



GIRLS IN BASEBALL

Little Mountain Baseball

A Guide for Players and Families

No girl should have to be the only one on her team.

That commitment sits at the heart of everything the Girls in Baseball program does.

Little Mountain Baseball's Girls in Baseball (GIB) program was founded in 2023 with a simple but powerful goal: to ensure every girl who wants to play baseball at LMB has a positive, supported, and connected experience — from her very first season through to competitive post-season play.

The program applies to all girls registered at LMB, regardless of whether they play on an all-girls team or a co-ed team. Participating in GIB is not opt-in — it is built into how we think about registration, team placement, and the season experience for every girl in the league.

Who This Document Is For

This guide is for families with girls registered at Little Mountain Baseball. It explains how the GIB program works in practice, what you can expect from registration through to post-season, and how to get in touch if you have questions at any point.

Our Core Principles

Belonging matters

Peer connection supports confidence and keeps girls in the game.

Development over age alone

Experience, confidence, and readiness matter as much as birth year.

Multiple pathways are supported

All-girls and co-ed teams are both valid and supported equally.

Positive early experiences matter

The experiences girls have at 5 and 6 shape whether they play at 10 and 12.

Registration

At the time of registration, girls are invited to indicate a preference for an all-girls team if one is available in their division. This preference is used for planning and does not limit a player's access to GIB support if an all-girls team is not ultimately formed.



As of 2026, LMB offers all-girls house league teams from T-Ball through Minors B. If you would like to know what is available in your daughter's division, contact us at girlsbaseball@littlemountainbaseball.com.

Assessments and Team Placement

For divisions that require pre-season assessments, LMB groups girls together wherever possible so that no girl goes through the process as the only girl in her group. Female coaches and returning GIB coaches are included in assessment sessions where available.

Assessments consider the full picture — not just skill level, but also a player's experience, confidence, stage of development, and enjoyment of the game. The goal is to place every girl in an environment where she can thrive.

Once teams are formed, the following principles guide placement decisions:

- Girls may play up or down a division where it supports their development and enjoyment.
- Friend requests for girls are supported beyond standard draft limits as a retention and inclusion strategy.
- Where groups of girls are linked through friend requests, these are managed similarly to sibling placements — keeping girls connected to each other and to the game.
- Efforts are made to ensure no girl is isolated as the only girl on a co-ed team.
- Family input is welcomed and considered as part of placement discussions.

Your GIB Coordinator

LMB's Girls in Baseball Coordinator is a board-level volunteer role dedicated to supporting players, coaches, and families across all divisions. The GIB Coordinator is available throughout the season — not just at registration — and her contact information is shared with families at the start of the year.

You can reach the GIB Coordinator at any time at girlsbaseball@littlemountainbaseball.com.

In co-ed divisions, the GIB Coordinator works alongside coaches to ensure that everyone — players, families, and coaches — has a clear point of contact if questions or support needs arise during the season.

Development Opportunities

Beyond the regular season, LMB actively looks for opportunities to support girls' development throughout the year. Past programming has included:

- Fall ball
- Winter development sessions
- Spring skills clinics
- Targeted skills sessions — such as hitting clinics for girls approaching the Majors division and pitching development for players moving into Minors



These opportunities are built around what girls at each stage actually need, and are offered when field availability, volunteer capacity, and funding allow. They are not guaranteed to be the same from year to year, and that flexibility is intentional — the goal is to respond to what girls need, not to deliver a fixed calendar.

Families are notified directly as opportunities arise. Keeping your registration contact information up to date is the best way to stay in the loop.

Post-Season: All-Girls Selects

The GIB program has steadily expanded its post-season footprint since launching its first all-girls Selects team in 2024. That inaugural Minors B team was followed in 2025 by an all-girls Mini Minors Selects team — reflecting the growing pipeline of younger players coming through the program.

In 2026, LMB is hoping to field all-girls Selects teams at U8, U10, and U12 — offering a competitive post-season pathway for girls across multiple age groups for the first time. Details will be shared with families during the season.

Female Leadership and Role Models

Girls play better, develop faster, and stay in the sport longer when they can see themselves reflected in the game — in coaches, in older players, and in the adults around them.

LMB actively encourages female coaches and leaders at all levels of the program, and supports opportunities for female coaching development. Older female players and alumni are invited to assist at practices, clinics, and development sessions where possible, building a visible pathway for younger players to see where the game can take them.



Inaugural Strawberry Slam · Little Mountain Baseball · 2025

The Strawberry Slam

In the summer of 2025, LMB launched the inaugural Strawberry Slam — a girls baseball tournament hosted at our fields and open to teams from across the Lower Mainland.

The first-year event was an immediate success, bringing together girls and families from across Vancouver for two days of competitive, community-focused baseball. The Slam is quickly becoming a highlight of the girls baseball calendar in B.C.

The Strawberry Slam returns in 2026, running **July 17–19** at Little Mountain Baseball.



Get Involved

Whether your daughter is picking up a bat for the first time or is a returning player looking for a girls-focused experience, we'd love to have her.

Players from outside LMB's catchment are welcome to reach out — our Girls in Baseball Coordinator is happy to discuss options, whether that's at LMB or connecting families with other opportunities and associations across the district.

Contact our Girls in Baseball Coordinator

girlsbaseball@littlemountainbaseball.com | littlemountainbaseball.com