blackout Days/Times \& we will schedule your games around these days.
You provide us with Blackout Days/Times $\&$
7/8-year-old \& Farms softball format to include a recreational style schedule with awards to every player.
Awards for top team in each division. This price includes Umpire Fees, Groomed Fields, Insurance and Game Balls. You must provide uniforms and equipment.
Our Goal is to provide well suited competition for your team in a Safe, Convenient, and Affordable environment. Do not miss this fantastic opportunity to keep your team together through the fall season.

