

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	✓	✓
Kempville 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 Stephen Clarke: 438-8651	✓	
Plaza Little League www.plazall.com David Zimmerman: 284-0286	✓	✓
Virginia Beach Little League www.vbll.org Doug Will: 472-1643	✓	✓

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)

Email: kickballvirginia.beach@gmail.com

Team WAAR

Email: info@teamwaaar.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.virginiabeachrugby.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

Corri Dillon: 430-3500

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.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.eteamz.com/fiamar

218-2767

Virginia Beach Flames

www.virginiabeachflames.com

Nick Mayers 343-6177

VOLLEYBALL

Tidewater Volleyball Association (TVA)

www.playtva.org

498-5052