

# INDEPENDENT ATHLETIC LEAGUES

UPDATED MARCH 2022

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## BASEBALL (ADULT)

National Adult Baseball Association (Baseball 757)

[www.hometeamsonline.com/HRNABA](http://www.hometeamsonline.com/HRNABA)

Will Somerindyke Jr.: [hrnaba@aol.com](mailto:hrnaba@aol.com)

## BASEBALL/SOFTBALL (YOUTH)

League	Baseball	Softball
Aragona/Pembroke Little League <a href="http://www.myapll.com">www.myapll.com</a> Carl Bush: 617-6858	✓	✓
Great Neck Baseball League (Pony) <a href="http://www.gnbaseball.com">www.gnbaseball.com</a> email: <a href="mailto:secretary@gnbaseball.org">secretary@gnbaseball.org</a>	✓	✓
Princess Anne Little League (AKA Green Run LL) <a href="http://www.palittleleague.org">www.palittleleague.org</a> Raul Rodriguez: 237-5083	✓	✓
Kempsville Pony Baseball <a href="http://www.kpb.org">www.kpb.org</a> Information Line: 424-8838 email: <a href="mailto:kpbaseball@aol.com">kpbaseball@aol.com</a>	✓	
Little Creek American (AKA Bayside Pony) <a href="http://www.littlecreekamerican.com">www.littlecreekamerican.com</a> Lisa Matthews: <a href="mailto:BaysidePonySoftball@gmail.com">BaysidePonySoftball@gmail.com</a>	✓	✓
Lynnhaven Baseball (Pony) <a href="http://www.lynnhavenbaseball.org">www.lynnhavenbaseball.org</a> Jerry Barnes: 839-1672	✓	
Plaza Little League <a href="http://www.plazall.com">www.plazall.com</a> Chris Atinkson: <a href="mailto:plazalittleleaguevb@gmail.com">plazalittleleaguevb@gmail.com</a>	✓	✓
Virginia Beach Little League <a href="http://www.vbll.org">www.vbll.org</a> Doug Will: <a href="mailto:president@vbll.org">president@vbll.org</a>	✓	✓

## BASKETBALL (ADULT)

Virginia Hoop League

[www.vahoopleague.com](http://www.vahoopleague.com)

354-4119

Virginia Beach Field House

[www.beachfieldhouse.com](http://www.beachfieldhouse.com)

427-3955

Virginia Beach Sports Center

[www.vbsportscenter.com](http://www.vbsportscenter.com)

937-4571

## FIELD HOCKEY

Virginia Beach Field Hockey League

[www.beachfieldhockey.com](http://www.beachfieldhockey.com)

963-5808, [info@beachfieldhockey.com](mailto:info@beachfieldhockey.com)

## FLAG FOOTBALL (ADULT COED BEACH TOURNAMENTS)

US Beach Flag Football Association

[www.beachflagfootball.org](http://www.beachflagfootball.org)

## GOLF (YOUTH)

The First Tee of Hampton Roads

[www.thefirsttee.org](http://www.thefirsttee.org)

Jenna Schmidt: 563-8990

## ICE HOCKEY (YOUTH)

Hampton Roads Youth Hockey Association

[www.hryha.com](http://www.hryha.com)

Rich Appleby: 470-0973

## KICKBALL (ADULT)

Kickball League of Hampton Roads (KLOHR)

[www.kickballhamptonroads.com](http://www.kickballhamptonroads.com)

Team WAAR

[www.teamwaar.com](http://www.teamwaar.com)

World Adult Kickball Association (WAKA)

[www.CLUBWAKA.com](http://www.CLUBWAKA.com)

Backyard Sports Club

[www.backyardsportsclub.com](http://www.backyardsportsclub.com)

## LACROSSE (YOUTH REC)

Legacy Lacrosse

Boys: [www.legacylacrossevb.com](http://www.legacylacrossevb.com)

Girls: [www.legacylacrosseva.com](http://www.legacylacrosseva.com)

Natalie Petrosky: 619-888-4143

Coastal Crush Lacrosse

[www.coastalcrushlax.com](http://www.coastalcrushlax.com)

Lauren Logan: 343-1191

## LACROSSE (HIGH SCHOOL CLUB)

Hampton Roads Lacrosse

[www.hrlax.com](http://www.hrlax.com)

Sandi Dittig: 636-8315

## RUGBY

Men: Virginia Beach Falcons

[www.facebook.com/viriniabeachrugby](https://www.facebook.com/viriniabeachrugby)

Women: Norfolk Storm

[www.norfolkrugby.com](http://www.norfolkrugby.com)

## RUNNING

Tidewater Striders

[www.tidewaterstriders.com](http://www.tidewaterstriders.com)

## SOCCER

Beach FC

[www.beachfc.com](http://www.beachfc.com)

Chris Crews: 689-2154

Virginia Rush

[www.varush.com](http://www.varush.com)

Corri Dillon: 430-3500

## SOFTBALL (ADULT TOURNAMENTS)

Softball Nation

[www.sportsnation.org](http://www.sportsnation.org)

Jimmy Grassano: 471-5921

Virginia USSSA

Mo Johnson: 919-641-6995

## SWIMMING (YOUTH)

Virginia Beach Swim League

[www.vbsl.swimtopia.com](http://www.vbsl.swimtopia.com)

Tide Swimming

[www.tideswimming.com](http://www.tideswimming.com)

## TACKLE FOOTBALL (YOUTH)

Hampton Roads American Youth Football Conference

[www.hrayfc.com](http://www.hrayfc.com)

Southeastern Virginia Pop Warner Football Conference

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

Virginia United Youth Football

<https://www.vauyfc.com/>

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## TRACK & FIELD (YOUTH)

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### Faith In Action

[www.facebook.com/fiamarsports](http://www.facebook.com/fiamarsports)

email: [fiamathletics@yahoo.com](mailto:fiamathletics@yahoo.com)

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### Track 757

<https://track757.net>

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### Virginia Beach Flames

Nick Mayers: 343-6177

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## VOLLEYBALL

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### Tidewater Volleyball Association (TVA)

[www.playtva.org](http://www.playtva.org)

498-5052

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### Backyard Sports Club

[www.backyardsportsclub.com](http://www.backyardsportsclub.com)

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### Virginia Beach Field House

[www.beachfieldhouse.com](http://www.beachfieldhouse.com)

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