



VOLUNTEER

WITH THE **SPORTS LEAGUE**
WHERE EVERYONE
WINS

Join today!

Spirit League is a non-profit, parent-run league for children who are physically active (ambulatory) and have the emotional ability to participate, but have difficulty keeping up with their peers. We offer a way to play team sports in a positive environment that emphasizes learning basic sports skills, teamwork and physical fitness.

Frequently asked questions

What ages play in Spirit League ?

Spirit League athletes are 6 to 20 years old.

How can I volunteer?

Help athletes on the field/court by becoming a Team Mentor.

How long is the season?

Each season runs 10 weeks.

Is there an age requirement?

Volunteers must be at least 15 years old.

Where are games held?

Facilities are located in Southern Orange County and listed on our website.

How do I sign up?

To sign up to be a coach or Team Mentor, visit our website:
www.spiritleague.org

We offer 3 sports



INDOOR BASKETBALL

Winter



BASEBALL

Spring



SOCCER

Fall

Our players are typically unable to participate in team sports due to timidity, learning disabilities, autism spectrum disorders and other mild emotional disabilities*

* Visit our website for qualification details.



/SpiritLeague

www.spiritleague.org