

What is Quickball?

Quickball is an introductory version of the game that focuses on skill development. The season will consist of approximately 10 sessions that are roughly 90-120 minutes long. Each session begins with drill stations that are focused on one more of the fundamental skills of the game – fielding, throwing, or hitting. Two teams will share the field during drills. After drill time is complete, the session will move into a game-like setting with the other team. No score is kept.

Please see [this link](#) for an introductory video.

What gear does my player need?

Your player will need:

- Baseball Glove
- Water Bottle
- TPU/MCS molded cleats (plastic)
- Baseball pants are optional but recommended

As part of the registration, each player will be issued a Quickball bat and ball set, jersey, and hat. The balls are made out of a spongy material, so a batting helmet is not needed.

I'm interested in helping, how can I volunteer?

First and foremost, thank you for being willing to help. If you are interested in volunteering as a Head Coach or Assistant Coach, please fill out the volunteer sign-up located on the [SBL website](#) – typically on the home page. Particularly at the Quickball Division, no prior coaching or baseball/softball experience is needed. Coaches are provided with the materials needed to run the sessions and we offer Coaching clinics before the start of the season. If you have questions about coaching, please reach out to your Quickball Commissioner - Quickball@staffordbaseball.org. Thank you.

How will I know what team my child is on?

Once registration is closed, we will work to form the teams. Once assigned, your team will be available within Sportsengine and your coach will initiate communication with the team. You can access Sportsengine by downloading the app or by logging in on the [SBL website](#). Sportsengine will contain your team's roster, team chat, as well as the team's schedule once posted (more info on scheduling provided below).

When does the season begin/what does the schedule look like?

Tentatively, the Spring season begins in early April and lasts through early June. The Fall season typically starts in mid-August and lasts through mid-October. Team events for Quickball kick off about 3 weeks after older age groups. Please note that the season length can vary should adverse weather delay games. Your team's schedule will be posted in Sportsengine approximately 2 weeks after teams are formed. Games during the week are played at various field locations and typically begin at 6pm. Games on Saturdays can begin as early as 9am. There will be no more than 3 events during a 7-day period (week). Games are played at Stafford County parks that contain baseball and softball fields.

The weather has been bad, is the game on?

Stafford County Parks & Rec will assess field conditions and announce any closures. You can sign up to receive these notices directly [here](#). Decisions will also be shared by SBL and we will work with your coach to provide updates as timely as possible.

County announcements are typically made at 2 PM on weekdays and at 7 & 10 AM on weekends. Please note that as conditions change, fields may be closed or reopened. Occasionally, adverse weather conditions may come in after the County's decision. In these cases, SBL staff will work with your coach to determine if the game should move forward.

Does Quickball have practice before the season begins?

No. Because practices are included as part of each scheduled session, there aren't any team practices before the start of the season. However, we are working to host as many open clinics as possible. These are free to registered players and space is available on a first-come, first-served basis. Keep an eye out for communication on upcoming clinics.

Who should I reach out to if I have any questions?

We're happy to answer any questions. Once the season begins, your team's coach will be the best resource for most questions. If the season has not yet started or if you need further assistance, please contact the Quickball Commissioner - Quickball@staffordbaseball.org