???? January Baseball, Oh My!

01/14/2013, 3:30pm EST

By FA

Carolina Mens Baseball Enjoys Warm Winter Baseball

Unseasonably warm weather brought out over 30 Carolina Mens Baseball players for an open practice @ Murray MS this past Sunday. With temps in the mid- 70s, the NFL was relegated to the DVR, as many players got their first taste of baseball in 2013. One of the highlights of the scrimmage was watching Pirate Nick Basta gunned down at home after blasting a long drive to the leftfield fence. Unfortunately, Miles "the Howitzer" Landron handled the relay and he unleashed a bullet to nail Nick at the plate by a mile. LOL.

Weather permitting, the league will practice next Sunday @ Trask MS, 1pm.

???? Catlin Engineers win Championship with rally in the bottom of the 9th

11/05/2012, 6:15pm EST

By FA

CHAMPIONSHIP BASEBALL IN NOVEMBER

CATLIN ENGINEERS WIN CHAMPIONSHIP WITH 9TH INNING COMEBACK

The Braves, led by manager Jarrad Reynolds, came into the weekend as winners of the winner’s bracket. They needed only one victory to claim the Carolina Mens Baseball League championship. In contrast, the Catlin Engineers needed to beat the Braves twice in order to prevail. Behind a gritty pitching performance by WP Travis Adams the Engineers won the opener 12 – 7. After jumping to a 2 – 0 lead the Braves saw the Engineers grind out 10 unanswered runs. Hits from RF Pete Gittrich and 2B Rich Swiger started a 5-run Braves’ rally in the 7th. Adams held the lead and finished the game for the win.

The pressure was on in the winner-take-all second game. The Braves again jumped out to an early lead behind the strong pitching of Lee Shelton. Both teams battled to score and when Shelton gave way to reliever Steve Simmis, the Braves held a 5 – 4 lead. Engineers LF “Bear” Hill then took over. He threw two different runners out at the plate to stifle Braves’ scoring chances. He delivered several key extra-base hits including one off the leftfield fence. However, he saved the best moment for last. Engineer Allen Gurley opened the 9th and reached first base when he was struck by a pitch. With one out, the next batter hit what looked like a game ending double play ball. Unfortunately, for the Braves, it did not happen and the Engineers remained alive. With the Braves leading 9 – 8 in the bottom of the ninth, Hill stepped to the plate with the bases loaded. He delivered the game-winner, a walk-off single up the middle to bring home the tying and winning runs. WP Clayton Erickson recorded the victory in relief.

Congratulations to manager Shane McCumbee and the Catlin Engineers on their second consecutive championship!

????? Willy, Mickey and the Duke (Talkin' Baseball)

Terry Cashman's poignant homage to baseball's Golden Age.

???? Spring Training Is Here!

The major leagues may be breaking camp, but we are just starting our Spring Training!

We are planning to use April for Spring Training and will be conducting a series of workouts/ scrimages to help players get into baseball shape. Since most people have not played for some time, we recognize that it will take a few sessions to chip away the rust and get our bodies and minds reacting to playing baseball again. We will have former professional and collegiate ballplayers assisting us in recapturing (or learning) baseball skills and techniques. We urge everyone to take it easy in the beginning - this is for fun and not to impress others so you get a multi-million dollar contract. Despite the movie The Rookie, we're all past that and just want to play and not hurt ourselves or others. Remember to stretch and throw if you have an opportunity to do so while the weather is warm. Sunday may be rainy and cool. We will be at Myrtle Grove Middle School on Sunday afternoons in April, so if you miss this week come on out next week.

Wilmington Old Salts

Manager : Joe Seme 2007 Player Roster: Frank Amoroso, Tony Cabrera, Billy Cawley, Dan Davis, Chris Gardner, Steve Goodman, Jay Harrington, Phil Kaufman, Dennis Kessen, Fred King, Jim Maresca, Gerry Paige, Terry Peters, Joe Seme, Pate Southerland, Jim Sypher, Bob Wease

Rain, Rain Go Away

Even the Beatles had to deal with the rain.

???? Spring Training

Barring an unexpected deluge or other natural disaster, we are set to continue Spring Training on Sunday at Myrtle Grove starting at 1 P.M.

Good news! Dave Robinson of the baseball facility, Batter Up, on Carolina Beach Road near Monkey Junction has agreed to open his facility to CMBL players, starting this Wednesday evening between 6:30 P.M. to 9:00 P.M. For $15 per player, there will be unlimited use of the hitting cages. Come out to hit and socialize with other CMBL players. Be careful of those blisters!

Feel free to contact us at Carolinamensbaseball@gmail.com with any questions or concerns you may have about the League. We will address some the issues raised so far about the timing of Opening Day at Spring Training this Sunday.

We anticipate having players or managers meeting shortly to develop procedures for establishing teams and reviewing League Rules.

Spring Training Continues...

The nascent Carolina Mens Baseball League is starting to take shape while the players get into baseball shape. The pictures of Spring Training below capture the enthusiasm and intensity of preparations of the players. Opening Day is less than two weeks away and at least six teams will compete in an adult baseball league for the first time in recent memory. This coming Sunday, April 20th, is the last chance to sign up before the Season starts and the fun begins for real.

Practice games for the 50+ Division will begin at 12:30 P.M. this Sunday at Myrtle Grove Middle School. Players in the 35+ Division should plan to arrive at 2:30 P.M. for their games. Please remember to bring completed Registration forms and League fees if you intend to play. FLA

???? Preseason Games Scheduled for April 20th!

All the Spring Training preparations will culminate this Sunday when the CMBL will play Preseason Games. The 50+ Division will start at 12:30 P.M. The 35+ Division should report around 2:30 P.M.

Each of the 3 teams in the Divisions will play in a Round Robin format. Tentative team rosters have been provided to team managers and will be posted shortly. Stay tuned.

Preseason Games Continue on April 27th - Opening Day May 4th

Opening Day has been pushed back a week to May 4th. Preparation for the Inaugural Season of the Carolina Mens Baseball League will continue next Sunday, April 27th. The 35+ will be called the Red Division and the 50+ will be called the Blue Division.

So far the Red Division teams are: the Breaktime Brewers managed by Corey Lewis, the Red Sox managed by Brian Cardiero and Port City Mudcats managed by Pat Hanley.

The Blue Division teams are: the Batter Up managed by Dave Robinson, the Wilmington Old Salts managed by Joe Seme and a team to be named later managed by Steve Salerno.

The Batter Up baseball facility on Carolina Beach Road will be open this Wednesday from 6:30 P.M. to 9:00 P.M. for CMBL players to have unlimited BP and use of the pitching tunnel for $15 per player.

Red Division (35+) Rosters and April 27th Schedule

The Red Sox will play a practice game versus the Port City Mudcats at Parmalee Road field in Castle Hayne at 1 P.M.

The Breaktime Brewers will play a crossover practice game against the Wilmington Old Salts at Myrtle Grove field at 12:30 P.M.

The Batter Ups will play the Yankees at 4 P.M. at Myrtle Grove.

????? Opening Day Sunday May 4th

The Carolina Mens Baseball League has scheduled a triple-header to kick off its Inaugural Season. The games will be played this coming Sunday, May 4th, at Myrtle Grove Middle School. Starting at 10 AM, the Wilmington Old Salts managed by Joe Seme will play the Port City Mudcats managed by Pat Hanley . This will be followed by a game at 1 PM between the Break Time Brewers managed by Corey Lewis and the Hell's Kitchen Red Sox managed by Brian Cardiero. Opening Day will wrap up at 4 PM with the Batter Up team managed by Dave Robinson playing the Seahawks managed by Steve Salerno. The teams feature Wilmington area adults many of whom have not played organized baseball for a long time. But Spring Training and hard work have gotten them ready to compete in America's Pastime. Enthusiasm fills the air along with the crack of wood bats hitting baseballs!

Commissioner Lou Howard and co-founders Joe Seme and Frank Amoroso invite anyone who loves basbeball to join in making the CMBL's Opening Day a memorable event. There will be cold drinks, snacks and CMBL T-shirts available for purchase at the field. Further information about the League and its players can be found on the League's website: [www.Carolinamensbaseball.com](http://www.Carolinamensbaseball.com)

????? The Official Rosters Are Up!

For various reasons there have been shifts in rosters. Players are requested to check the Official Rosters to make sure they know which team they are on and to check the Schedule to see when they play. Thanks, FLA

???? HEAT + LIGHTNING WREAK HAVOC ON GAMES, JULY 1ST

07/03/2012, 7:09am EDT

By FA

Commissioner Fulton Burns battles the heat.

HEAT WAVE + LIGHTNING, July 1st

RED DIVISION

BOAR’S BREATH CHOPPERS 13 CF RIVER RATS 12

WP /SS Ran Sun did it all in the brutal heat at Murray MS. Not only did he pick up the win with a stellar relief effort, he hit a bases loaded double in the bottom of the last inning to bring his team within one run of tying the game. Two batters later, Jason Gatcher laced a walk-off double to drive in the tying and winning runs. The defensive player of the game was made by rookie Jake Stephens of the River Rats who threw out a runner at the plate trying to tag up from third base. The throw was made on a fly to C Diavalo Fletcher who completed the play with a nifty swipe tag to end the inning. Choppers Joe Catenacci and Jason Gatcher each had multiple extra-base hits.

Not surprisingly, Ran Sun, Joe Catenacci and Jason Gatcher will represent the Boar’s Breath Choppers in the CMBL All-Star game @ Godwin on July 28th.

BLUE DIVISION

HURRICANES 6 NOVUS GLASS SEAHAWKS 3

The Hurricanes continued their torrid streak winning their 11th straight behind the strong relief pitching of WP Pate Southerland. Rookie Frank Nichols made his pitching debut for the ‘Canes who are undefeated under the magical guidance of Manager "Bear" Estler.

Pate Southerland and Bill Bennett will represent the Hurricanes in the upcoming All-Star game on Saturday July 28th

GAMES IN JACKSONVILLE AND SOUTH BRUNSWICK WERE CANCELLED DUE TO HEAT & LIGHTNING

Week Three: Sunny & Breezy with Baseballs Flying Out of Castle Hayne, April 29th

04/30/2012, 4:06pm EDT

By FA

Warrior Michael Spann just misses, fouls one back

WEEK THREE, APRIL 29th SUMMARY

RED DIVISION

CATLIN ENGINEERS 12 BOAR’S BREATH CHOPPERS 11

The A's tied up the ball game in the 8th. Later in the bottom of the 9th, John Rhodes hit a lead- off double. Allen Gurley laid down a base hit bunt to the left side of the infield moving Rhodes over to third. The next batter, rookie Josh Loftin knocked in the run with a single between the short stop and third baseman.

CAPE FEAR RIVER RATS 13 BREAKTIME WARRIORS 1

WP Jason Thompson pitched a complete game two-hitter racking up eleven Ks in the process. The offense was led by Dr. Bob Bennett who went four for six with two doubles. CF Chris Thompson scampered for six stolen bases. Rookie Jacob Gibson contributed on offense and defense in his CMBL debut.

LEJEUNE BOMBERS 7 SHADY BEARS 0

WHITE DIVISION

BRUNSWICK BARONS 10 PIRATES 5

The Barons finally broke their multiseason,16 game losing streak behind the dominating pitching of Matt Rowley. Matt struck out 19 batters in 8 innings, allowing only 1 earned run on 3 hits and a walk. Offensive support came from Chris Horn and Scott Donovan, both going 3-5, along with Rusty Knowles, Drew Rusk and Addison Mow each with a double. Sean Kelly earned a save on his pitching debut.

BRAVES 13 PIRATES 2

The Braves enjoyed a strong start for WP Lee Shelton (6IP, 2ER) and good relief work by Rick Ingram and Matt Jones that resulted in a victory. The Braves offense was led by Jarrad Reynolds who went 3 for 3 with 2 walks and 3RBI and Jason Worrell who had 2 hits and a blast that looked like it was leaving the park only to be kept in by the wind.

BLUE DIVISION

HURRICANES 10 ALPHA DOGS 5

WP Tim Whitehead went the distance for the undefeated ‘Canes. He broke open a pitcher’s duel with a three run bomb in the fifth inning. Alpha Dogs, Scott Garrett and Brian Brodwater, launched homers in a losing cause.

RIPTIDE 9 NOVUS GLASS SEAHAWKS 6

The Riptide staged another comeback. Trailing 6 to 4 in the top of the 7th, they rallied to win 9 to 6. Chris Natale went 6 innings and WP Steve Goodman closed out the bottom of the 7th 1-2-3. Goodman was 3 for 3 with 3 RBIs. Steve Elias had two hits.

Spring Training ends with Full Slate of Pre-season Games, March 28th

03/29/2010, 3:51pm EDT

By FA

Let the games begin

With Opening Day less than two weeks away, the Carolina Mens Baseball League held a full slate of pre-season games with all twelve teams playing this past Sunday. The rosters are set, the uniforms have been ordered and the schedule is being formulated. Everything is in place for a great season of baseball 2010

???? Like Clockwork, CMBL Springs Ahead

03/15/2010, 3:53am EDT

By FA

Lose an hour? No way, gain daylight

Despite a rainy week, "Spring Training" proceeded thanks to the hard work at Myrtle Grove MS by all the volunteers.

A spirited work out and scrimmage resulted in many tired but happy faces. The league is well on its way to 14 teams and there are still 4 weeks until Opening Day. The best is yet to come!

???? Carolina Mens Baseball League - Springs into training, March 7, 2010

03/08/2010, 3:28pm EST

By FA

Great weather, great turnout, great fun

"Spring Training" kicks off with an excellent Sunday of baseball. The new players and upper division returnees had a day of hitting and fielding - just enjoying playing in the sun at Myrtle Grove MS. We were blessed by the return of Red Sox' Brian Cardiero after his health issues to the mound wearing a new Papelbon jersey and throwing aspirins. Welcome back!

The Red Division took over Castle Hayne Park to get the kinks out. Next week, remember to move those clocks forward or you'll miss part of "Spring Training." Five weeks until Opening Day.

???? Carolina Mens Baseball League marches toward “Spring Training”

03/01/2010, 12:24pm EST

By FA

"I want that baseball!" Do you?

The Carolina Mens Baseball League had its last informal workouts this Sunday at Myrtle Grove MS and Castle Hayne Park. Due to the turnout, two fields were necessary. Several of the returning teams played scrimmage games at Castle Hayne Park, while other players and rookies enjoyed the sunny weather and workouts at Myrtle Grove MS before heading home to watch the gold medal Olympic hockey game. Condolences to a noble U.S. Hockey team on losing in overtime.

"Spring Training" for the 2010 season of the CMBL starts next week. The rosters for the league will be formulated after 2 weeks of Spring Training and then preseason games will follow. Based on the record breaking interest, the League currently plans to have at least 12 teams. There is still time for individuals and teams to register for Carolina Mens Baseball 2010.

It's time to get off the couch and Recapture the Joy of Playing Baseball! The season starts for real in 6 weeks, so dust off your bat, oil your glove and come join the fun. See you on the Diamond.

???? After a Long Winter's Nap...

02/21/2010, 6:15pm EST

By FA

Sunny Sunday brings out the ballplayers

Finally, Old Man Winter relented enough to allow the Carolina Mens Baseball League take the field. They came out in droves to work out in the sun and shed some of the winter rust. Only six weeks until Opening Day. Check out League News for more photos and become a fan of the Carolina Mens Baseball League on Facebook. See you on the Diamond.

???? CMBL Spring Training Rolls Despite Puddles

03/25/2014, 3:00pm EDT

By fa

Carolina Mens Baseball League has begun spring training. Open practice sessions will be held every Sunday until April 13th when preseason games will be held. Opening Day for the 2014 season will be Sunday, April 27.

The league is still accepting new players in all three divisions, the red 18+, the white 28+ and the blue 48+. Recapture the joy of playing baseball. Call Frank @ 910-465-0535 for further information.

???? SHOCKERS CAPTURE TITLE WITH COMEBACK WIN, SCORE GAME-WINNER IN LAST AT BAT, 8 - 7

08/28/2013, 12:00am EDT

By FA

"Joltin' Joe" Manor drove in the winning run in the bottom of the 9th to give the Shockers the Championship. WP Casey McBride went the distance against the gritty Pirates. In the top of the 9th with the score tied, the Pirates loaded the bases, but Casey refused to yield and garnered 3 more strikeouts to end the threat and maintain the tie. C Charlie Hines started the winning rally and played great defense all night. OF Nick Studebaker had several hits for the Shockers and started the big 7th inning rally.

Pirates manager Nick Basta, 2B Lucas Jones and 3B Papa Jon Fraker had multi-hit games and SS Miles Landron got clutch RBI hits to help the Pirates build a 7 - 2 lead. The Shockers came roaring back in the 7th on the strength of clutch RBI hits by RF Julio Vasquez and LF Jameson Vaughn. Shocker CF Walt Massey made an outstanding throw to third to cut down a runner with the game in the balance. Pirates CF C.B. McVeigh had an outstanding game, including a daring steal of home.

Congratulations to the Shockers, the 2013 Champions!

?????? Braves take out Barons 8-6 @ Godwin, 8/13, advance to play Shockers Thursday

08/14/2013, 6:45am EDT

By FA

CAROLINA MENS BASEBALL LEAGUE PLAYOFF TOURNAMENT

BRAVES 8 BRUNSWICK BARONS 6

The Braves eliminated the Barons behind the strong pitching of WP Derrick “Hollywood” Pigford who went the distance for the win. Braves’ C Dan Weighton, 1B Jarrad Reynolds and 3B Tanner Wichman collected clutch RBI hits to lead the offense. The defense was led by CF Davante “Say Hey” Riley who made the play of the game, if not the season, in the bottom of the 8th when he raced to the fence in the deepest part of the park and made a tumbling catch to rob RHP Addison Mow of a game tying extra base hit at the 350’ sign. The catch came with the tying runs in scoring position; definitely worthy of the highlight reel.

With this victory the #6 seed Braves continue their improbable run and advance to a Thursday night game against the Shockers to determine who will play in the Championship Round. The game is scheduled for 7pm @ Godwin Stadium. Come out and catch the excitement!

????? Now Offering Quality CMBL Merchandise

The Carolina Mens Baseball League is offering T-shirts, batting practice jackets, hats and CMBL license plates for sale. Contact us at Carolinamensbaseball@gmail.com to place your order.

Commissioner's Heat & Medical Awareness Bulletin

In view of the predicted weather conditions, Commissioner Howard has directed that all players be cognizant of the potential dangers of playing in intense heat. Managers should remind their teams of ways to avoid being overcome by heat related conditions and how to recognize symptoms of heat stroke and heat exhaustion. The League is fortunate to have some medical professionals among its membership and we would encourage them to be alert for danger signs. This bulletin does not take the place of common sense or appropriate medical advice from players’ own physicians.

Players should:

1) Bring plenty of fluids to the field, water, sports drinks, etc.

2) Each team should have a large cooler with ice available along with ziplock bags to make individual icepacks for players to use.

3) Bring towels that could be soaked in water or ice and used by players to cool off when not actually playing.

4) Use sunscreen or sunblock to protect skin.

5) Cell phones in case of emergencies.

6) List of emergency contact information for players.

7) Each team should have an emergency medical kits with bandages, tape and icepaks, etc.

8) At Castle Hayne field, each team should bring a large tarp or sunscreen to cover the dugout while leaving the sides open to cross-ventilation.

9) Consider wearing loose comfortable clothing consistent with playing the game of baseball.

10) Be aware of the possible symptoms of Heat Stroke or Heat Exhaustion and keep an eye out for each other, especially pitchers and catchers who may be working extra hard in the heat.

The following was taken from an article of First Aid and Emergency Care:

Heat Exhaustion

Heat exhaustion can occur after prolonged exposure to high temperatures, high humidity, or both. The person may be dizzy, tired, perspiring heavily, or vomiting and may have pale, clammy skin and/or headache.

Immediate care Move the person to a cool area and have him lie down. Loosen or remove tight fitting clothing. Give plenty of fluids such as water or a sports drink. Cool the person off in a tub or shower of cool water, with a hose, or with wet cloths. If symptoms persist, or if the person is confused, faints or has a temperature of above 102 degrees, call 911.

Heat Stroke

Heat stroke is a life-threatening emergency. It occurs when the body’s core tmeperature rises – and does not fall – after exposure to high temperature. The body temperature may be as high as 105 degrees. The person may fell very hot and have red or flushed skin. Sweating usually does not occur. The person’s mental state may be impaired or he may be unconscious.

Immediate care Call out for someone to get help, or call 911 yourself if the person does not need immediate assistance. Place the person in a bath or shower of cool water to help bring down the temperature or use a hose or bucket to bathe the person in cool water. Continue until the body temperature drops to 101 degrees. Stay with the person until medical help arrives.

The most important thing is to have fun….safely.

???? Happy Father's Day!

As we celebrate Fatherhood with our Dads and kids, we can recall the role baseball has played in our lives. Hollywood has tried to capture it in films like "Field of Dreams" where Ray Kinsella experiences baseball magic culminating in having a healing catch with his father. Or, in "City Slickers", where (paraphrasing) Billy Crystal says, "No matter how bad things were in my life, I could always talk baseball with my Dad."

Below is an article entitled "The Passion: You Can Go Home Again". Thanks to Corey "Chief" Lewis of the Break Time Brewers for sharing this article.

ALL GAMES FOR JUNE 22ND CANCELLED DUE TO RAIN

Please be advised that the fields are unplayable and all games have been cancelled. Make-up dates are either Saturdays or Fourth of July weekend. Let us know what you prefer, if any, for make-ups. Stay dry. See you all next week.

CMBL News: Revised Schedule, Playoffs, Family Day & Fall League 6.25.08

In response to the difficulties posed by the midday heat, the schedule has been adjusted. Please make sure you check the calendar on the website to get the dates, times and locations of your games.

The CMBL Playoffs will be held Saturday August 2d and the Championship Games will be held on Sunday, August 3d. All the games will begin at 4PM. The Red Division will play at Castle Hayne and the Blue Division will play at Myrtle Grove.

We have scheduled a Family Day for Sunday, September 7th at Castle Hayne. Details will follow but we are planning a delicious Pig Pickin" along with other fun stuff. Anyone wishing to volunteer should contact Frank Amoroso.

We are in the midst of planning a Fall League and hope to have some night games at Godwin Field. We expect to start games for the Red and Blue Divisions around September 14th and play into November. We are considering a new division for 28+ that will be called the Green Division. Tell eligible players about it and ask them to email their interest to us at Carolinamensbaseball@gmail.com Stay tuned.

Active Care Chiropractic Offers Complimentary Treatment at CMBL Games in July

We our glad to announce Carolina Mens Baseball League and Active Care

Chiropractic are teaming up! Active Care Chiropractic is one of CMBL's sponsors. It is owned and operated by Dr. Eric McGraw. This is a great fit considering Dr. Mc Graw is the only Active Release provider in Wilmington.

Some of the MLB's biggest stars have received

Active Release treatment: Darryl Hamilton, Mike Piazza, Kenny

Rogers, Al Lieter, and Mark Teixeria, to name a few.

Active Release Techniques(R) is a patented, state of the art, soft

tissue system/movement based massage technique that treats problems

with muscles, tendons, ligaments, fascia and nerves. Active Release

is an extremely effective on conditions such as back pain, rotator cuff

syndrome, hamstring pulls, shin splints, shoulder pain, sciatica,

plantar fasciitis, and knee problems.

Although Active Release was patented a mere 20 years ago, its history

with professional sports is deeply rooted. Here are just a few of

the professional sports teams that use Active Release Providers: The

Dallas Stars, Kansas City Chiefs, Denver Broncos, Atlanta Falcons,

Carolina Hurricanes, Chicago Bears, New York Mets, and Seattle

Seahawks.

Thanks to Dr. Mc Graw's passion for sports, Active Care Chiropractic

is offering no charge evaluations to any member of Carolina Men's

Baseball League. Also be on the look out for Active Care Chiropractic's tent this season at the fields. On July 13th at Myrtle Grove, and July 27th at Castle Hayne, Dr. Mc Graw will be offering complimentary Active Release treatments to CMBL players under the tent!

???? A Tribute to Right Field

Catch Peter, Paul and Mary's tribute to right field below.

100 Years of Baseball

Baseball's greatest players and moments rocked by Van Halen! http://video.google.com/videoplay?docid=4232174347128194966&q=tribute%20to%20the%20coming%20baseball%20season&hl=en

CMBL Batting Practice at Dave Robinson's State-of-the-Art Facility

The Batter Up baseball facilty will be open for CMBL players to have unlimited BP at Dave Robinson's State-of-the-Art facility on Carolina Beach Road, down by Monkey Junction. Teams or groups of players may make appointments to rent the facility for $150 which can be divided among the players who avail themselves of this opportunity to sharpen their hitting against Big League pitchers using computer synchronized images of the Rocket, the Big Unit and others.

You are guaranteed to have a better experience than Bernard Bear in this video <http://video.google.com/videoplay?docid=5143950739989546719&hl=en>

???? Dr. Eric McGraw at Myrtle Grove July 13th

Dr. Eric McGraw of Active Care Chiropractic will have a tent at Myrtle Grove field on July 13th to provide complimentary Active Release consultations and treatment to players of the Carolina Mens Baseball League. Dr. McGraw is the only practitioner of the patented Active Release treatment technique in the Wilmington area.

Dr. McGraw is an avid baseball fan and has written an article on "Preventing Shoulder Injuries and Treatment of Rotator Cuff Problems." Please read the Article and stop by the Active Care Chiropractic tent on July 13th @ Myrtle Gove.

???? July 20th Games Rescheduled to August 3rd

Games from July 20th have been rescheduled to August 3rd. To compensate for last Sunday's rainouts, we have added some excellent new material to "Fun Stuff". Check out Cosmo Kramer on Pitching and other hilarious stuff.

The playoffs have been moved back one week and the first round will now be played on Saturday August 9th. The Championship games for both Divisions will be played on Sunday August 10th. Registration for the Fall League will be held during the Playoffs.

SAVE THE DATE: Family Day has been scheduled for the afternoon of Sunday September 7th @ Castle Hayne and will include a Home Run Derby and lots of fun activities for the entire family. Keep an eye out for further information as we will seek to get a headcount of attendees.

????? Meeting for Roy Hobbs Tournament Team Thursday, August 7th!

There will be a 7:30 pm meeting at Batter Up on Carolina Ave. near Monkey Junction for any players 46+ who may be interested in playing at major league venues this November in Ft. Myers, Florida. Spend a week playing ball under fabulous conditions with your Buds!

To find out more, attend this organizational meeting.

\*Brian Cardiero of the Red Sox is considering entering a 28+ team in the Roy Hobbs Tourney this Fall. Anyone who is interested, please call Brian: 264-1958

Fall Baseball Season Coming to Wilmington area!

The Carolina Mens Baseball League announces Fall Baseball registration to be held during Championship Weekend, August 9th & 10th at Myrtle Grove Middle School and Castle Hayne, between 2-5 PM. Season will start Sunday, September 14th and will include night games at Godwin Field!

Registration for 35+ and 50+ Divisions, as well as new Division for players 28+, depending on interest.

There will be "Fall Ball Training" and final registration at Myrtle Grove on Sunday afternoons, August 17th & 24th, from 2-5 PM.

???? Baseball Desire

If you are not sure that you want to play Fall Baseball, get inspired by the video below. Determination, guts and desire to play the great game of baseball are personafied. Get off the fence, put down your remote and play Baseball like a kid!

Fall Ball Training Gets Off to Rousing Start - Final Sign-ups August 24th!

The weather was perfect this past Sunday for "Fall Ball Training" and Carolina Mens Baseball League registration at Myrtle Grove Middle School. Dozens of past and future baseball players enjoyed an afternoon of playing with the guys in the CMBL's innovative "Fall Ball Training" designed to replicate spring training and get players ready to play in the upcoming Fall baseball season. The first-ever Fall Baseball Season will begin on September 14th.

Final Sign-ups and Fall Ball Training will continue next week, Sunday August 24th, at Myrtle Grove Middle School between 2 - 5 PM. Baseball players of all skill levels are encouraged to join this adult, recreational wood bat baseball league before team rosters are filled. Right now it looks like there will be a total of eight (8) teams evenly split into two divisions. There will be the Red Division for players 28+ and the Blue Division for players 50+. Teams are being formed to emphasize competitive balance while accomodating players desire to play with their buddies. As noted by co-founder Joe Seme, "Safety, camaraderie and healthy competition are what makes the Carolina Mens Baseball League special."

The CMBL will be celebrating its Inaugural Season and kick off the Fall campaign with a Family Day on September 7th. In addition to music, fun and games, the Inaugural Season Champion Red Sox and Seahawks will receive their Championship Shirts at Family Day. CMBL players and their families are invited to attend this event which will feature a traditional Pig Pickin' and a Home Run Derby. Further details can be found at the League website, www,Carolinamensbaseball.com. See you on the Diamond!

????? FAMILY DAY CANCELLED DUE TO HANNA

New Hanover County has closed down Castle Hayne Park due to the impending arrival of Hanna. Consequently, we have cancelled Family Day. We will be returning all payments for Family Day and the Home Run Derby that were made.

Due to the difficulty of re-scheduling Family Day, we will try again in the Spring. For now we are totally focused on the Fall Season which is starting on September 14th. The schedule will be posted shortly

????? Wilmington Tides 12 Break Time Brewers 6

The Red Division tightened up significantly as the Tides broke into the win column with an impressive game this past Tuesday at Godwin Park. The offense was led by Rookie Shane McCumbee who had three hits and 4 RBI. Chet Nesley and Travis Watson each had two hits to pace the offense. Another Rookie, Jeff Navarro, picked up the win by pitching 5 1/3 innings in relief while recording 8 K’s.

RAINOUT SEPT. 25TH

Game between Stingrays and Seahawks rained out and will be made up on October 30th. Sorry guys.

???? Hot Stove Night for Carolina Mens Baseball

In celebration of the upcoming season, there will be a Hot Stove Night for CMBL players on Saturday, February 21st from 7-10 p.m. at the Breaktime. there will be food, awards and surprises! Details in the League News section.

There are only 40 days until Opening Day 2009.

\*CMBL Spring Training begins on Sunday, March 1st!

The new CMBL Photostore where you can order images from 2008 Spring Training, the Inaugural Season and Fall Ball has arrived! Go to Carolinamensbaseball.lifepics.com to check it out.

Carolina Mens Baseball Photostore Debuts

In response to numerous requests, we decided to create a Photostore in conjunction with our sponsor, Image Finishers, where images from the past year can be obtained. The Carolina Mens Baseball Photostore can be reached by entering Carolinamensbaseball.lifepics.com.

During the long, cold Void between the Fall Season and the 2009 Season, you can rekindle memories of those warm summer days playing baseball in the sun by perusing the albums posted in the Photostore.

This Saturday Feb. 21st.: CMBL Hot Stove Night

We are holding this dinner in honor of Rogers Hornsby who said, "People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."

On Saturday evening, February 21st, the first annual Carolina Mens Baseball Hot Stove Dinner will be held at Breaktime Grille on College Road, between 7 pm to 10 pm. Join your teammates to celebrate the past Season and get pumped for the upcoming Season.

A splendid time is guaranteed for all!

Various Awards for League achievements, Championship shirts for the Fall Season winners, food and drink and other fun will be provided. Plus updates on the 2009 Season and Spring Training! All this for $15 per person (cash bar). Anyone who brings a potential new player will pay $25 for two.

\*Some players have responded that they are bringing wives or girlfriends (not both), so if you want to bring your significant other she will be welcome.

< Spike Lee sporting a unique Hot Stove Yankee hat.

CMBL Photostore

Images of recreational baseball at its best! Enjoy the memories of playing baseball with the Carolina Mens Baseball League. We have recently uploaded all pictures taken of the current Fall Ball 2009 season. We are pleased to offer individualized custom collages incorporating at least 6 action shots. These collages are perfect for Christmas or birthday gifts and cost only $30. Please contact Frank Amoroso to order. For a limited time, you can still order action photos taken during the Inaugural Season, 2008 Spring Training and 2008 Fall Ball by clicking on this URL. The images from 2008 are scheduled to be removed from the website shortly. Order now before these images are gone forever.

2009 CMBL Player Application

2009 Application now posted

Applications for the 2009 Season are now available by accessing the document that appears after this notice. You can mail your completed and signed application along with a check or money order for $150 to CMBL, P.O. Box 329, Wrightsville Beach, NC 28480, or bring it to the Hot Stove Night or Spring Training in March.

Registration for Upcoming Season Every Sunday in March @ 1 PM, Myrtle Grove M.S.

“Let’s Play Hardball”

The CAROLINA MENS BASEBALL LEAGUE announces registration dates

for its Wood Bat baseball league. Players over 28 and over 48 of all skill levels are welcome to this recreational baseball league. No cuts, no pressure, just the crack of the bat, and smells of glove leather, pine tar and freshcut grass.

Recapture the joy of playing baseball!

Sign-ups for individuals and teams will be held on every Sunday in March at the Myrtle Grove Middle School, 901 Piner Road, Wilmington from 1 p.m. – 3 p.m. The CMBL will also be conducting Spring Training on Sunday afternoons in March at that location in preparation for its upcoming season. Opening Day is scheduled for April 5th. So, dust off your spikes, oil up your glove and come out to Myrtle Grove M.S. in March to play some Hardball.

Further details about the Carolina Mens Baseball can be found at its website, Carolinamensbaseball.com. Applications are available online and may be mailed, along with the registration fee of $150, to:

Carolina Mens Baseball League, Inc., P.O. Box 329 ,Wrightsville Beach, NC 28480. For additional information call Joe Seme at 910.395.1862, or

Frank Amoroso at 910.465.0535.

The League’s email address is: [Carolinamensbaseball@gmail.com](mailto:Carolinamensbaseball@gmail.com)

??? APRIL 5th Opening Day

"You always get a special kick on opening day, no matter how many you go through. You look forward to it like a birthday party when you're a kid. You think something wonderful is going to happen."

Joe Dimaggio

The winner of the best mascot was Chief Wahoo

Tied for second place were the San Diego Chicken and Phillie Phanatic.

??? CMBL Teams Gearing for Roy Hobbs Tournament in Florida This Coming Fall

As the Carolina Mens Baseball League prepares for Opening Day of the 2009 season, several players have been gearing up for the Roy Hobbs tournament in Florida that is held every Fall. This national tournament is played at the Red Sox' and Twins' facilities in the Ft. Myers, Florida area. Last year, the CMBL was represented by two teams, one in the 48+ group and another in the 55+ group. There is now interest in fielding 28+ and 38+ teams.

Anyone who is interested in playing baseball with your buddies for a week on immaculate fields where your pro baseball heroes play, against other committed players from around the country, should consider playing in the Roy Hobbs Tournament.

28+ players should contact Brian Cardiero, 910.264.1958

38+ players should contact Dan Southerland, 910.228.2172

48+ players should contact Dave Robinson, 910.231.7283

48+ players should also contact Fulton Burns 910.612.2896

55+ players should contact Joe Seme, 910.395.1862

60+ players should contact Jay Harrington 910.200.8140

Pre-season Game Schedule, March 22 & March 29

Sunday March 22

Mudcats v. Breaktime Brewers. 1pm @ Noble MS

Miller Lites v. Seahawks 4pm @ Noble MS

Red Stingrays v. Engineers 1 pm @ Myrtle Grove MS

Old Salts v. Blue Stingrays 4 pm @ Myrtle Grove MS

Red Sox v. Tides 1 pm @ Castle Hayne

Sunday March 29

1. Tides v. Mudcats 1pm @ Noble MS

2. Seahawks v. Blue Stingrays 4 pm @ Noble MS

3. Miller Lites v. Old Salts 1pm @ Myrtle Grove MS

4. Engineers v. Red Sox 1pm @ Castle Hayne

5. Breaktime Brewers v. Red Stingrays 4 pm @ Castle Hayne

Luna Pops in Landfall Center (by Food Lion) to give FREE pops to CMBL Players and Others

This Saturday, March 21st, Luna Pops, purveyor of gourmet frozen pops, is giving away free pops to CMBL players and others all day long. Stop by between 1pm - 7pm and try one of these delicious, frozen treats.

Luna Pops are handmade with fresh fruit and other unique and seasonal ingredients. LunaPops offers 20 mouthwatering flavors, which are constantly changing. Water-based flavors like Mixed Berry, Mango Chile and Cranberry Cardamom can be sweet or spicy and are bursting with chunks of fresh fruit. Our cream based flavors offer a slightly richer indulgence in flavors like Strawberries & Cream, Basil and Chocolate Fudge Brownie.

Enjoy!

??? ALL GAMES CANCELLED DUE TO FIELD WET CONDITIONS, March 29

Unfortunately, the overnight rain has rendered the fields unplayable. All games have been cancelled. Next week, April 5th is Opening Day. The schedule has been distributed to the managers and will be posted on this site shortly.

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