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The difference in winning or losing is most often not quitting.

-Walt Disney

Our "Big" Little League

For those of you who are new to our league or unfamiliar with our community, I wanted to take some time explaining the work that goes on in the background to keep this league moving forward.

I get a lot of emails and questions from people complaining....

"why do we have to pay for field rentals?"

"why do we have to get sponsors?"

"why does it cost so much to play here?"

"why wont you let us bring our own food in?"

"why do we have to do fundraising?"

We, as a league have a large fiduciary responsibility as a community to maintain our great facility here at McAllister Park.

Our league is comprised of 16 fields which roughly equate to 36 acres of real estate. This land is leased from the City of San Antonio free of charge as long as we are able to maintain all of the the fields to city standards. **We receive ZERO, yes ZERO dollars in regard to any financial support from Bexar county or the City of San Antonio.** 100% of the financial burden falls on our league. This year's annual expense budget for the league is \$584,000. Our facility maintenance and utilities are the biggest expense in that budget. Approximately \$331,500 is directly related to the facility maintenance and utilities. Remaining expenses deal with the operational costs of our little league itself in security, insurance, umpires, uniforms, concessions, baseball equipment, etc.

With approximately 600 players in the spring and 250 players in the fall, you can quickly do the math and realize that covering \$584,000 in expenses is no easy feat thru registration fees alone. Our registration fees if we are lucky, amount to \$170,000 total for both seasons. My point is, our registration fees do not cover our leagues expenses. I hope everyone understands that as a league we cannot function without the additional revenue sources. We are heavily dependent on donations and revenues generated through our concessions, field rentals, baseball tournament fees, fundraising, parking spots and sponsorships. Without these, we cease to function as a league.

So next time you are at the fields, I ask you to think about what all goes into making our Little League what it is. Its no easy task and it takes dedication and hard work from our board of directors as well as all of the parents involved in this league. Do your part to help support this great community!

Raffle Fundraiser

Our raffle tickets have been distributed to the teams and we are already planning for our raffle event.



One comment I would like to make to everyone is that this car is NOT donated to us and it is not free. The league purchases this vehicle for the event. That is why it is pertinent for everyone to please continue to work hard at selling your allotment of tickets. Our breakeven point is 3500 tickets, but our goal to sell is 8000 tickets. With 600 players in the spring season, everyone's efforts in selling the tickets is needed!!! So please SELL SELL SELL.



HOT SALES TIP

On the back of every raffle ticket, Bee Clean Car Washes has printed a code for a free \$9.99 car wash at any of their locations. So anyone who buys a ticket, gets a \$9.99 car wash. As a result, the ticket purchaser gets a raffle ticket chance for a net cost of one cent!

Pizza party!!!

We are again offering teams a free Papa John's pizza party for every team that turns in 120 sold tickets. We would like to thank Papa John's Pizza for partnering up with us in this reward.

As you sell more tickets and need additional booklets, please contact Robert Renner at rr2028@att.com or on his cell at (210) 213-0718, or Alecia Neutzling at mplteam moms@gmail.com or on her cell at (210) 315-9530.



Bucket Brigade

We encourage our kids to take pride in our park. With concessions' help, we sponsor our "Cleanup MPLL Bucket Brigade." Every game night, a child can pick up a bucket's worth of trash and in exchange can receive one item of their choice from the concession stand. I love seeing our kids out there at work and helping "cleanup" the park. It has been a great idea and many kids have contributed some time at the field.



Night at the Missions

Last spring, the SA Missions hosted a MPLL night at the park. It was a great evening and we have worked with them to do this again in April and to make it even better for all of those in attendance. The Night at the Missions will be on **Saturday April 13th at 7:05pm** vs the Nashville Sounds. This year's tickets will be located in the Fiesta Deck along the third baseline. This is an upgrade from last year, as every ticket holder (**during the game, not just before the game**) will have access to an **all-you-can-eat** buffet of hamburgers, hot dogs, beef and chicken fajitas, polish sausage, nachos and snacks. Included along with the buffet is an **all-you-can-drink** beer, soda, and water. The cost of the ticket will be \$40 per person. Come see Triple-A baseball and enjoy a night of family, food, drink and fun! A post-game fireworks extravaganza will be held as well.



A portion of the ticket proceeds will go back to MPLL. The link to purchase these tickets is here: <https://groupmatics.events/event/Mcallisterpark3>
You have until April 7th to purchase tickets to this event.

Pitching guidelines

Little League for years has enforced pitch counts at all levels to protect the players. The goal is to help young players reduce arm injuries by providing a comprehensive resource for safe pitching practices.

Baseball is a safe game to play at all ages, but research has shown that pitching too much — particularly at a young age — can increase a pitcher's risk of injury. Pitch Smart is a series of practical, age-appropriate guidelines to help parents, players and coaches avoid overuse injuries and foster long, healthy careers for youth pitchers. Here is more info about the Pitch Smart initiative.

<https://www.mlb.com/pitch-smart/pitching-guidelines>

ARM CARE TIPS

As parents, we are ultimately responsible for our child's health and well-being. Proper arm care in youth and adolescent baseball players is extremely important in maintaining long-term performance and health with the goal of keeping our kids arms healthy. Help keep our kids' baseball dreams alive!



1. Pre-season Preparation: Consider a pre-season throwing program designed to gradually prepare the arm for throwing activities. This program should include a physical therapy component (i.e. thrower's ten program) and an interval throwing program.
2. Warm-up: Throwing "cold" is not advisable as muscles, tendons, ligaments, and bones must have time to warm-up. Proper stretching and long tossing prior to throwing are advised.
3. Prevent Overuse: Please don't just know the Throwing Guidelines... Please follow them. The baseball community is fortunate to have a multitude of youth and adolescent guidelines for the prevention of injuries as based upon years of research.
4. Warm-down: Proper icing, stretching, and activities after throwing can help the thrower prevent inflammation and soreness.
5. Rest: Proper rest periods between pitching appearances, during the season, and over the course of an entire year are critical to maintaining optimal performance and health. The thrower should follow proper pitch count and rest period guidelines.
6. Throwing mechanics: Improper throwing form may place your arm in a more "at risk" position. It may be beneficial to have an experienced baseball throwing coach evaluate your throwing motion to make sure that your throwing motion is optimized for long-term performance and health.
7. Listen to your body: Although many throwers may occasionally feel arm soreness, this can also be your body's warning sign that you may be overworked and/or overstressed. **Don't throw through pain!**

For more information about arm care and injuries please follow this link to the USA Baseball resource center.

<https://www.usabaseball.com/arc/health-and-safety/basic-armcare/injuries/>