

★ ST. JOHN'S ★ CAPITALS

2023 Summer League Information

Rally Cap

AGES 5, 6 & 7
BIRTH YEARS: 2016, 2017 & 2018
FIELD(S): WISHINGWELL
PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS

Rally Cap is an entry-level Baseball Canada program that is suitable for players of all skill levels. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts an hour and fifteen minutes.

9U Minor is suitable for experienced 7 year old's that are looking for more competition, beginner 8 and 9 year olds and any 8 and 9 year olds that prefer a less competitive experience. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen mins.

9U Minor

AGES 7, 8 & 9
BIRTH YEARS: 2014, 2015 & 2016
FIELD(S): VIRGINIA PARK & KELLY'S BROOK
PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS

9U Major

AGES 8 & 9
BIRTH YEARS: 2014 & 2015
FIELD(S): VIRGINIA PARK & KELLY'S BROOK
PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS

9U Major is suitable for experienced 8 and 9 year olds that are looking for a more competitive experience. SJMBA reserves the right to move players to the 9U Minor division if they are a safety concern. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen mins.

The 11U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 11U league.*

11U

AGES 10 & 11
BIRTH YEARS: 2012 & 2013
FIELD(S): LITTLE ST. PAT'S, KILBRIDE, TERRA NOVA, WYATT PARK & KITTY GAUL
PROGRAM SLOT: TUESDAYS & THURSDAYS

12U Female

AGES 10, 11 & 12
BIRTH YEARS: 2011, 2012 & 2013
FIELD(S): WYATT PARK & CONWAY GLENN
PROGRAM SLOT: MONDAYS, WEDNESDAYS & THURSDAYS

The 12U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm. This is a regional league so games can take place in Mount Pearl & Paradise. *Players that are trying out for female all-star teams must register for a house league division as well.*

The 13U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 13U league.*

13U

AGES 12 & 13
BIRTH YEARS: 2010 & 2011
FIELD(S): LITTLE ST. PAT'S, TERRA NOVA, BANNERMAN PARK, SHEA HEIGHTS & KITTY GAUL
PROGRAM SLOT: MONDAYS & WEDNESDAYS

14U Female

AGES 13 & 14
BIRTH YEARS: 2009 & 2010
FIELD(S): CONWAY GLENN
PROGRAM SLOT: MONDAYS & WEDNESDAYS

The 14U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm. This is a regional league so games can take place in Mount Pearl & Paradise. *Players that are trying out for female all-star teams must register for a house league division as well.*

The 15U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 15U league.*

15U

AGES 14 & 15
BIRTH YEARS: 2008 & 2009
FIELD(S): AIRPORT HEIGHTS
PROGRAM SLOT: MONDAYS, TUESDAYS & THURSDAYS

18U Female

AGES 15, 16, 17 & 18
BIRTH YEARS: 2005, 2006, 2007 & 2008
FIELD(S): AIRPORT HEIGHTS
PROGRAM SLOT: TUESDAYS, THURSDAYS & SUNDAYS

The 18U program has two sessions per week and combines practices and games. This division also has a mid season event and a championship tournament. Games mostly start at 5:30 pm. This is a regional league so games can take place in Paradise. *Players that are trying out for female all-star teams must register for a house league division as well.*

The 18U program has one or two sessions per week. This division has a championship tournament. Games mostly start at 5:30 and 8:30 pm. There will be an all-star & house league division this season. This is a regional league so games may take place in Mount Pearl, Paradise or CBS.

18U

AGES 16, 17 & 18
BIRTH YEARS: 2005, 2006 & 2007
FIELD(S): ST. PAT'S, SMALLWOOD, STONY HILL & PETER BARRY DUFF
PROGRAM SLOT: MONDAYS, WEDNESDAYS & SUNDAYS

Players interested in playing on the 18U all-star team must register.



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