# INDEPENDENT ATHLETIC LEAGUES

The leagues listed below are neither sponsored nor organized by Virginia Beach Parks and Recreation. Contact points are provided as a service to the community, and are subject to change. The City of Virginia Beach is not responsible for the content on websites listed below.

## BASEBALL (ADULT)

**National Adult Baseball Association**
www.hometeamsonline.com/HRNABA
Dave Gressens: 636-1054

## BASEBALL/SOFTBALL (YOUTH)

| League | Baseball | Softball |
|---|---|---|
| **Aragona/Pembroke Little League**<br>www.myapll.com<br>Cheryl Mazza: 721-9565 | ✓ | ✓ |
| **Great Neck Baseball League (Pony)**<br>www.greatneckbaseball.com<br>Elias Paulson: 304-1833 | ✓ | |
| **Green Run Little League**<br>www.greenrunlittleleague.com<br>Raul Rodriguez: 237-5083 | ✓ | ✓ |
| **Kempsville Pony Baseball**<br>www.kpb.org<br>Information Line: 424-8838 | ✓ | |
| **Little Creek American (Pony)**<br>www.littlecreekamerican.com<br>Christine Batkins: 523-2322 | ✓ | ✓ |
| **Lynnhaven Baseball (Pony)**<br>www.lynnhavenbaseball.org<br>(ages 5-8) Amanda Hutton: 513-6156<br>(ages 9-12) Jen Hahn: 478-9773<br>(ages 13-18) Suzy Cardwell: 407-5246 | ✓ | |
| **Plaza Little League**<br>www.eteamz.com/PlazaLL<br>Carol Bultman: 839-6912 | ✓ | ✓ |
| **Virginia Beach Little League**<br>www.vbll.org<br>Kevin Quinn: 426-6699 | ✓ | ✓ |

## BASKETBALL (ADULT)

**Virginia Hoop League**
www.vahoopleague.com
Robert Murray: 354-4119

## FIELD HOCKEY

**Virginia Beach Field Hockey League**
www.beachfieldhockey.com
Hockey Hotline: 422-5915

## FLAG FOOTBALL (ADULT COED BEACH TOURNAMENTS)

**US Beach Flag Football Association**
www.beachflagfootball.org
Jay DelVecchio: 428-4796

## FLAG FOOTBALL (ADULT MEN)

**Tidewater Flag Football League**
http://nffl.vffa.com
Curtis Ewell: 348-0724

## ICE HOCKEY

**Hampton Roads Youth Hockey Association**
www.hryha.goalline.ca
Rich Appleby: 490-3999

## KICKBALL

**World Adult Kickball Association (WAKA)**
www.kickball.com

## LACROSSE (YOUTH & ADULT)

**Hampton Roads Lacrosse**
www.hrlax.com
Frank Logan: 639-5045

## ROLLER DERBY

**Dominion Derby Girls**
www.dominionderbygirls.net

## RUGBY

**Men: Virginia Beach Falcons**
www.virginiabeachrugby.org

**Women: Norfolk Storm**
www.norfolkrugby.com

## RUNNING

**Tidewater Striders**
www.tidewaterstriders.com

## SOCCER

**Neighborhood Youth Soccer League (NYSL)**
www.beachfc.com
689-2154

**Virginia Rush**
www.varush.com
430-3500

## SOFTBALL TOURNAMENTS

**Softball Nation**
www.sportsnation.org
Jimmy Grassano: 471-5921

**Tidewater ASA**
http://centralvirginiaasa.com
Joe Walker: 560-1284

## SWIMMING

**Virginia Beach Swim League**
www.vbsl.net

## TACKLE FOOTBALL (YOUTH)

**Virginia Beach Mustangs Association**
www.virginiabeachmustangs.com
Bruce Pearl: 431-8277

## TRACK

**Faith In Action**
www.eteamz.com/fiamar
218-2767

**Virginia Beach Flames**
www.eteamz.com/vabeachflames
Nick Mayers: 343-6177

## VOLLEYBALL

**Tidewater Volleyball Association (TVA)**
www.playtva.org
498-5052

**Updated February 24, 2012**