



Hello managers, coaches and parents:

East Mountain Little League has secured memberships to Big Al's online Program for all of the Managers, Coaches and Parents in our league for 2021!

The coaching programs include... videos on how to teach the skills, lots of drills to incorporate into your practices and help in identifying and correcting common mistakes. There are ready-to-go practice plans for the pre-season, during the season plus plans to help prepare for the post season. The strategy section covers positional play and roles and responsibilities of players in game situations. It also has tips and plans to help you be effective as a coach on game day. Big Al has designed his Coaching programs to help you from the start of a Little League season to the finish.

The parent programs include... videos and instruction on all of the skills that your coach will be teaching this year. It also includes lots of fun drills, games and challenges that you can practice at home so you can get stronger and improve your skills all season long. There is also a section on strategy with roles and responsibilities for every player on the team in a variety of game situations. Every player in the Major Leagues has a story about practicing and playing the game with their buddies away from the ball park and at home...that is how you can become the best player you can be.

To activate your own personal membership please go to www.bigalbaseball.com.

1. Click on the **Membership Code** button in the top right corner of the webpage.
2. Select the online **Program or Bundle** that best fits your age group and role. (Coach/Parent Bundle 4-8 or Coach/Parent Bundle 9-12 or 4 Program Bundle)
3. To activate your program fill in the registration fields and click **CONTINUE**.
4. Enter your Membership Code **NMD52021** in the box and then click on the **APPLY** button. (This will recalculate your membership cost to 00.00.)
5. Read and Accept the Terms and Conditions and click on the **CHECKOUT** button.
6. You will be taken to the **Login** page. Go ahead and **Login** with your own **Username** and **Password**. (Note: depending on your browser and computer settings you may need to enter you UN and PW twice.)
7. Please click on the link to your T&D program on the **MY PROGRAMS** page and enjoy!

To **LOGIN** the next time, please just go directly to www.bigalbaseball.com and click on the **Login** Button at the top right corner of the webpage and **Login**.

Coaches, Parents and Players, please take advantage of the online programs and resources and have a fantastic season!

Karen Demarest
East Mountain Little League