

INDEPENDENT ATHLETIC LEAGUES

UPDATED JANUARY 2021

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

BASEBALL (ADULT)

National Adult Baseball Association (Baseball 757)

www.hometeamsonline.com/HRNABA

Dave Gressens: 636-1054, dave@baseball757.com

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 email: secretary@gnbaseball.org	✓	✓
Green Run Little League www.greenrunlittleleague.com Raul Rodriguez: 237-5083	✓	✓
Kempsville Pony Baseball www.kpb.org Information Line: 424-8838	✓	
Little Creek American (AKA Bayside 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

963-5808, info@beachfieldhockey.com

FLAG FOOTBALL (ADULT COED BEACH TOURNAMENTS)

US Beach Flag Football Association

www.beachflagfootball.org

GOLF (YOUTH)

The First Tee of Hampton Roads

www.thefirstteehr.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/virginiabeachrugby

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@usssa.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 & FIELD (YOUTH)

Faith In Action

www.facebook.com/fiamarsports

email: fiamathletics@yahoo.com

Track 757

<https://track757.net>

Virginia Beach Flames

Nick Mayers: 343-6177

VOLLEYBALL

Tidewater Volleyball Association (TVA)

www.playtva.org

498-5052