# Kingston Area Sports Leagues

This information is provided as a public service. The Town of Kingston and the Kingston Recreation Commission do not organize athletic programs.

## Kingston Cougars Football (Pop Warner)
- Boys and Girls
- Ages 5-15
- [www.kingston-cougars.com](http://www.kingston-cougars.com)

## Granite State Over 30 Baseball Leagues
- [www.gsbl.net](http://www.gsbl.net)
- Email to: gsblbaseball@yahoo.com

## Sanborn Youth Soccer
- Boys and Girls
- Kindergarten to Grade 8
- [www.sanbornyouthsoccer.org](http://www.sanbornyouthsoccer.org)

## Seacoast Rugby Club
- [www.seacoastrugby.org](http://www.seacoastrugby.org)

## Sanborn Junior Indians - Football and Cheerleading
- Juniors - Grades 5-6
- Seniors - Grades 7-8
- [www.sanbornyouthfootball.com](http://www.sanbornyouthfootball.com)

## Kingston Youth Baseball/Softball and T-Ball Association
- [www.eteamz.com/kybs](http://www.eteamz.com/kybs)

## Sanborn Babe Ruth Baseball
- Boys and Girls
- Group 1 - up to 13 years
- Group 2 - 14-15
- Group 3 - 16-18
- Email to: gnelly@comcast.net
- [www.newtonbsa.com](http://www.newtonbsa.com)

## Legends 50 Plus Basketball League -- Rockingham Athletic Club, Plaistow
- Call: 382-2323 or 819-9148

## Golf
- Apple Hill Country Club 642-4414
- Kingston Fairways 642-7722
- Atkinson Country Club 362-8700

## Little League Baseball:
- Ages 4-5 (T-Ball)
- Ages 6-7 (Farm Team)
- Ages 8-9 (Triple A Team)
- Quintown Major and Minors for Ages 10, 11 and 12

## Kingston Night Owls Young Men’s baseball (Over 18)
- [www.nsbl.org](http://www.nsbl.org)