

Fall Ball 2009

La Mesa National Little League

La Mesa National will again be offering a Fall Baseball program this year for Caps, Minors and Majors. This is a great experience for the players. Fall Ball is a developmental program that focuses on cultivating baseball skills and fundamentals. It is especially valuable for T-ball going to Caps; Caps going to Minors; and, Minors going to Majors. The games start on September 13th and end on November 15th. Depending on the Coach, there may be practices and all games are played Sunday afternoon in a "Travel Ball" format with games being played around the District here in San Diego within a 20 mile radius of our boundary. There are no tryouts. Teams are divided equally by the coaches to provide a fun and educational environment. THE NUMBER OF TEAMS WILL DEPEND ON THE NUMBER OF COACHES WHO VOLUNTEER, SO ENROLLMENT MAY BE LIMITED. Details of the exact schedule will be distributed by the coaches once it is available from the District. After assignment to a team, a medical release will also be required to be submitted before player participation in any games. Players will be provided a hat and a jersey which they keep.

Cost to Participate: \$55.00 per player

Registration: **REGISTRATION DUE BY AUGUST 22nd**



Please fill out this form and mail with payment to:

La Mesa National Little League you can write **LMNLL** on your check
 Attn: Fall Ball Registration
 P.O. Box 601
 La Mesa, CA 91941

Or attend our 1 day registration at Kuhlken Field on 8/22/09 from 9 AM to 12 PM.

Questions: Any questions or if you would like to volunteer to Coach, please contact:

Andrea Arvizu email: arvizus@cox.net phone: 619-867-3898

Player Name: _____ DOB: _____

Address: _____

Phone: _____ Division: Majors Minors Caps

Shirt Size: YS___ YM___ YL___ YXL___ AS___ AM___ AL___

Parent/Guardian #1

Parent/Guardian #2

Name: _____

Name: _____

Relationship: _____

Relationship: _____

Home Phone: _____

Home Phone: _____

Other Phone: _____

Other Phone: _____

Email: _____

Email: _____