

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/linked 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	✓	✓
--------------------------------	---	---

www.myapll.com

Carl Bush: 617-6858

Great Neck Baseball League (Pony)	✓	✓
-----------------------------------	---	---

www.gnbaseball.com

Information Line: 716-8573

Green Run Little League	✓	✓
-------------------------	---	---

www.greenrunlittleleague.com

Raul Rodriguez: 237-5083

Kempsville Pony Baseball	✓	
--------------------------	---	--

www.kpb.org

Information Line: 424-8838

Little Creek American (Pony)	✓	✓
------------------------------	---	---

www.littlecreekamerican.com

Tim Wadley: 679-9163

Lynnhaven Baseball (Pony)	✓	
---------------------------	---	--

www.lynnhavenbaseball.org

Jerry Barnes: 839-1672

Plaza Little League	✓	✓
---------------------	---	---

www.plazall.com

David Zimmerman: 284-0286

Virginia Beach Little League	✓	✓
------------------------------	---	---

www.vbll.org

Bryanne Russell: 865-304-1421

BASKETBALL (ADULT)

Virginia Hoop League

www.vahoopleague.com

354-4119

FIELD HOCKEY

Virginia Beach Field Hockey League

www.beachfieldhockey.com

Information Line: 714-0019

FLAG FOOTBALL (ADULT COED BEACH TOURNAMENTS)

US Beach Flag Football Association

www.beachflagfootball.org

GOLF (YOUTH)

The First Tee of Hampton Roads

www.thefirsttee.org

Nancy Moore: 563-8990

ICE HOCKEY (YOUTH)

Hampton Roads Youth Hockey Association

www.hryha.com

Rich Appleby: 470-0973

KICKBALL (ADULT)

Kickball League of Hampton Roads (KLOHR)

www.kickballhamptonroads.com

Team WAAR

www.teamwaar.com

World Adult Kickball Association (WAKA)

www.CLUBWAKA.com

LACROSSE (YOUTH REC)

Southside Lacrosse

www.southsidelacrosse.com

Frank Logan: 230-7559

Coastal Crush Lacrosse

www.coastalcrushlax.com

Lauren Logan: 343-1191

LACROSSE (HIGH SCHOOL)

Hampton Roads Lacrosse

www.hrlax.com

Sandi Dittig: 636-8315

RUGBY

Men: Virginia Beach Falcons

www.facebook.com/viriniabeachrugby

Women: Norfolk Storm

www.norfolkrugby.com

RUNNING

Tidewater Striders

www.tidewaterstriders.com

SOCCER

Beach FC

www.beachfc.com

Chris Crews: 689-2154

Virginia Rush

www.varush.com

Corri Dillon: 430-3500

SOFTBALL (ADULT TOURNAMENTS)

Softball Nation

www.sportsnation.org

Jimmy Grassano: 471-5921

Virginia USSSA

john.norman@ussa.com

SWIMMING (YOUTH)

Virginia Beach Swim League

www.vbsl.net

TACKLE FOOTBALL (YOUTH)

Hampton Roads American Youth Football Conference

www.hrayfc.com

Tim Clark: 679-4046

Rodney White: 773-9771

Southeastern Virginia Pop Warner Football Conference

<https://tshq.bluesombrero.com/southeasternvapwfc>

Jeffrey Bolden: 754-2024

TRACK (YOUTH)

Faith In Action

www.facebook.com/fiamarsports

218-2767

Virginia Beach Flames

www.viriniabeachflames.com

Nick Mayers 343-6177

VOLLEYBALL

Tidewater Volleyball Association (TVA)

www.playtva.org

498-5052