

# Independent Leagues

***\*Please note Montgomery Recreation does NOT run the Independent League programs.***

## Montgomery Baseball League

**President - Jason Morris** jpmorris222 [at] gmail.com (Email)

Open to all residents of Montgomery Township & Rocky Hill Borough, ages 4 – 18 yrs. old. Held at Montgomery McKnight Complex. We offer 3 recreational seasons; Spring Rec, Summer Sandlot & Fall Ball.

## MBL Softball Program

**President - Jason Morris** jpmorris222 [at] gmail.com (Email)

Montgomery Baseball League is launching a Girls Softball Program. The softball program is aligned with Babe Ruth Softball and is open to all residents of Montgomery Township & Rocky Hill Borough - ages 4 to 18 yrs. old. The focus of the softball program will be on education, skill development, participation of all levels of ability and Fun.

## Montgomery Basketball League

**President - Laura Kyler** president.montgomerybasketball [at] gmail.com (**Email**)

Winter Season - MBA offers Recreational Basketball for grades K-12 and Travel Basketball for grades 4-8. Rec Basketball runs from the beginning of December through the end of February. Travel Basketball runs from November through mid-March. Registration opens the first week of September.

## Central Jersey Flag Football

**President - Matt Rosenthal** commissioner [at] centraljerseyflag.com (Email)

Practice/games are held at Van Horne Park. For Boys and girls grades K - 10th in Montgomery, Rocky Hill & surrounding towns. Central Jersey Flag Football is a popular non-contact five-on-five game of recreational football filled with fun and action.

# Montgomery Lacrosse

**President - Rob Manley** info [at] montgomerylacrosse.com (**Email**)

Registration is held November - January. Pre-Season begins in early March-May. MYLC emphasizes teamwork, sportsmanship, respect, discipline and most of all fun! Boy's practices are held at Van Horne Fields/MHS Turf, and Girls are held at Harlingen Fields/MHS Turf.

# Montgomery Wrestling

**President - John Moyle** montgomerynjwrestling [at] gmail.com (**Email**)

Team Parent - Julie Igawa Fong

This program is for beginner and experienced Wrestlers in grades K - 6th grade. Practices begin in November - February and are held at the UMS Cafeteria and MHS Auxiliary Gym. Wrestling builds strength, flexibility, endurance and confidence.

# Montgomery Travelers Soccer Club

**President - Ralph Spicer** president [at] montgomerysoccer.org (**Email**)

US Soccer recommendations for Player Development and all head coaches have advanced soccer licenses.

# Montgomery Special Olympics

**Sharon Kaikini** montysonj1 [at] gmail.com (*Email*)

Montgomery Special Olympics provides sports, training and competition for children and adults with intellectual disabilities. Programs are run from September to June and use Montgomery School sports facilities. These sports include swimming, soccer, volleyball, basketball, track and field, fitness to music, tennis, golf and many others.