## 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)
<table>
<thead>
<tr>
<th>League</th>
<th>Baseball</th>
<th>Softball</th>
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</thead>
<tbody>
<tr>
<td>Aragona/Pembroke Little League</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td><a href="http://www.myapll.com">www.myapll.com</a></td>
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<tr>
<td>Carl Bush: 617-8858</td>
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<tr>
<td>Great Neck Baseball League (Pony)</td>
<td>✓</td>
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<tr>
<td><a href="http://www.gnbaseball.com">www.gnbaseball.com</a></td>
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<tr>
<td>Information Line: 716-8573</td>
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<tr>
<td>Green Run Little League</td>
<td>✓</td>
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<td><a href="http://www.greenrunlittleleague.com">www.greenrunlittleleague.com</a></td>
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<tr>
<td>Raul Rodriguez: 237-5083</td>
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<tr>
<td>Kempsville Pony Baseball</td>
<td>✓</td>
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<td><a href="http://www.kbp.org">www.kbp.org</a></td>
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<tr>
<td>Information Line: 424-8838</td>
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<td>Little Creek American (Pony)</td>
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<td><a href="http://www.littlecreekamerican.com">www.littlecreekamerican.com</a></td>
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<tr>
<td>Tim Wadley: 679-9163</td>
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<tr>
<td>Lynnhaven Baseball (Pony)</td>
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<td><a href="http://www.lynnhavenbaseball.org">www.lynnhavenbaseball.org</a></td>
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<tr>
<td>Stephen Clarke: 438-8651</td>
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<td>Plaza Little League</td>
<td>✓</td>
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<td><a href="http://www.plazall.com">www.plazall.com</a></td>
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<tr>
<td>David Zimmerman: 284-0286</td>
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<tr>
<td>Virginia Beach Little League</td>
<td>✓</td>
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<td><a href="http://www.vbll.org">www.vbll.org</a></td>
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<tr>
<td>Doug Will: 472-1643</td>
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### 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.thefirstteehr.org  
  Nancy Moore: 563-8990

### ICE HOCKEY (YOUTH)
- Hampton Roads Youth Hockey Association  
  www.hrynha.com  
  Rich Appleby: 470-0973

### KICKBALL (ADULT)
- Kickball League of Hampton Roads (KLOHR)  
  Email: kickballvirginia.beach@gmail.com  
  Team WAAR  
  Email: info@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.coastalcrush lax.com  
  Lauren Logan: 343-1191

### LACROSSE (HIGH SCHOOL)
- Hampton Roads Lacrosse  
  www.hr lax.com  
  Sandi Dittig: 836-8315

### RUGBY
- Men: Virginia Beach Falcons  
  www.virginia beachrugby.org
- 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  
  Corrill Dillon: 430-3600

### SOFTBALL (ADULT TOURNAMENTS)
- Softball Nation  
  www.sportsnation.org  
  Jimmy Grassano: 471-5921
- Tidewater ASA  
  http://cvasa.com

### SWIMMING (YOUTH)
- Virginia Beach Swim League  
  www.vbsl.net

### TACKLE FOOTBALL (YOUTH)
- Hampton Roads American Youth Football Conference  
  www.hr ayfc.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.eteamz.com/fiamar  
  218-2767
- Virginia Beach Flames  
  www.virginia beachflames.com  
  Nick Mayers: 343-6177

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

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