**Frequently Asked Questions**

**London Mets Youth 2024**

**When are training sessions?** Our youth program comprises a regular spring-summer session of 13 Saturdays starting on April 6th and running until July 6th. Each session will generally run from 10am to 3pm for 11 and older players and from 10-12:30 for younger players. The times are generally for our normal training sessions but could and will be changed when we play games either home or away. Any times will be transmitted in advance.

**When should we arrive for training sessions?** We really want to start on time so please arrive at least 15 minutes in advance, normally 9:45am.

**Where is the training?** Finsbury Park, London. For any away games, the new venue and address will be transmitted to parents. Please use the link below to view us on the map.

**Training Kit:** I have prepared a kit list which is accessible on the youth page. [Mets Youth Kit Reminder](https://www.londonmets.org/_files/ugd/469ffd_7d3f1cb62cf04d1dbe06ddd2e80a1b6c.docx?dn=Youth%20Baseball%20Equipment%20Reminder%20(3)%20(2).docx) In addition, our club is building up an on-line shop with a few youth basics with additional items on their way. Here is the link to the shop: [London Mets On-line Shop](https://www.londonmets.org/category/adult). We expect that by the start of the season, we should have available most of what a player needs (except for cleats). Kit will required for all players and down to T-ball. We want all the kids to look sharp!

**What transport links are there to Finsbury Park?** The closest link is the overground at Harringay Green Lanes and connecting to Hampstead Heath. By tube, the closest tube stop is at Manor House. Please use this link to view more information on our website. [Where We Play | London Mets Baseball & Softball Club](https://www.londonmets.org/location). Parking is also available nearby off of Endymion road. There is no parking allowed inside of Finsbury park.

**Age groups:** the age groups are shown on the youth page and include T-ball (6U), Coach Pitch (8U), Minors (10U), Majors (12U), Juniors (14U) and Seniors (16U). There is no softball offered at this time. These age groups are based on Little League groupings which are different from typical European and UK groupings which are 12U and 15U. We may play games based on 15U also.

**Age group cutoffs:** Little league age is the age of the player on August 31st of the year. European/UK age groups use the age of the player on December 31st of the year. Pony league uses yet a third cut-off date which is April 31st. Most of our Mets games will be using LL age cut-offs.

**Can girls play?** Girls are very welcome to the club and in youth. Our club has a women’s baseball team and female coaches but fewer girls playing in the younger age groups.

**Level of Play:** the Mets club has a wide range of experience in its youth players. Starting in 2024, youth players will divided up mainly by level of skill (catching, throwing, and confidence) rather than age or size. This should provide the appropriate level of training for each group. Scrimmages will have to be worked out yet and depend on registrations but our objective is to create the best and meaningful experience for players irrespective of their level. We also want to have fun and for players to enjoy their time on the field. But there is no perfect model when levels are wide-ranging. Newer players will be able to play “down” and experienced players will be able to play “up”.

**Food:** we will be providing catering most weekends, by serving up burgers, hotdogs, and sausages along with sodas and crisps plus assorted other goodies. We will always announce in advance whether we have catering or not. There are ample food opportunities nearby at the plaza across from the field.

**Toilets:** we have our own clubhouse with male and female toilets and can be used for changing if necessary.

**Water:** there are taps inside where water bottles can be refilled.

**Safeguarding:** We will always have parents or coaches in and around the clubhouse providing oversight of your children.

**First Aid:** many of us are trained in first aid. The nearest defibrillator or AED is at Finsbury Park Café on the boating lake. First aid supplies are in the clubhouse.

**Nearest hospital:** Whittington hospital on Highgate Hill, N19, 2 miles away with the W5 bus taking you there (25 min ride). Must hail (ie wave to the driver) the W5 on Endymion road (no bus stops).

**Help/Volunteering:** we need all the help we can get in so many areas. Please have a look at the web page to see if there is something you could help with, even in a small way. [Youth Volunteers | Londonmets](https://www.londonmets.org/youth-volunteers).