

## General club information

- Forest Baseball Club has teams from Under 8 all the way through to adults. We cater for all abilities accommodating ages 4 and up.
- From Under 9 onwards, Forest teams play against other clubs affiliated with Manly-Warringah Junior Baseball League in a non competitive (no finals) manner.

## Under 7/8 (Forest Futures) specific information

- Played Saturday mornings (9am to 10am) for 10 weeks (Nov 13 to Dec 11 then Jan 29 to Feb 26).
- Approximately 30 minute skill sessions followed by 30 minute mini-games.
- All sessions conducted at Aquatic Reserve Baseball Park.
- **Cost is \$165 which includes a Forest cap, pants, playing T-shirt and glove, which can be reduced by \$100 if you use the Active Kids voucher!**
- All you need to provide are runners/footy boots or cleats (no metal studs), protector and mouth guard (if necessary).
  - Our rules recommend a mouth guard however this is a low risk division and is at parents/guardians' discretion. A protective box is required for all male players.

## Parental involvement

- Under 8s is all about getting the players moving, learning the game and having fun!
- Our Club is run by volunteers and we appreciate all and any assistance. Parents are encouraged to get involved with the session managers/coaches.

## Forest Baseball Club online

Website – [www.forestbaseball.com](http://www.forestbaseball.com) (links to registration found here).

Facebook – Search for “Forest Junior Baseball Club”

Division	Game Times / Duration
Senior League (U16)	Friday 5:15 & 7:30pm/2Hrs
Junior League (U14)	Saturday 10:30am / 2 Hrs
Intermediate League (U13)	Wednesday night 5:15pm / 2 Hrs
Little League Major (U12)	Saturday 8:15am / 1HR 45M
Little League Minor (U11)	Saturday 10:30am / 1HR 45M
Little League Zooka (U10)	Saturday 8:15am / 1HR 30M
Under 9	Saturday 10:30am / 1HR 30M
Under 8	Saturday 9:00am / 1 Hr