

7th Inning Stretch

Remember...If it isn't fun...it isn't Little League!!!

March 2007

Volume 3, Number 1



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The Stretch Is 3!

Here we go for another year! The 7th Inning Stretch starts it's 3rd season with this issue. I would like to thank all who have contributed over the past two seasons, and hope to have the much of the same, if not more in the upcoming season.

It's been a lot of fun receiving stories and pictures of the kids from the contributors over the past two seasons, and also the number of people who have subscribed is growing slowly but steadily, which means that there must be some good reading!

I am hoping once again to grow the newsletter with ideas from all of you. If you have any ideas to make the newsletter more to your liking, please forward the ideas to me at my email address below...no ideas are bad ideas, and I will take everything into account.

Just a note for all who may not realize it...**ALL** links or web page references in this and every issue of the newsletter are clickable from within the newsletter, and will take you to the web page or to your email client directly. If you find any links that don't work, let me know so I can fix them for future issues.

I hope you all enjoyed the baseball puzzle last month...the answers are in this issue, as promised...There is a new quiz to test you again.

Until next month...

Thanks for taking the time to read this and every issue.

Bob Taunton, DA ON D7

Play Ball!

Email: btaunton@littleleague.ca

Calgary District Administrator To Receive Honour

Congratulations go out in advance to Alberta District 3 District Administrator, and Little League Canada's Challenger Co-Ordinator, Dennis Wren, who has been named as an Honoured Athletic Leader for 2007 by the Calgary Booster Club.

Dennis will be honoured on March 26th at the 54th Annual Sportsman Of The Year Dinner.

From **ALL** in the Little League Canada family...

Congratulations Dennis!



7th Inning Stretch



The Base Umpire

Umpiring the bases is just as important as doing the plate in the World Series final game. The main quality a base umpire must have is the ability to focus during longer periods of time. A base umpire can often spend several minutes without making a call. It is very important to stay focused and on the top of your game at all times doing the bases.

Mechanics are very important for every base umpire. There are 3 set positions that every umpire should be aware of. They should always make sure that they position themselves in one of these positions while making any call. All positions are based on a balanced stance. Remember to be stopped and steady during every call and NEVER in motion!

Here are the 3 Set Positions:

THE STANDING SET: This is one of the most commonly used positions. It is simple and most umpires already do this without even knowing it. The position consists of standing erect, approximately 15 feet from the base at a 90 degree angle, with your hands on your sides with a relaxed attitude. This is where most of the relaxed calls are made from (Mostly at 1st base). The position permits you to quickly move if there is a need to.

HANDS-ON-KNEES SET: This position is used when there is a close play. However, this position does not allow you to be very mobile, but it allows you to be very focused on the developing play. It allows the umpire to be balanced and fix his view. This position suggests on standing with your legs spread wider than usual and to rest the palms of your hands on you knees. Make sure not to dig your hands into your knees. I suggest this position for close plays only. Any other "routine" play should be made from the Standing Set position.

THE KNEELING SET: Finally the kneeling set position is probably the least used of all positions while umpiring a game. It consists of kneeling down on one knee and making the call from the position. If this position is chosen, make sure you are at the right angle before you drop down, because once your down, believe me, your not going anywhere. This is why I don't like to teach this method and actually highly do not recommend it. If there is an overthrow, or a bad play is made, especially in a 2 man crew, you are no where near in position to head off to make the next call.

Make sure you are using the appropriate positions for the appropriate plays and your games will be much easier. You will be in position more often than not and you will always be ready for the play taking place.

Now I will review the Base Umpire Priorities. **On every Pitch** the Umpire should:

1. Watch for illegal pitches when applicable
2. Handle pickoff plays to the bases when possible
3. Assist on the check swing appeal when called upon
4. Handle the "runner leaving early" rules, if applicable
5. Watch the pickoff plays from the catcher
6. Watch for attempted steals, particularly double steals when possible

With no one on base:

1. Do you have a "dead ball" situation?
2. Assess the ball's flight and position of the ball
3. Call fair or foul ball if the ball is hit down the first base line

The Little League Pledge:

I trust in God
I love my country
And will respect it's laws
I will play fair
And strive to win
But win or lose
I will always
Do my best

4. Any call on the bases if the ball is hit to the infield or the outfield. You also have the No-Catch call from center to right field.

5. Check for “trouble” balls and be ready to aid the plate umpire. If the ball is hit to the outfield, follow the runner

With runners on base:

1. Assess the ball’s flight and position of the ball. You also have all calls on the bases if the ball is hit to the infield or the outfield. You also have the No-Catch call between the foul ball lines.

2. Check for “trouble” balls and be ready to aid the plate umpire.

3. Be aware of all the fielder’s options and never commit yourself to a play before it is made.

4. You also have responsibilities for both ends of a double play.

As a base umpire you have a lot to look out for. After your priorities, a base umpire should be able to anticipate the plays. This means knowing about where the ball is hit and being able to follow the players rather than the ball. It is easier to follow a player at ground level, than to follow a ball through the air. 98% of the time, the players will know where the ball is and be going towards it.

The last thing I will talk about during this month’s edition are the ingredients in making the right call.

1. **Angle** is the most important item you need to get right. Always chose the right angle before getting the right distance. The ideal angle is 90 degrees from the base where you are making the call.

2. **Distance** is secondary. 10-15 feet is the preferred distance to make every call, but further is alright as well. Make sure you do not get too close, because it is very easy to get too close and miss the play.

3. **Timing** must also be consistent throughout the game. Proper timing happens when an umpire takes the right time to evaluate the entire play. READ-PAUSE-REACT is what I always teach to all my umpires. Read the play. Then pause to make sure the ball is well caught and nothing else is going to happen (Usually 2-3 seconds). Then react and make your call.

4. **Selling the Call** is what differs you from a good umpire and a great umpire. Be loud! Let the crowd and the players know you are sure of your call. Also demonstrate what you saw. If the player juggles the ball, call safe and do a juggling motion. If he drops the ball, call safe and point at the ball. This will allow you to show everyone that you saw exactly what happened and that you are sure of your call.

But not too much. The umpire is not there to put on a show for the crowd. He is there to umpire the game and nothing further.

Most of this stuff comes from “The Base Umpire” by Brent McLaren. However, this is exactly what I teach at my umpire clinics. I follow this to the word and hope many of you will do the same. I invite you all to join me next month when I talk about the Plate Umpire.

I hope everyone has been enjoying a great off season, or pre-season training if you are already at that point, and I wish everyone the best 2007 season possible!

The Little League
Parent / Volunteer
Pledge:

I will teach all children
to play fair and do
their best

I will positively support
all managers, coaches
and players

I will respect the
decisions of the
umpires

I will praise a good
effort despite the
outcome of the game

7th Inning Stretch



Before you volunteer to coach in your local Little League, don't forget to ask your child for permission!

A question Al and I are often asked at our coaching clinics is; "What is the best way to coach your son or daughter?"

Before I answer the question I think it is important to know the top three reasons parents step up to coach their kids in Little League Baseball and Softball:

1. Some parents have experience playing baseball or softball, enjoy being with their kids and feel fairly confident they could coach a Little League team so they volunteer.
2. Another group of parents know if the League President appoints them as the manager they automatically get to have their son or daughter on the team. These parents volunteer to be sure their son or daughter doesn't end up on a team with a coach they think may not provide a positive experience.

Sometimes the league is really short of volunteer coaches and if someone doesn't step up there may not be a place for their son or daughter to play, so they volunteer.

These are solid reasons for stepping up to volunteer, but I think the first thing a parent should do is to sit down with their son or daughter and **ask them for permission to be their coach.**

Before each sport season, I always asked my son, Scott, and my daughters, Torey and Josie if it was OK for me to volunteer to be their coach.

If they said: "No Dad, thanks for asking, but why don't you take this year off and just enjoy the season as a fan" - I would not have volunteered.

As it turned out they always said "yes", and were excited when I got selected to be their coach. I firmly believe asking their permission helped create a positive coach-player relationship from the start.

Alright, so now you are the coach and your child is one of your players. Here are a few tips I hope helps you and your son have a fun year together and at the same time takes the pressure off you with the other players and parents on your team.

I encourage all of the players on the team to call me Coach or Coach AL including my son. This is just a nice way to remind Scott that when we are on field he gets to be a player just like the rest of players on the team.

Don't not play your son as a "favorite" or be extra tough on him, neither of these approaches work.

Make sure you share the same expectations with all of the players on your team, no special expectations or rules for your child.

During practices, provide coaching and instruction to your child through your assistant coach. Most of the time, your son will believe someone else knows way more about baseball than you, because you are just their dad. For example, you want to get your child to stop throwing sidearm and more over the top. Before the practice, tell your assistant what you would like him or her to say to your child during the practice. You will find this approach works great and on the way home your child will probably tell you what a great coach the assistant is and how he helped him or her learn how to throw more over the top. If your assistant coach has a child on the team he should tell you the instructional tips he wants you to share with him or her.

Probably the most important thing for you to remember is that the league assigned you to be the coach **only** during practices and games. Just because your child is in the car with you on the way home from the game doesn't mean you get to continue coaching. Most dad coaches like to give their child extra help, instruction, tips, all sorts of guidance, on the way home. Although I think most Dads mean well, this isn't fair to their children.

No other player on your team is exposed to over-coaching, just your child. In my own personal experience, it is hard to hold back so I gave the control of this discussion to my child. When I got into the car, I would ask Scott if it was OK to give him a few pointers from the game. If Scott said; "Sure Dad," I would go for it and if Scott said; "Not today Dad," that was the end of it until the next practice or game. In some cases when he said, OK I would go on and on saying way too much, because I had so much that I wanted to tell him. In this case, I showed Scott a "T" sign he could make with his hands any time he wanted me to stop. When Scott made a "T" (timeout please, Dad) with his hands, I knew he had had enough for the day and I stopped coaching immediately.

The most important thing for you to remember during the season is that your boy or girl is your child first and a baseball player, second.

Your job is to make sure that what happens on the field or in the car on the way home strengthens your child-parent relationship. If for some reason, you start getting stressed about how your child is performing or behaving and you start saying things that you later regret, you should simply step away as the coach. Compromising the relationship you have with your child is the last thing you ever want to happen.

So, relax and have fun, and remember how great you felt when your child gave you permission to be his coach!

Big Al
For al and AL

Al Herback and Al Price, authors and instructors of the Little League Education Program authored this coaching tip. The training materials they have put together include hundreds of drills, competitions and fun activities. They also include progressions to help you teach the fundamental skills and guidance on how to plan practices for all levels of play. Please go to www.alandalbaseball.com for more information on the complete program library and to order your own set of training materials. To date, thousands of leagues and more than one million coaches, managers, players and parents have taken advantage of the training materials.

Brain Teasers

1: In a Little League baseball game, the home team manager substitutes his fifth pitcher in to pitch. In the top of the sixth inning, the pitcher is injured and must be replaced with a sixth pitcher. The umpire does not allow this substitution and calls the game. **True or False?**

2: In a Little League baseball game, with runners on first and second base, the pitcher commits an illegal pitch. The umpire calls balk and advances the runners to second and third. **True or False?**

3: The runner on first base is stealing as the ball is fouled into the catcher's mask and drops into the glove of the catcher. The defensive manager wants the runner now on second base to return to first base because of the foul ball. The umpire disagrees and allows the runner to remain at second because of the foul tip. **True or False?**

7th Inning Stretch



Icing the Arm: The Melt-away Massage

The statistics are astounding when arm injuries are discussed in relation to baseball. Poor mechanics are the main culprit, but every precaution should be taken to prevent injury. With that being said, how many youth baseball players ice their arm after pitching in a game? It is difficult because many of the same kids who pitch play another position after finishing their duties on the mound. Here is a tip to assure you ice down your arm after a game that is easy and convenient:

TIP: Take a paper cup and fill it with water. Place the cup in the freezer overnight. When you go to your next game, take the frozen cup of ice and place it in a cooler. After the game is over, take the frozen cup out of the cooler and peel off the top layer around the cup to expose the ice. Apply the ice to your shoulder and elbow with a massaging motion. As the ice melts, push it up like a popsicle and continue to rub it over your pitching arm. When the ice melts, the arm has been iced and it will help reduce any inflammation from the day of pitching.

Hula Hoop Bunting

Bunting a baseball is one of the simplest and most important skills in baseball. Many players, however, do not work on this part of the game because they would rather hit away and drive the ball over the fence. Here is a great game to play with kids that will help them focus on bunting the ball properly:

TIP: Place different colored hula-hoops down the first and third baseline. Place one color at a spot for a well-placed bunt, and another color at a location that would be acceptable. Designate points for each hula-hoop. When the player goes to bunt, points will be awarded for bunting the ball into the hoop. The ball must come to a stop within the circle for it to count. Players can now compete to be the hula-hoop hero!

“Nose Over the Toes”

Balance is the key to hitting. After swinging at the baseball, many players fall backwards and lose their balance. There are many reasons why this may be occurring, but one trick to help players not fall backwards is keeping their “nose over their toes”.

TIP: Most players who fall backwards pull their head and lean back after taking a swing. When you get in your stance, look down and make sure your nose is over your toes and your weight is not on your heels. The feet should be flat, but putting your nose over your toes will shift your weight into a good athletic position...on the toes. Throughout your swing, your nose should stay over your toes and your eyes watching the ball connect with the bat. When the swing is finished, your balance will be perfect and your chances of hitting the ball solid will increase.

Marc Shoenfelt is the founder and President of B2B Baseball, an instructional baseball business that conducts youth coaching clinics. Marc has also written the book "Baseball's Forgotten Basics", an instructional book with a DVD companion.

The book can be seen and purchased at www.baseballsforgottenbasics.com,

or for an autographed copy or to book Marc for a coaching clinic, contact him at info@B2Bbaseball.com.

“GETTING BIG THINGS from little swings”

The Umpire's Corner by Stephen Meyer

Volume 3, Number 1

Well, the season is just around the corner. It is hard to believe. The winter has flown by for me.

Little League has made a few rule changes for the 2007 season. As promised, I will give a brief review for you. Remember to go online to www.littleleague.org and click on the link for the 2007 rule changes to get the full understanding.

The first several changes are in the Regulations.

Regulation I (c) - The League (Paragraph 9) has an addition to the rule that gives more information on how a league can better screen volunteers. It is very important that these background checks are completed.

Regulation II – League Boundaries also has an addition to the regulation that allows a provision for players who live outside of a league's boundaries. These players must have an approved waiver from the Charter Committee.

Regulation VI – Pitchers is a huge change to this year's rule book. This regulation has been completely rewritten to allow for the pitch count.

First, there is no limit to the number of pitchers that can be used in a game, and there is no limit to the number of 12 year olds that can pitch in a Little League game. Prior to this season, there was a limit of 5 pitchers in a game, and a restriction of (3) 12 year olds.

Second, there is no longer an innings per week requirement. Now the days of rest are dependant on the number of pitches that a pitcher throws in a game.

Third, the intentional walk rule has changed. At all levels of play, if a team wishes to intentionally walk a batter, prior to the first pitch to a batter, the catcher must tell the U.I.C. that the defense wished to walk the batter. The umpire will then wave the batter to first base. This will eliminate some of the unnecessary pitches.

Fourth, in Junior and above, a pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game. The once per game is the change.

As a result of these changes, there needs to be a dedicated person to track the pitches. While there will probably be some logistical issues that come up, I personally think that this is a good change for Little League. One nice thing about this years change is that Little League has issued some really good information regarding this change. Go to the link at www.littleleague.org/media/Pitch_Count_Publication.pdf to see for yourself.

Rule 1.09 for SOFTBALL ONLY has a change regarding the size of the softball that is allowed to be used in a game.

Rule 1.10 deals with changes to a bat sizes the lengths of Senior League and Big League has increased to 38 inches from 36 inches. As well, the diameter has changed for Senior league and Big League non-wood bats. This change is to 2 5/8" diameter. Now, Little League is sending out new bat rings that include this new diameter requirement.

Remember that the traditional bat donut is not permitted.

The last change this year to the Regulations and the Regular Season rules is **4.07**. When a coach or manager is ejected from a game, they must not be present at the game site for the remainder of the game.

There are changes to the Tournament Rules. I will get into them at another time.

I hope that this is of some assistance to you. If you have any questions at all, or have ideas for topics of discussion, please e-mail me at ontarioumpire@littleleague.org



Fastpitch Softball - Batting Tips

by Michele Smith, Olympic Gold Medal Pitcher



1. CHOOSING THE PROPER BAT.

It is important to swing a bat that is the right length and weight for you. A bat that is too short or too heavy will make it more difficult to hit the ball. To find the right length, stand in the middle of the batter's box and touch the head of the bat on the inside corner of home plate. The handle or the knob of the bat should be somewhere in the middle of the palm of your hand as your arm is angled slightly toward the inside corner. If the knob is down by your fingers, the bat is too short. If the knob is above your wrist, it is too long.

To find the right weight, hold the bat out straight with your arm extended at shoulder height. If the bat is too heavy it will be hard to keep it up. Most bats are 8 to 10 ounces less than the length of the bat. So, a 30-inch bat that is "10 ounces less than length" will weigh 20 ounces. (30" -10oz=20oz)

2. GRIP.

The proper grip on the bat will have a major impact on your swing. You should try to keep your "knocking knuckles" lined up to get the most out of your swing. The "knocking knuckles" are the ones you use when knocking on a door. If your grip is not lined up correctly, the bat will have a tendency to jump as your wrists try to roll after contact. Keeping the "knocking knuckles" lined up will prevent this and give you a smooth swing from start to finish.

3. SETTING YOUR FEET IN THE BATTER'S BOX & YOUR STANCE.

Having the proper stance in the batter's box is necessary to start off the swing. You should enter the batter's box in the middle and make sure that your bat is able to cover all corners of the plate. If you can lean slightly forward and touch the "outside corner" of the plate with the bat head, you are probably in a good area of the box. Your feet should be shoulder width apart, and your weight should be balanced and on the balls of your feet. A slight bend in the knees and waist with the bat resting on your shoulder will keep you relaxed as you wait for the pitcher and umpire to get ready. As the pitcher starts the first movement of her motion, lift the bat from your shoulder keeping your hands close to your body. If your hands get too far from your body, you will lose power in your swing.

4. THE STRIDE AS THE PITCH IS COMING.

Now that the pitcher is into her motion, stride out after the ball is released. The direction of the stride should be slightly toward the area in front of home plate, never step over the chalk line of the batter's box or on home plate, as you will be called out. If you step to the pitcher or "in the bucket" it will be hard to hit the outside pitch. Remember to keep your hands back, or still, until after you have strode out. If your hands move forward too early, it will be hard to hit change-ups or off-speed pitches.

5. THE SWING.

Once your front foot is on the ground and you have decided the pitch is a strike, you should move your hands to the ball. This is where the saying "throw your hands to the ball" comes from. Your hands move to the ball and this will help you get the bat head into the ball at the contact point. The swing should be level and straight into the ball. A swing with a loop in it will produce many pop-ups, which are easy outs.



Michele Smith

For more information, visit Michele Smith's website at <http://www.michelesmith.com>.

2007 Baseball Rule Book Corrections

Volume 3, Number 1

For the 2007 season, Rule 3.03 (c) as printed in the 2007 Big League Baseball Rules is not applicable. This rule, which was to have been omitted, but was inadvertently left in the books, states: "A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once in the same inning he/she was removed."

As a result, Rule 3.03 (c) for Big League Baseball is superseded by Regulation VI (b) which states, "Junior, Senior, and Big League Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game."

There also is a similar reference in Rule 3.03 (3), referring to Junior, Senior and Big League. That reference also is not applicable.

Pitch Count Program – Regulation VI

Team A scores 12 runs in top of 1st inning. Team B has pitcher up for first time in 1st..... decides to walk him, tells the ump, Time! Sends hitter to 1st. Now the coach decides to pull the pitcher, saying he faced a batter already. Batter reached first, but no pitches were thrown as stated below that it needs to be a pitch.

Is the umpire correct in allowing the pitcher to be removed?

Clarification: No. Do not allow this to happen in your game. While rule 3.05(a) says "The pitcher named in the batting order handed to the umpire-in-chief shall pitch to the first batter or any substitute batter until such batter or any substitute batter is put out or reaches first base, unless the pitcher sustains an injury or illness....." and the batter is reaching first base, this is a ploy that will be used to beat the spirit and intent of the rule and should not be allowed.

Make the pitcher "pitch" before he/she is replaced on the mound.

Little League Canada Passport Requirements 2007

While there is still much debate about what the requirements will be for children crossing the US border in the future, the fact remains that all children (and especially adults) currently require a Canadian Passport to fly into the USA (according to the Passport Canada website as of March 4, 2007).

For this season, to try to make it easier on all of our winning teams travelling to the various World Series Championships in the US, Little League Canada will be bussing all of the teams to the sites, and flying them home.

As well, Transport Canada will have new No Fly rules coming into effect in March 2007 which could have Canadian airlines asking for government issued ID from children who fly on domestic flights that look 12 years of age or older. Children unable to produce valid ID could be barred from the flight. Therefore it is wise to think that if your child is on a winning team coming out of a Provincial Championship and moving on to a Canadian Championship that he / she should have 2 pieces of ID with them such as a Birth Certificate and something such as a Health Card or Social Insurance card. Of course a passport would be the optimal piece of ID to have, but with current delays of up to 9 weeks at Passport Canada, it would be a good idea to have other ID available.

A reminder that as of January 2008 all land border crossings will require a current passport, meaning that all players and coaches on all teams, regardless of being flown or driven to the sites, will require a passport to get into the US.

For more information, please check out the Passport Canada website at www.passportcanada.gc.ca or call 1-800-567-6868



Become an Alumni Member and support Little League in your community and across the Country.

The Little League Canada Foundation's goal is "to ensure that all children in Canada have the chance to participate in Little League regardless of their abilities, either physical or financial". For an annual membership of \$10.00 or three year membership of \$25.00, as an Alumni member you will have the opportunity to have input into the growth and direction of Little League and its programs.

For a membership application form, please contact Little League Canada at Canada@littleleague.org.

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Baseball Puzzle

Here are the answers to last months Baseball quiz...

1- Jersey Numbers question; 1) D, 2) B, 3) A, 4) E, 5) C

2- Home runs per season question; d, 61 in 1961; e, 60 in 1927; c, 58 in 1932; b, 52 in 1965; a, 47 in 1971

Here's a couple for this month:

1- Who holds the record for the most seasons played on the same team?

- George Brett (Kansas City Royals)
- Stan Musial (St. Louis Cardinals)
- Brooks Robinson (Baltimore Orioles)
- Lou Gehrig (New York Yankees)
- Ernie Banks (Chicago Cubs)

2- Who has hit the most home runs in opening day games?

- Lou Gehrig
- Stan Musial
- George Brett
- Frank Robinson
- Willie Stargell

The answers will be revealed in next months issue...thanks for playing

Answers to Brain Teasers

1: False. Regulation VI (a). With the new Pitch Count Regulation the restriction on the number of pitchers a team can use has been eliminated.

2: False. Rule 2.00 – Balk. There is no balk in the Little League Majors and below divisions.

3: False. Rule 2.00 – Foul Tip. By rule the ball must go "sharp and direct from bat to the catcher's hands". This would be a rebound and a foul ball.

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