



WEBSITE: WWW.CFBASEBALL.COM

CFBL welcomes players and coaches who are committed to improving their skills and supporting the CFBL Mission. It is a program for players to dramatically improve their skills through quality instruction and by playing against other zoned teams throughout Central Florida."

Our goal is to guide and enhance the process of players developing and advancing to play at the high school level. We seek to provide a learning and training atmosphere and quality competition while displaying examples of good sportsmanship and having fun along the way.

Frequently Asked Questions

Is the CFBL a program of exclusion or one of inclusion?

We are not recreation baseball. We seek to include kids to the degree that we make sure everyone is afforded a structured tryout within our zoned programs. The coaches will select the team they feel can develop into the high school level. We ask that teams carry expanded rosters and not limit a kid that might be "on the bubble" in the 8th grade. Kids develop and that is what we want for them. ***Remember: Michael Jordan was cut from his high school basketball team!***

Is the CFBL a "true feeder program" for the appropriately zoned high school?

Ultimately, it is the decision of the coaching staff of each respective high school as to which players they believe are most appropriate to make their team. We can not foresee the future! We can not predict, nor should we attempt to predict, whether or not a 13/14 year old has the skills, heart, determination, ability and grades to make a JV or High School baseball team. We simply provide a "training ground" to better prepare them for success. We are NOT affiliated with the High Schools.

How do I start my team?

Recommendations:

1. Contact the Varsity & JV baseball coaching staff and introduce yourself. Try to learn the system they will be teaching when our boys get there.
2. Email/Call/Contact zone players from local travel baseball teams.
3. Submit a free tryout announcement in the local community newspaper.
4. Contact the local recreation leagues for potential players.
5. Attend 8th Grade orientations at the appropriate middle schools.

6. Ask the schools to make your tryouts part of the morning announcements at least 2 times. Leave sign up form in the front office for kids to pick up and take home.
7. Ask the parents and players that are interested in having the opportunity to participate in the 8th grade league, for the names and contact information of other potential players
8. Hold your tryout

Does the CFBL carry insurance?

YES. Our insurance picks up where your primary insurance leaves off.

Which league or federation rules does the CFBL adhere to?

We play under National High School Rules. The CFBL is 100% independent not sanctioned by any other league.

Are there any alterations to these rules?

Yes there are modifications with lineups and substitutions except in tournament play.

Are there pitch count rules?

Yes we do advise that each coach implement an arm care regimen that includes preventing injury and maintaining healthy arms. We ask that you limit kids that are in "good arm shape" to no more than 70 pitches in any one outing followed by at least 48 hours of rest. Nobody is trying to win with the regular season championship. These kids have their entire baseball futures ahead of them. Arm health is YOUR responsibility as the coach.

What are the league age restrictions?

We are not age based but based on graduating class.

Are there grade restrictions?

7th graders can play in the 8th grade league but there is a limit per roster (see Alien rules)

Can players play out of district?

Yes but only in the feeder league and there is a limit (see Alien Rules)

Where are the games going to be held?

Across Central Florida at various high schools and city facilities. If you know of a facility that may want to participate by renting their field to the CFBL, please contact Jim Boghos at jboghos@cfbaseball.com. More fields equal less travel time and easier scheduling for everyone. This is critical for 8th grade teams in the spring as HS fields are heavily used by the JV and Varsity teams

What are the costs involved and what does the league provide?

Costs are handled by the individual clubs. The player fees help pay for insurance, field rental, umpires and some administrative fees. We are always searching for ways to lower fees through sponsorships and fundraisers.

Any recommendations on the best ways to inform/contact the respective parents and players?

The website has capability to broadcast email to your entire team

When does the season begin?

Fall – September
Spring - Feb/March
Summer - June

Approximately how many regular season games?

Last Fall we were able to schedule a 15 game season and during the Spring it was a 20 game season. We are hoping to repeat the same for the 2008-09 school year.

Is there going to be an end of season tournament?

Yes, both our Fall and Spring tournaments were held at the Historic Sanford Memorial Stadium. The fall tournament in late November/early December and the Spring tournament in May. Summer will have a tournament as well. CFBL proudly runs a very high quality tournament.

How many games might be played per week?

Much of this depends on how many fields the teams are able to use. There may also be scheduling accommodations to work around school holidays and activities. Our goal is to have at least 2 games per week.

Some players also play football--how do teams adjust their early game scheduling for that?

Priority is scheduling for the **student** athlete which works around school holidays and activities. A suggestion for feeder teams would be to play more weekend double headers until football season ends and/or carry a larger roster. JV coaches have been working around this for years.

Is it possible to play some games on Saturdays and/or Sundays if agreeable with the other team(s)?

YES – Absolutely

To what level do the respective high school coaches specifically interact with and/or assist/endorse/support/embrace the CFBL?

The high school coaches we have polled are very much in favor of the league and what it does to prepare the young men for high school ball. The relationship you build with your respective high school coach is purely a business one. Please remember that this is a fine line for HS Coaches as they are not allowed to engage in what may be considered "recruiting". According to the FHSAA it can render a player ineligible for his first season of HS Ball so understand that the coach can observe, make available his facility etc. but cannot coach the kids until they are officially affiliated with the school. Most coaches like the added revenue benefits we provide with increased concession sales and field rental fees.

Do some of the high school coaches recommend different processes that are used by their respective programs, i.e. pre-game preparation, stretching and warm up, specific drills, etc.

This is a function of setting up a meeting with your coach to learn his system. He is voluntarily imparting his knowledge to you individually. What you do with it is up to you. He is in no way dictating what or how your team is to be run. He is independent of the 8th grade league and has no affiliation or responsibility.

Is each team responsible for their own uniforms?

Yes

Any recommendations for the parent/players meeting?

- Expectations for players and parents
- Player conduct and field responsibilities
- Fundraising plans, if any, and what the money would go toward.
- How the season will layout.
- Parents want to hear something about the coach's background and philosophy.
- The sort of involvement that will be expected or needed with volunteering concessions, cleaning the stands, etc.
- How discipline will be handled, if needed.

Alien Rule (feeder teams only)

A feeder team is allowed 5 roster exemptions. Within those 5 exemptions a team is allowed to roster up to 3 "aliens". These aliens can be players that are out of district AND in the 8th grade. We do not allow 7th graders to play out of district. The exemption can also include 7th graders that are zoned in district. The total of 5 Roster exemptions can be any combination of either an out of district 8th grader (limited to 3) OR a in district 7th grader. The total of these may not exceed five and up to 3 aliens must be identified on the roster. 8th Graders may NOT play as an alien out of district if there is a CFBL team in their zone.