



Parent Overview: Baseball Challenger Division (ages 5+)

A Little League baseball Challenger player's age is defined by that player's age on August 31, 2026



What is Challengers?

The Baseball Challenger division provides children, teens, and young adults with physical, developmental, or intellectual challenges the opportunity to participate in an adaptive, inclusive baseball program. The Challenger division focuses on providing a safe, encouraging, and fully supported environment where every athlete can enjoy the game, make friends, and build confidence.



Purpose and Goals

- Create Inclusion:** Ensure all players have the opportunity to participate in an organized team sport regardless of ability
- Build Confidence & Skills:** Support the development of motor skills, social interaction, teamwork, and self-esteem through fun and engaging activities
- Provide Safe, Adapted Play:** Modified rules, equipment, and support as needed to meet the unique needs of every athlete
- Promote Community:** Encourage positive relationships among players, buddies, families, and volunteers



League Format

Team consists of athletes, coaches and “buddies”, peers who provide support with batting, fielding, running bases, and offering encouragement—while promoting independence whenever possible

Practices

- Wednesdays and Sundays
- App. 60 minutes
- Skill stations, simple drills, coaches make it fun for the players

Games:

- Batters hit from a tee or are pitched to via soft toss
- Every player bats each inning, and everyone plays defensively
- No outs or scores are recorded, focus remains on participation and enjoyment
- Game rules are flexible and tailored to player needs
- Games are played both in Glastonbury and in neighboring towns



Equipment

Players should have a glove, batting helmet, and sneakers (no cleats) (league will provide team jersey and hat)



Parent Involvement

Parent support is essential for a great season. Families can help by:

- Encourage your athlete and celebrate effort, growth, and joy
- Ensure consistent communication with coaches about any mobility, sensory, behavioral, or medical needs
- Participate as a volunteer or buddy if desired—parent involvement strengthens the program!
- Help create a positive, supportive community for all families in the division.



Key Takeaway

The Baseball Challenger Division is more than a game, it's a place where every athlete is valued, included, and celebrated. Creating a team experience that empowers all players to grow, succeed, and have fun both on and off the field.