

Joe Sheehy

My name is Joe Sheehy and I am currently the A Division Commissioner, the coach of the A Division Coyotes (my son Lucas' team), and the assistant coach of the National Division Blasters (my son Dominic's team). Prior to Cap City I was a coach for 5 seasons in Banneker LL.

I would like to volunteer for the Board because the current Fields Commissioner mentioned that he was stepping down and I am interested in performing that role. I have some experience with reserving fields from DPR, although definitely not to the extent that is required by this job. I also have experience dealing with bureaucrats and politicians, although probably not any more than every other parent in this league.

I'm so glad my boys are a part of CapCity because it is an organization that helps teach our children sportsmanship and teamwork while having a lot of fun. I hope to continue in supporting those ideals if I am chosen for the Board.

Josh Epstein

I head-coached in the National Division for two seasons during a recent school year. When you coach at that level, you have a front row seat to Cap City's virtues and, to be frank, its challenges. You witness a child beam upon making a catch for the first time and, if you pitch, you see a child's eyes light up so impossibly big when they hit a fly ball for the first time. On the other hand, it is easy to be overwhelmed by the amount of resources, planning, coordination, and parent and community involvement that is necessary to foster these meaningful player experiences. Recruitment, field permitting, scheduling, inter-team discussions about the day's ground rules, safety lessons, and continuous positive messaging are the major steps that come to mind as I write this--I am sure that I am overlooking other ones as well.

Armed with this experience and perspective, I can say that I am not only duly warned but also highly motivated to volunteer to be a board member for Cap City, to help make a player's on-field experience maximized to its fullest potential. I would bring to the position board membership experience (three two-year terms on a condominium homeowners association many years) from which I can draw to contribute in a productive and useful way. My condo board service took place many years ago, yet I remain in touch with numerous former co-members and I believe this demonstrates that I value and excel at building positive professional relationships. I also remember feeling good about working through inevitable conflict and reaching beneficial results. So as a Cap City board member, I would apply those memories when tough circumstances arise.

Finally, I have recently been thinking about how lucky I am to have the means to provide extracurricular activities for my two children (full disclosure--one of them doesn't want anything to do with baseball, and I am fine with that!). It is not only great for the kids, but it can also give a family much-needed structure and diversity of experience. If elected to the Board, I would be interested in expanding financial aid programming designed to open up Cap City to families that might not otherwise be in a position to join.

Adam Kaplan

My childhood love of baseball has been rekindled by my 6-year old son, Jake's, new excitement toward the game. Both in watching the Nationals and going everywhere with a ball and glove, Jake's enthusiasm for the game is contagious and has manifested itself in now three full seasons with Cap City, beginning with the National Division where I was an assistant coach for two seasons with the Grizzly Bears. I also served as an active parent/coach with the Power Pandas this fall. It's a great community with a definite focus on learning the game, having fun, and most of all, sportsmanship. I hope to contribute to the league and local community through a position on the Board, where I can bring my talent for building relationships, experience as a lawyer, and passion for the league, to the benefit of Cap City.

Dominic Ju

For the past four (4) seasons, I have had the pleasure being a coach for my two sons and being the Commissioner for the Nationals Division. Both of my sons really enjoy CCLL and I found that this has been a rewarding experience as a parent, volunteer, and coach. As an all-volunteer league, it is the community that contributes to make the league such a great experience for all our kids.

I am also familiar with serving on a board as I currently serve on the DC Mayor's Advisory Board on Veterans Affairs. I believe I can help with sponsorships as my company has been a sponsor for the past 3 seasons or player rostering. I am looking forward to supporting CCLL continue its positive impact for the kids and the community.

Leah Yoon Frelinghuysen

Our son has been with Cap City Little League for the last three years. During this time, the organization has demonstrated the meaningful impact it has on so many young baseball players in our community. That sense of "community" is both in and out of our son's school, at our local park where most of our games are played, in our neighborhood and with the many dedicated parents and enthusiastic players we have crossed paths with. My husband volunteers as a coach on our son's team and also enjoys his role with the League. I have also been a sponsor of a Cap City LL team in previous years.

I am very involved with the City and community work in our neighborhood, as a board member at our local park and ANC Commissioner. I would like to join this board because I believe this organization continues to positively enrich the lives of our children and my background in public relations and government affairs can serve the needs of this community. Thank you for your consideration.