



NEWS & UPDATES

2018



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IMPORTANT DATES

Date	Event	Location
01/30/18	12U Majors Evaluations	ELIM School Gym
01/31/18	10U Minors Evaluations	ELIM School Gym
02/07/18	8U Intermediate Evaluations	ELIM School Gym
03/24/18	Storm Skills Clinic (Registration Req.)	ELIM School Gym
04/28/18	Opening Day	Mendon Fields
06/10/18	Red Wings Day	Frontier Field
06/16/18	Championship Day / Picnic	Mendon Fields

2018 Little League Bat Standards

On January 1, 2018, Little League Baseball adopted the new USA Bat Standard.

Effective for the 2018 season, HFLM Youth Baseball's (HFLMYB) House League, as well as tournaments run by the League, will allow both bats certified to BPF 1.15 with barrels that do not exceed 2 1/4" in diameter as well as bats certified to the new USA Bat Standard with barrels that do not exceed 2 5/8" in diameter. Bats with barrel diameters in excess of 2 5/8" will be prohibited.

If you should have further questions, please contact one of the following HFLM Youth Baseball Board Members:

Scott Hammond at shammond3@rochester.rr.com

Joe Dailor at jfdailor1@yahoo.com

See Bat Standard Chart on Page 5 for a handy reference.



Playing Baseball— all the way to 17

HFLMYB prides itself on providing opportunities for our area youth to play baseball. It seems however that many people don't realize that we offer programs for children of all skill levels all the way through age 17. We see a dramatic drop in program participation after age 12 and we wanted to draw attention to the options that exist from ages 13-17.

The HFLMLL Juniors (ages 13-14) and Seniors (15-16) programs are excellent ways to keep playing baseball. These teams play other area Little League programs such as Fairport, Webster, Victor, Penfield, and more. The seasons are designed so as to not conflict with school sports. The program begins in early May with a single game a week (Saturdays for Juniors, Sundays for Seniors) and moves to 3 games per week (Mon/Wed/Sat—Juniors, Tue/Thur/Sun—Seniors) after the school sports season ends.

The Juniors and Seniors programs play around 12-14 games per season and end the last week of June. Registration occurs during our normal registration times and for an extended period after.

Registration information can be found on our website along with associated costs.

HFLMYB also offers teams in the Monroe County Baseball Region league. These teams play after Memorial Day and into July. These teams hold tryouts each Fall for the following year's team.

Please see the chart below for more information:

Age Group	League	Season	Tryouts
13—14	Little League Juniors	May—June	No
13—15	MCBR 15U	June—July	Yes
15—16	Little League Seniors	May—June	No
16—17	MCBR 17U	June—July	Yes

Scholarships

Honeoye Falls Lima Mendon Youth Baseball gives out two college scholarships annually to youth in our community. These scholarships are awarded at graduation to high school seniors who have played some sort of organized baseball (not necessarily in our league) and have been active in community service "behind the scenes". These scholarships are named in memory of Michael Cole, a former coach in Lima's Red Willison league, and David Coates, a former HFMYB coach, with the recipients selected by a committee from the HFL school district. In 2017, the Board of Directors was pleased to award \$200 scholarships to Alyssa Coates (David Coates Memorial Award) and Matthew Griffith (Michael Cole Memorial Award).



Batting Cage Area Safety Rules

At our Mendon Field Complex, the batting cage area (behind the right field fence of Kissack Field (Field 1)) is a popular spot to practice hitting. Frequently, there is a lot of activity in that area. In the interest of safety, HFLMYB's Board of Directors has approved a rule requiring anyone under the age of 18 to wear a batting helmet while in the batting cages or in the batting cage area. Coaches always try to maintain a safe environment, but cannot see everything that is happening. The Board believes this will make the environment safer for our players, and appreciates support from our parents and coaches in implementing the rule.

“It’s hard to beat a person who never gives up.”

-Babe Ruth

“The difference between the impossible and the possible lies in a person’s determination.”

-Tommy Lasorda

Red Wings Day

Over 270 HFLMYB players, family members, relatives and friends were able to attend the 2017 Red Wings Day for HFLMYB at Frontier Field. On June 11, the Red Wings played the Syracuse Chiefs, and prior to the game, HFLMYB players participated in a parade around Frontier Field, getting an up-close look at the players, dugouts, and field. After the parade, everyone enjoyed a 6-5 Red Wings victory over their Thruway rivals.

In 2018, Red Wings Day will be on Sunday, June 10. (Please mark it on your calendar now!) That day, the Wings will play the Durham Bulls, AAA-affiliate of the Tampa Bay Rays. Tickets (only \$7 each!) are expected to be available by HFLMYB's Opening Day in late April. Again this year, we will make tickets available through each team's coach and if more tickets are needed, they will also be available through the Chow Hut. Tickets must be purchased by Saturday, June 2. In the event that family plans change and more tickets are needed after that date, our league is working with the Red Wings to enable online ordering. While this option will allow a later purchase, tickets will not be discounted when purchased this way. More information on Red Wings Day will be shared as we get closer to Opening Day. Watch for emails from the leagues and information posted on the league website.



The Business of Youth Sports and Child Development

This past August, there were a series of reports done on the state of youth sports in the United States. Wintergreen Research pointed out that the youth sports business had blossomed into a \$15 Billion a year industry and HBO's "Real Sports" looked into youth sports tourism and the \$10 Billion a year parents spend on traveling for youth sports.

Since 2000, Little League participation has dropped 20%. Local leagues are being challenged by private club teams that promise higher levels of competition and elite skills development to make sure a child has the ultimate shot at achieving their dreams.

One family shown in the "Real Sports" episode traveled 30 weekends a year on the road watching their child play baseball. These families no longer take vacations but instead plan around the tournaments.

Many private youth programs are modeled after professional training regiments, and the higher the level, the more intense the competition to be accepted.

These programs build on the fear of missing out (FOMO) and parents are led to believe that if their child does not make the team, there is no hope for success in the future. In addition, heads of these programs often require parents and athletes to sign statements that they will be committed only to that sport, as training will be held year round and the programs do not want participants having conflicts. The Sports & Fitness Industry Association reports that the average number of sports played by children ages 6 to 17 has dropped for three straight years.









One would think that all of this training and focus would lead to better athletes and long term success. Parents would know that their child is going to get a scholarship if only they have the right opportunities. Unfortunately, data suggests otherwise.

A University of Wisconsin study found that athletes who participate in their primary sport for more than eight months in a year were more likely to report overuse injuries. The American Academy of Pediatrics cites "burnout, anxiety, and depression" increases in early specializers. A study from the Journal of Sport Sciences found that children at ages 11,13, and 15 who played multiple sports were significantly more likely to compete at a higher national level in their preferred sport a few years later. Finally, a UCLA study shows that of 296 NCAA Division I athletes 88% played two or three sports as children.

There is no indication that the growth of the youth sports industry is going to slow anytime soon. However, it is important to assess a program's strengths and values before diving straight in and signing on the bottom line. Is the program even capable of delivering on its promises or is it just here to get a part of the cash payout? Will you end up spending more money for athletic development than you would if you saved for college? Will your child still love the sport at age 18?



2018 Bat Standards Reference Chart

HFLM Youth Baseball (12u, 10u, 8u): House League & Tournament	Permitted in 2018 (May not be permitted beyond 2018 Season)	Permitted in 2018 and After	Prohibited
Certification Stamp (At 12u Age Groups, Bats must have either the USSSA BPF 1.15 or USA Stamps)			 Or non-stamped bats
Barrel Diameter	Cannot exceed 2 1/4"	Cannot exceed 2 5/8"	BPF 1.15 that exceeds 2 1/4"
Length	Cannot exceed 33"	Cannot exceed 34"	Bat that exceeds 33" long
Drop Ratio (Length to Weight)	No limit: must have above stamp.	No limit: must have above stamp	BBCOR Stamp (Drop 3)
OTHER Leagues and/or Associations that HFLMYB Players Participate In	MCBR 10u: Permitted in 2018 but may not be Permitted in 2019 and After	MCBR 12u: Permitted in 2018 but may not be Permitted in 2019 and After	Fall-Ball (12u and under): Permitted in 2018 and After
Certification Stamp (Allowable stamps are shown)	 	 	
Barrel Diameter	Cannot exceed 2 1/4" (Regardless of Stamp)	Cannot exceed 2 3/4" with BPF 1.15 Stamp; Any Diameter with a USA Stamp	Cannot exceed 2 5/8"
Length	Cannot exceed 34"	Cannot exceed 34"	No Limit: must have the above stamp
Drop Ratio (Length to Weight)	No limit: must use a bat with one of the above stamps	No limit: must have above stamp	No Limit: must have the above stamp
Prohibited Stamps	