

QUICKBALL EDITION



HEALTHY CHOICES,
HEALTHY CHILDREN



CONTENTS

INTRODUCTION	3
About the Cal Ripken, Sr. Foundation	
About <i>Healthy Choices, Healthy Children</i>	
The Ripken Way	
Keep It Simple	
Explain Why	
Celebrate the Individual	
Make It Fun	
Keeping Kids Engaged	
GETTING STARTED	7
About <i>HCHC: Quickball Edition</i>	
What is Quickball	
Versatile Equipment	
Field Set-up	
QUICKBALL GAMES	
Lesson 1: Teamwork	9
Lesson 2: Sportsmanship	15
Lesson 3: Communication	21
Lesson 4: Leadership	25
WRAP UP	31
Reinforcing the Lessons	
Resources	
Connect with Us	

INTRODUCTION

ABOUT THE CAL RIPKEN, SR. FOUNDATION

During his 37-year career with the Baltimore Orioles organization, Cal Ripken, Sr. taught the basics of the game and life to players big and small. After he passed away, his sons Cal and Bill recognized that not every child is lucky enough to have such a great mentor and role model. In this spirit, they and their family started the Cal Ripken, Sr. Foundation, a 501(c)(3) non-profit organization, in 2001.

By teaching kids how to make positive choices no matter what life throws at them, the Cal Ripken, Sr. Foundation strives to help underserved youth fulfill their promise and become healthy, self-sufficient, and successful adults.

ABOUT *HEALTHY CHOICES,* *HEALTHY CHILDREN*

The Cal Ripken, Sr. Foundation provides programs, resources, training, and support to community-based organizations across the country that directly impact the lives of at-risk youth. A primary component of this support is the *Healthy Choices, Healthy Children (HCHC)* program – a comprehensive character and life skills curriculum that provides youth development professionals and mentors with a vehicle to begin meaningful conversations with kids who need it the most.

Through discussions about choices today and the consequences to which they lead tomorrow, combined with activities demonstrating these lessons, youth learn to make productive decisions for their futures.

INTRODUCTION

THE RIPKEN WAY

Cal Ripken, Sr. was a player, coach, and manager in the Baltimore Orioles organization for nearly four decades. He developed great players and, more importantly, great people through his style of coaching—which we call “The Ripken Way.” No matter what you are teaching, you can use these four key tenets as your guide:

Keep it simple

Lessons on the field and in life are best learned when presented in a simple manner. Teach the basics and keep standards high.

Explain why

By helping kids understand the connections between everyday decisions and real life outcomes, we can help them make smarter choices for brighter futures.

Celebrate the individual

When kids are encouraged to be themselves, respected for their opinion, and are encouraged to share it, they are more likely to have a higher self-esteem and feelings of self-worth.

Make it fun

If kids aren’t paying attention or participating, how much are they learning? Whether it’s using a game to teach a concept or motivating kids with a little friendly competition, keeping kids engaged is essential.

*Want to hear Bill Ripken explain “The Ripken Way”? Go to **CRSFPortal.org** and sign up for a free account today!*

INTRODUCTION

KEEPING KIDS ENGAGED

Here are some tips to help you structure activities that keep kids engaged, excited, and coming back:

- Have a plan
- Keep activities structured
- Use visual tools (diagrams, cones, props, etc.)
- Provide feedback
- Encourage, encourage, encourage
- Set parameters and stick to them
- Assign groups/teams
- If you use captains, be sure to rotate them often
- Set achievable goals
- Let kids be silly – they're kids!
- Use short time increments
- Rotate activities frequently
- Let kids have input in the activities they like best
- Stay consistent and create routine
- Affirm kids when they do well
- Group kids by age and gender when possible



NOTES

GETTING STARTED

ABOUT *HCHC: QUICKBALL EDITION*

HCHC: Quickball Edition is an interactive curriculum that uses the game of Quickball to engage youth while providing adults with a platform to discuss life lessons and the value of positive decision making. Using the game as a vehicle to increase dialogue, youth and their peers discuss and learn about teamwork, sportsmanship, communication, and other key life skills.

WHAT IS QUICKBALL?

Quickball is literally Quick Baseball. With innovative concepts like timed games, multi-batter offenses and arena-style action, Quickball is the diamond's great equalizer – a sport that anyone can excel at regardless of size or strength!

VERSATILE EQUIPMENT

Each piece of Quickball game equipment is versatile and weatherproof, allowing play to take place in the gym or outdoors. The Ripken Quickball line includes:

- Quickballs
- Two buckets
- Set of throw-down bases
- Auto-ump
- Outfield boards
- Bat
- *HCHC: Quickball Edition*

*Visual learner? Watch our Quickball training video at **CRSFPortal.org**. Sign up for a free account to access all our Classroom training videos and find additional variations of Quickball to play in our Materials section.*

GETTING STARTED

FIELD SET-UP

You've just received your Quickball set and now the question is "How do I set it up?" Don't worry! It's simple and fast.

Here are some general guidelines for field set-up for most Quickball games. Keep in mind that just as most ballparks vary in fence distance, you have the option to adjust your fence distance for the age and skill level of the players.

Quickball Field Set-up

- Find a spot for home plate. If you are working in a gymnasium, two commonly used locations are the corner of the baseline on the basketball court or at the center of the baseline underneath the hoop.
- Based on the space you're working with, place the rest of the bases in a diamond proportionally distanced from each other (exactly like a regular baseball diamond).
- Take the boards and set them up like an outfield fence beyond the bases, giving plenty of room for an outfield.
- Place the Auto-Ump a few feet behind home plate to act as a catcher and stop the balls from rolling away.
- Use a dot cone or otherwise designate a line to stand behind off to the side of the 3rd base line where the kids will line up while they are waiting to bat. Make sure the line starts at least seven feet away from home plate to avoid injuries.
- The 1st bucket will have all the Quickballs in it and will be placed next to the pitcher. The 2nd bucket's location will vary depending on the game you're playing.

Get Creative: It's your Stadium!

Don't worry if the fence layout isn't perfect the first time you set it up, you're building your own "stadium" so don't hesitate to be creative.

And don't forget to involve the kids! A great way to get them involved is by having them research current and former ballparks so they can learn about the history of the field and replicate the fields in their Quickball stadium.

QUICKBALL GAMES

LESSON 1: TEAMWORK

Here are a few life lessons that Cal, Sr. valued and the different versions of Quickball that reinforce those lessons. Please take the time to review the Lesson Goal, Key Points, and Discussion Questions before playing the games.

Remember that these are not the only lessons or versions of Quickball you can use. It's very easy to come up with your own game! Please send us any ideas that have worked for you.

Lesson Goal:

- To understand that we can often accomplish more with the help of others than we can on our own.

Keys Points:

- Our decisions and actions can affect the team's or group's success in a positive or negative way.
- To be successful, we need good teammates, on and off the field.
- Working with others helps us learn and grow as individuals.



QUICKBALL GAMES

LESSON 1: TEAMWORK

Discussion Questions:

- **Why are teammates so important?**
 - *Possible answers: when a group works together, you usually get more ideas on how to accomplish tasks; team sports can't be played alone; playing with friends is more fun; working with others helps me meet new friends.*
- **How many of you have ever been on a team or in a group that had a performance or project to complete?**
 - *Ask them to give examples.*
- **What do you like about being on a team or working in a group?**
 - *Possible answers: it's fun; I get to meet new friends; I get to meet new coaches; I get to hear new ideas*



QUICKBALL GAMES

LESSON 1 ACTIVITY: TEAMWORK GAME

Hit for the Cycle

Set up:

- Start by setting up the field up as mentioned on page two. In this game you will place the 2nd bucket a few feet away from 2nd base.
- Divide your kids into two even teams.
 - An ideal team would be 10-15 kids, so you may need to create more teams
- Team 1 is the batting team and will line up behind the cones down the 3rd base line.
- Team 2 will be the fielding team and will spread out in the field with one kid standing by the bucket at 2nd base. He/she will be the designated “Bucket Player” or 2nd baseman.
 - Always have an adult be the pitcher. This allows them to control the flow of the game and be interactive with the kids.
 - The pitcher should also keep time. Each half inning is roughly 90 seconds, but you can change that based on number of kids, Quickballs, etc.

How to Play:

- The game will begin when the pitcher throws the 1st pitch.
- Each player will only be given one pitch that they will have to swing at.
- Regardless of whether or not the player hits the ball, they will run to 2nd base (after touching 1st base).
 - Once the batter touches 2nd, they should continue running to 3rd base then hop back in line behind the cones until their next at-bat.
- If the batter hits the ball past the pitcher, the fielding team will play that ball.
- If the batter doesn’t make contact with the ball or it doesn’t travel past the pitcher, the pitcher will turn around and throw another ball to simulate a hit.

QUICKBALL GAMES

LESSON 1 ACTIVITY: TEAMWORK GAME

- This allows a player to still score points for their team even if they don't get a hit.
- The object of the game is to be the first one to 2nd base.
- If the batting player makes it to 2nd base before the fielding team can gather the ball and put it in the bucket, then the batting team gets a point.
- If the fielding team puts the ball in the bucket before the batter touches 2nd base, then the fielding team gets a point.
- This process should continue for 90 seconds or whenever the pitcher runs out of Quickballs. Once time has run out, the two teams will switch and follow the same pattern.
- Once both teams have had a chance to hit, you can move the bucket from 2nd base to 3rd base. So, for the 2nd inning, the batter must now make it all the way to 3rd base before the fielding team gets the ball in the bucket.
- After two full innings, you tally up all the points and declare a winning team.

QUICKBALL GAMES

LESSON 1 ACTIVITY: TEAMWORK GAME

Reinforcing the Lesson: Teamwork

- “Hit for the Cycle” is a great game to teach your kids about teamwork. They have to work together as a team in order to get the runner out and score points in the field.
- One of the ways to reinforce the importance of teamwork is by awarding bonus points when you see great teamwork. Once an inning is over, cite specific examples you saw to show the kids good examples of teamwork and assign point values for each example.
- Some examples of good teamwork can be:
 - Working together and communicating to get the ball in the bucket efficiently.
 - The batter dropping or placing the bat at home plate before running instead of throwing it behind them, which saves time and allows more at-bats for their team.
 - Encouraging teammates when they make a mistake instead of putting them down.



NOTES

INTRODUCTION

GETTING STARTED

QUICKBALL GAMES

WRAP UP

QUICKBALL GAMES

LESSON 2: SPORTSMANSHIP

Lesson Goal:

- To realize that we cannot always change a situation; however, we can control our reaction to that situation.

Key Points:

- Everyone has ups and downs in life, but we all have the freedom to choose how we respond to a given situation.
- It is important that we learn to win and lose with kindness, consideration for our opponents, and humility in our words and actions.
- Being a good sport means acting professionally and showing a positive attitude.

Discussion Questions:

- **Have you ever seen someone who was not a good sport? How were they acting?**
 - *Ask for examples.*
- **How many of you have ever been on a team where you won or successfully worked with a group of people to achieve a goal or complete a project?**
- **What kinds of things did you say to your classmates or teammates when you were successful?**
 - *Possible answers: nice job; good game; you really helped us win*
- **Have you been on a team or group when things didn't go well?**
- **What kind of things would you want someone to say to you when you didn't come out on top?**
 - *Possible answers: hang in there; better luck next time; you worked really hard*

QUICKBALL GAMES

LESSON 2 ACTIVITY: SPORTSMANSHIP GAME

Home Run Derby

Set up:

- Start by setting up the field as mentioned on page two. In this game you will place the 2nd bucket a few feet away from 2nd base.
- Divide your kids up into two even teams.
 - An ideal team would be 10-15 kids, so you may need to create more teams.
- Team 1 is the batting team and will line up behind the cones down the 3rd base line.
- Team 2 will be the fielding team and will spread out in the field with one kid standing by the bucket at 2nd base. He/she will be the designated “Bucket Player” or 2nd baseman.
 - Always have an adult be the pitcher. This allows them to control the flow of the game and be interactive with the kids.
 - The pitcher should also keep time. Each half inning is roughly 90 seconds, but you can change that based on number of kids, Quickballs, etc.

How to Play:

- The game will begin when the pitcher throws the 1st pitch.
- Each player will only be given one pitch that they will have to swing at. Regardless of whether or not the player hits the ball, they will run to 3rd base (after touching 1st and 2nd base) and hop back in line.

LESSON 2 ACTIVITY: SPORTSMANSHIP GAME

- In this game, the batting team will score points based on how well they hit the ball. The amount of points can vary based on the situation, but an example would be:
 - Hit the ball through the outfield boards on the ground – 5 pts
 - Hit the ball over the outfield boards in the air – 15 pts
 - Hit the ball off the back wall in the air (if playing inside) – 25 pts
 - Hit the pitcher (encourages kids to hit up the middle) – 30 pts
- Don't worry—it doesn't hurt!
- You can also add your own twists to the scoring to change the game up. Some examples may be:
 - Hit the backboard (if in a gym) – 50 pts
 - Hit an outfield board without bouncing – 50 pts
 - Hit that board hard enough to knock it over – 75 pts
- The fielding team can also score points during this time:
 - Every ball collected and put in the bucket at 2nd base – 1 pt
 - Every ball caught in the air – 10 pts
- The fielding team will also try and stop the balls from going beyond the fence by catching or trapping them as they're hit.
 - This will prevent the batting team from getting points.
- After 90 seconds or when the pitcher runs out of Quickballs, the teams switch and you play another half inning.
- Typically each team should have at least two chances to hit. Then you can rotate one or both teams out for a new game.

QUICKBALL GAMES

LESSON 2 ACTIVITY: SPORTSMANSHIP GAME

Reinforcing the Lesson: Sportsmanship

- “Home Run Derby” is a great game to teach your kids about sportsmanship. Kids are given a lot of messages these days that individual honors and accomplishments are more important than team ones.
- They also see athletes putting other athletes down by “talking trash” or “rubbing it in” after they do something good. This game gives you an opportunity to teach them how that behavior is actually poor sportsmanship.
- One of the ways to reinforce the importance of sportsmanship is by recognizing an individual who displayed good sportsmanship during the game. Once the game is over, take the time to congratulate an individual, cite an example of how they showed good sportsmanship, and award them with some sort of honor.
- This builds the child up individually, as well as encourages their teammates try to follow in their footsteps.
- Some examples could be:
 - The child who displayed the best sportsmanship gets to choose the next activity the group does or maybe the snack they get the next day.
 - Make some sort of trophy for the child who displayed the best sportsmanship and make them the “Player of the Week.”
 - Have the kids nominate one of their teammates and explain why they chose them.

QUICKBALL GAMES

LESSON 2 ACTIVITY: SPORTSMANSHIP GAME

- This will help them recognize good examples of sportsmanship.
- Some examples of good sportsmanship can be:
 - Congratulating someone (their team or other team) for making a good play (home run, great catch or throw).
 - Encouraging someone who made a mistake by telling them that they will do better next time.
 - Shake hands with everyone after the game is over without being told.



NOTES

INTRODUCTION

GETTING STARTED

QUICKBALL GAMES

WRAP UP

QUICKBALL GAMES

LESSON 3: COMMUNICATION

Lesson Goal:

- To understand that effective communication is a two-way process that helps us to be successful in all aspects of life.

Key Points:

- Using strong communication skills in school, sports, and life is often the difference between being successful or not. Understanding that people communicate differently is key to improving the decisions that we make.
- We express ourselves by communicating our thoughts and emotions in two primary ways: verbally (with words) and non-verbally (with actions).
- To be a good communicator, we need to be active listeners. This means giving our undivided attention to a speaker in a genuine effort to understand the speaker's matter and point of view.

Discussion Questions:

- **Does anyone know some of the communication skills you need in order to be successful?**
 - Possible answers: speaking slowly and clearly; looking people in the eye; paying close attention to the speaker
- **How can you show a friend or teacher you are listening?**
 - Possible answers: look the speaker in the eyes; repeat the message back to the speaker; listen quietly when they are speaking; ask questions after they are done speaking
- **Besides words, what are different ways that you can express yourself?**
 - Possible answers: smiling or frowning; eye contact; shaking someone's hand

QUICKBALL GAMES

LESSON 3 ACTIVITY: COMMUNICATION GAME

Double Play

Set up:

- Start by setting up the field as mentioned on page two. In this game you will place the 2nd bucket a few feet away from 1st base.
- Divide your kids up into two even teams.
 - An ideal team would be 10-15 kids, so you may need to create more teams.
- Team 1 is the batting team and will line up behind the cones down the 3rd base line.
- Team 2 will be the fielding team and will spread out in the field with one player standing by the bucket at 1st base. He/she will be the designated "Bucket Player" or 1st baseman.
- There will be another two players on each side of 2nd base playing the roles of the 2nd baseman and shortstop.
 - Always have an adult be the pitcher. This allows them to control the flow of the game and be interactive with the kids.
 - The pitcher should also keep time. Each half inning is roughly 90 seconds, but you can change that based on number of kids, Quickballs, etc.

How to Play:

- The game will begin when the pitcher throws the 1st pitch.
- Each player will only be given one pitch that they will have to swing at. Regardless of whether or not the player hits the ball, they will run to 3rd base (after touching 1st and 2nd base) and hop back in line.
 - If the batter hits the ball past the pitcher, the fielding team will play that ball.

LESSON 3 ACTIVITY: COMMUNICATION GAME

- If the batter doesn't make contact with the ball or it doesn't travel past the pitcher, the pitcher will turn around and throw another ball to simulate a hit.
 - This allows a player to still score points for their team even if they don't get a hit.
- Similar to "Hit for the Cycle," this game is a race to the base/bucket.
- However, this time, the fielding team has to complete a double play before the base runner touches all three bases.
- After the batter hits or the pitcher throws the ball, the fielding team must collect the ball and throw it to either the 2nd baseman or the shortstop.
- The 2nd baseman or shortstop will then touch 2nd base with their foot and throw the ball to the 1st baseman.
- The 1st baseman will catch the ball and put it in the bucket as quickly as possible.
- If the 1st baseman puts the ball in the bucket before the runner gets to 3rd, the fielding team gets a point.
- If the runner gets to 3rd before the fielding team gets the ball in the bucket, the batting team gets a point.
- This process should continue for 90 seconds or whenever the pitcher runs out of Quickballs.
- Once time has run out, the two teams will switch and follow the same pattern.
- Each team should be given the opportunity to hit at least twice.
- After two full innings, you tally up all the points and declare a winning team.

QUICKBALL GAMES

LESSON 3 ACTIVITY: COMMUNICATION GAME

Reinforcing the Lesson: Communication

- “Double Play” is a great game to teach your kids about communication. When they’re out in the field they have to communicate with each other in order to effectively turn a double play and score points for their team.
- One of the ways you can reinforce the importance of communication is by celebrating the team that communicated the best. This will make that team feel good about how they communicated and it will make the other teams strive to achieve better communication the next week.
- Some examples of how you can celebrate that team are:
 - Citing examples of how they displayed good communication.
 - Naming them the “Team of the Week” and putting their picture up for everyone to see. Allowing that team to choose the next activity for the whole group.
- Some examples of good communication could be:
 - Yelling out their teammate’s name when throwing them the ball to make sure they know it’s coming.
 - Building on good sportsmanship, they can communicate positively about others playing the game.
 - Helping each other out during and after the game.

QUICKBALL GAMES

LESSON 4: LEADERSHIP

Lesson Goal:

- To recognize the qualities of positive leadership and to strive to adopt those qualities for ourselves.

Key Points:

- Leaders earn respect and get others to follow them with their words and actions.
- There are both positive and negative leaders. We have the freedom to choose which type of leader we want to be, when leading, and which type of leader we want to follow.
- Leadership requires us to work hard, respect ourselves and others, and have the integrity and courage to make good choices.

Discussion Questions:

- **Who can give me an example of a person who is a positive leader in life or in sports?**
- **What makes these people positive leaders?**
 - *Possible answers: work hard; confident; inspiring; determined*
- **Who can give me an example of a negative leader?**
- **What types of things does a negative leader do?**
 - *Possible answers: put people down; bully others; steal things that don't belong to them*
- **How can someone be a positive leader in sports?**
 - *Possible answers: by setting a good example; by communicating a plan; by helping everyone on the team work together*

QUICKBALL GAMES

LESSON 4 ACTIVITY: LEADERSHIP GAME

Across the Gym

Set up:

- This game is set up a little differently than the others. If you have two full Quickball sets, that would be ideal, but you can still run it with:
 - One set of outfield boards
 - Two sets of bases (can substitute with cones)
 - Four buckets (or something to hold the balls)
 - As many Quickballs as you have
 - Two bats
- Once you have all the materials, set up two full fields facing each other with the boards being the divider between outfields.
- Each pitcher should have a full bucket of balls next to them then place the empty buckets a few feet behind 2nd base on each field.
 - Divide your kids up into two even teams: Team 1 and Team 2.
 - An ideal team would be 20-30 kids, so you may need to create more teams.
- Once you have two even teams divide each team into two even squads.
 - You should now have four groups of 10-15 kids: Team 1 - Squad A and B; Team 2 - Squad A and B.
- Team 1 - Squad A is the batting team on Field 1 and will line up behind the cones down the 3rd base line.
- Team 2 - Squad A will be the fielding team on Field 1 and will spread out in the field with one kid standing by the bucket at 2nd base. He/she will be the designated "Bucket Player" or 2nd baseman.
- Team 2 - Squad B is the batting team on Field 2 and will line up behind the cones down the 3rd base line.

LESSON 4 ACTIVITY: LEADERSHIP GAME

- Team 1 - Squad B will be the fielding team on Field 2 and will spread out in the field with one kid standing by the bucket at 2nd base. He/she will be the designated "Bucket Player" or 2nd baseman.
 - Always have adults be the pitchers. This allows them to control the flow of the game and be interactive with the kids.
 - One pitcher should also keep time. Each half inning is roughly 90 seconds, but you can change that based on number of kids, Quickballs, etc.

How to Play:

- The object of this game is for the batting teams to get all the balls over the outfield fence into the other field and for their teammates on that field to keep them there.
- Each ball in the bucket is worth 1 point and the team with the most points after 90 seconds (or when the pitchers run out of balls) wins that round:
 - Team 1 - Squad A is batting on Field 1 and Team 1 - Squad B is fielding on Field 2.
 - Team 1 - Squad A is trying to hit as many balls as they can through or over the fence into Field 2.
 - Team 1 - Squad B is trying to collect all those balls and put them in their bucket by second base while simultaneously trying to stop the batting team on their field from hitting balls past them back to Field 1.
 - Team 2 - Squads A and B are trying to do the same thing on opposite fields.
- The game will begin when the pitcher throws the 1st pitch.
- Each player will only be given one pitch that they will have to swing at.

QUICKBALL GAMES

LESSON 4 ACTIVITY: LEADERSHIP GAME

- Regardless of whether or not the player hits the ball, they will run to 3rd base (after touching 1st and 2nd base) and hop back in line.
 - If the batter hits the ball past the pitcher, the fielding team will play that ball.
 - If the batter doesn't make contact with the ball or it doesn't travel past the pitcher, the pitcher will turn around and throw another ball to simulate a hit.
- As mentioned above, the fielding team on each field will try to collect as many balls as they can and put them in their bucket at second base.
- This process should continue for 90 seconds or whenever the pitcher runs out of Quickballs.
- Once time has run out, the teams will stay on the field they just played on, but they will switch from batting team to fielding team and vice versa.
- Each team should be given the opportunity to hit at least once.
- After two full rounds you tally up all the points and declare a winning team.



LESSON 4 ACTIVITY: LEADERSHIP GAME

Reinforcing the Lesson: Leadership

- “Across the Gym” can obviously be a very chaotic game. While it’s one of the most fun versions, there’s a lot going on at one time and it can get out of control quickly.
- However, we think this is a perfect game to teach kids about leadership. The team that is going to win this version is the team that is the most organized.
- “Across the Gym” will teach kids to step up and take control if they want to be successful.
- One of the ways you can reinforce that message is by recognizing individuals that take a leadership role in the game. Recognize an individual by making them the “Captain of the Week.”
 - Allow them to make decisions about activities or a snack that they believe will be best for the group.
 - Allow them to expand on their leadership role by leading a lesson or activity. This will build the child up and help them realize that anyone can be a good leader.
- Some examples of good leadership during the game may be:
 - Coming up with a strategy and working with their teammates to implement it.
 - Helping their teammates if they are struggling with a portion of the game.
 - Taking charge of a situation but still being open to suggestions and communicating with their teammates.

NOTES

INTRODUCTION

GETTING STARTED

QUICKBALL GAMES

WRAP UP

WRAP UP

REINFORCING THE LESSONS

“Perfect practice makes perfect.” – Cal Ripken, Sr.

While Quickball is designed to be a fast paced, highly active game for kids, remember that it’s also an easy vehicle for adults to teach kids some of life’s core values.

The lessons in this curriculum might impact some kids more than others, but the important thing to remember is that you can make a difference in any child’s life.

Not every kid is going to be a great Quickball player, but the best thing about the game is that they can still help their team succeed and ultimately help themselves succeed in the process.

“THE RIPKEN WAY”

Keep it simple

Explain why

Celebrate the individual

Make it fun



WRAP UP

RESOURCES

In addition to CRSFPortal.org, here are some resources that might be helpful in your work with youth.

ripenquickball.com

Fun Games

playworks.org/games
gameskidsplay.net
kidshealth.org
letsplay.com
familyfun.go.com/playtime

Acknowledgements

The Cal Ripken, Sr. Foundation would like to send a special thanks to Ripken Quickball and the Mackie family for their continued support and guidance with the *HCHC: Quickball Edition*.

Special Thanks

These materials were printed through the generous support of the American Legion Child Welfare Foundation.



WRAP UP

CONNECT WITH US

You are on the front lines, empowering kids in your community each and every day. You're there through life's challenges, just as Cal Ripken, Sr. was for his kids and his players: teaching them how to make the best of every situation, leading by example, and encouraging them to swing for the fences.

At the Cal Ripken, Sr. Foundation, we see our role as supporting you in this shared mission.

Join our training portal for free resources:

CRSFPortal.org

Visit our main website to learn more:

RipkenFoundation.org

Join the conversation:

CRSFPortal.org/forum



@CalRipkenSrFdn



CalRipkenSrFdn



CalRipkenSrFdn

**The Cal Ripken, Sr. Foundation helps
build character and teach critical life
lessons to disadvantaged young people
living in America's most distressed
communities through baseball-
and softball-themed programs.**

