

## Chain Bridge Vikings

The Chain Bridge Vikings is a baseball program built within the McLean/Great Falls region. We intend to help with the jump young baseball players in McLean and Great Falls need to make from the time they leave the smaller diamond in Little League until they arrive as Freshmen at Langley High School and other area schools they may attend. The goals of our program include:

- 1) Promote the game of baseball in the McLean and Great Falls community and within the Langley District.
- 2) Increase the presence of Langley High School in the baseball community.
- 3) Give high school level instruction to young players in the community.
- 4) Assist these players as they make the transition from Little League to older levels in gaining the skills required to be successful and compete at the high school level.

With these goals in mind, we began our program in the fall of 2011. We will continue again with a 13u and 14u team this fall. The teams will consist of 13 players on each team and will be coached by Kevin Healy (13u) and Matt Gilman (14U) of Langley High School and other coaches from Langley. The overview of what we intend to provide is below:

Fall Season (End of August to last week of October/first week of November):

- 20-24 game schedule
- Practices with both coaching staffs for each team
- Weekly three-day a week commitment (One practice a week, one mid-week game, doubleheader on weekends, another hitting practice available each week.)
- Both teams will play in one tournament locally, Columbus Day Weekend

Players take the month of November off

Winter Season (December-February):

- The same coaching staffs will remain with the team
- Players will participate in winter workouts two hours a week (either two one-hour sessions, or one two-hour session a week)
- Covering hitting, pitching, and positional work

Spring/Summer Season (March-June):

- During the high school season, one joint practice a week again, weekend doubleheaders, no mid-week game
- Players will play McLean/Great Falls Babe Ruth in the spring as well
- Season will end at the end of June
- Players may be selected to the town All-Star team and will continue on if given that opportunity
- Players take end of July and early August off.