

# ★ ST. JOHN'S ★ CAPITALS

## 2022 Summer League Information

### Rally Cap

**AGES 5, 6 & 7**  
**BIRTH YEARS: 2015, 2016 & 2017**  
**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: 2013, 2014 & 2015**  
**FIELD(S): VIRGINIA PARK & KELLY'S BROOK**  
**PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS**

### 9U Major

**AGES 8 & 9**  
**BIRTH YEARS: 2013 & 2014**  
**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: 2011 & 2012**  
**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: 2010, 2011 & 2012**  
**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: 2009 & 2010**  
**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: 2008 & 2009**  
**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: 2007 & 2008**  
**FIELD(S): AIRPORT HEIGHTS**  
**PROGRAM SLOT: MONDAYS, TUESDAYS & THURSDAYS**

### 17U Female

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

The 17U 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 depending on the week. This division has a championship tournament. Games mostly start at 5:30 and 8:30 pm. This is a regional league so games may take place in Mount Pearl, Paradise or CBS.

### 18U

**AGES 16, 17 & 18**  
**BIRTH YEARS: 2004, 2005 & 2006**  
**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 do not have to register for house league.*



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