

What Your Child Needs in Order to Play Ball

Required:

For all players:

- Baseball glove

You don't have to spend a lot on a glove, esp. for younger players. A \$15 starter glove is sufficient. (The League will lend a glove to scholarship players.)

- Team jersey (provided by the League)

Jerseys are only required at games. If you can't find your jersey before a game, wear a T-shirt with a closely matched color.

- Cap (provided by the League)

Caps must be worn at both games and practices, to shield the player's eyes from the sun. If you cannot find your team cap, wear another cap, preferably in a closely matched color.

For the Machine Pitch division and above:

- Baseball pants

Again, you don't have to spend much. Baseball pants with elastic waistbands – rather than pants with belts – can be found as cheap as \$5.

- For male players who want to play catcher: a cup

If you buy sliding shorts (see below), many models have a pouch for a cup. This makes it much easier to slip a cup in and out as needed.

Recommended

- Cleats (baseball cleats optional – the same cleats as used for soccer will do fine)

- **No metal cleats!**

- Sliding shorts (Machine Pitch division and above)

Sliding shorts are worn over briefs and under baseball pants and provide extra padding on the thighs for sliding. Buy a pair with a pouch for a cup (if your child is a boy).

At Games and Practices, Also Bring:

- Water or a sports drink, cool but not cold
- Sun lotion

Check with team coach.