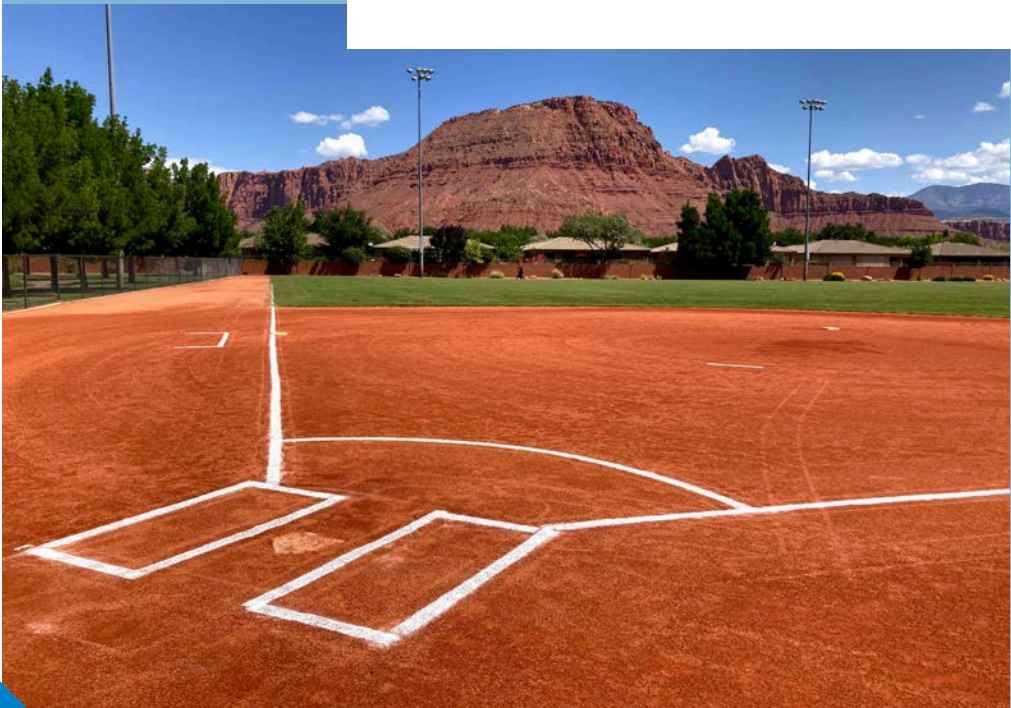




**IVINS CITY
PARKS & RECREATION**

Youth Baseball Volunteer Coach Booklet



THANK YOU



for being the Head Coach of your child's team!

We could not hold Youth Baseball without volunteer coaches like you!

Requirements to be a Head Coach

- Willing and able to lead team:
 - o **Teach and exemplify good sportsmanship** to help players learn and practice good sportsmanship and make friends
 - o **Teach players rules and fundamentals** through practices and at games to help players learn and develop skills of sport
 - o **Start positive communication** with players and parents (and continue throughout season) to make sure everyone on the team is included
 - o **Distribute/communicate league information** to players and parents to help season run smoothly
 - o **Involve parents** in season to ensure player safety and development of sportsmanship and skill
- Pass local/national background check
- Complete Youth Protection Training
- Fill out Ivins City Volunteer paperwork

Teach and Exemplify Good Sportsmanship

This is a recreational league!

Having fun, learning fair play and sportsmanship, making new friends and developing new skills are always most important.

Remember, as a coach, your team will learn from your example! Be respectful in how you treat officials, the rules of the game and of the facility and the players and coaches of other teams.

Do not let players pick on or make fun of any player, especially those on their team. Teach players to cheer on and encourage their teammates.

Great sportsmanship involves valuing others. Teach your team how to value their opponents as well as their teammates.

Keep players near you when they are not in the game. Teach them to pay attention to the game and cheer on their teammates.

Trash talking is not allowed. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators. Trash talk will receive a warning and then will result in removal from the game.

Use of profane or abusive language will result in removal.

We expect all participants (players, coaches etc.) and spectators (parents, families etc.) to behave appropriately.

Teach Rules and Fundamentals

Teach the players on your team the rules of the game and help them improve. Run practices using drills and activities that will help each player on your team develop and improve skills. Focus on a few skills at a time as you teach so that players can learn each one well.

We strongly encourage you to **hold at least one practice before the season starts.** There are a lot of kids in our programs who are not experienced. Holding at least one practice before the season starts will help the first game go better for everyone.

For **T-ball**, we do not schedule practices, but we can put in free field reservations for your team practice(s).

For **Coach Pitch**, we do not schedule practices, but we can put in free field reservations for your team practice(s).

For **Machine Pitch**, we will either schedule practices or you will be able to check out the pitching machine so your team can practice with the pitching machine. You can hold additional practices as well. We can put in free field reservations for your team practice(s).

To view field availability, visit the city website at ivins.recdesk.com then select CALENDAR or use the QR code:



Contact P&R staff to put in your free field reservation.

Positive Communication with Players

Show enthusiasm as you meet each player at the first practice!

Make every player welcomed, appreciated and part of the team at every game or practice throughout the season.

Always speak in a way that the players can understand. They're kids and some have not had a lot of experience playing this sport.

Smile, laugh, cheer! Never criticize!

Positive Communication with Parents

Contact all of the players on your team as soon as you get your team roster!

Parents have been eagerly waiting to hear from their child's coach! You don't need to share league info in your first contact. At least let parents know you are their child's coach!

Make sure you contact everyone on your team. Invite everyone to practice and make sure they know when your games are. If you cannot get a hold of a player/do not hear back, let the Parks and Recreation Dept know right away! We can contact them or give you alternative contact information.

Be sure you communicate with the parent(s)/ guardian(s)/ adult(s) responsible for each player and responsible for getting the player to games/practices. Sometimes an adult who needs to be included in team information does not have their number on the provided team roster.

Suggestion: Contact each player on your team individually first and ask if there are other adult(s) who need to be included in the team information.

Most teams tend to make a group message to send out information throughout the season. With this suggestion, you will know you have included everyone in one group message from the beginning.

Distribute/Communicate League Info

Before and throughout the season, you will receive things from Parks&Rec you will need to pass to your team. This includes:

Team jerseys. You will be able to pick up jerseys from City Hall usually the week before the season starts, if you want. Otherwise, jerseys will be brought for your team on the first night of games.

Sizes will be taped to the bag of jerseys. Hand out jerseys according to these sizes, not just by jersey number.

Equipment bag. You will receive an equipment bag containing all the supplies you need for games and practices.

Bring the equipment bag to each game and practice. If a parent is filling in for you at a game, get the equipment bag to them. We will have extra equipment at games, if needed.

After the last game of the season, empty your personal belongings from your equipment bag and turn it into staff. If you don't turn in your equipment bag on the last night, you will need to bring it to City Hall.

Reminders. Reminders about the schedule (including any changes/updates), Picture Day, practices etc. Throughout the season, you may get email(s) from Parks&Rec with reminders about league rules etc. Please pass these reminders along to your team.

Participation certificates. You will be given certificates at the end of the season (usually last game or 2nd to last game) to hand out. If there are kids on your team who are not at those game(s), give their certificate to staff and we will mail it to them.

Distribute/Communicate League Info Cont.

Weather updates. We will play in rain, but not in lightning. Games will be cancelled when lightning is within 6 miles. Games will usually not be cancelled until about ½ hour or closer to game start time.

If games are cancelled before teams would arrive, all participants will be sent an email. After you get this email, please also alert your team. The cancelled games will be rescheduled and the updated schedule will be sent out within the next few days. There is not a website to check.

If games need to be cancelled after they have already started, staff present at the games will make the call. Staff will alert coaches that playing needs to stop. Cancelled games will only be rescheduled if cancelled in first half of the game.



Involve Parents

Do not be alone with the players on your team.

Get parents on your team involved in helping with the season!

Parents can be a big help on the field as 1st/3rd base coaches, catchers, directing kids in the outfield & helping in the dugout.

While parents on the field can help the games run smoother, please don't let them play for the kids.

Do not be alone with the players. Always make sure that you have another adult/parent with you at all practices. Encourage parents to stay and watch or help with practices.

As the adult who has passed the background check, you must be present at all practices, but you cannot be the only adult present. Involve parents as assistant coaches.

If you plan on having an assistant coach **RUN PRACTICE WITHOUT YOU** present, they **MUST** first complete the coach volunteer paperwork and background check. Contact the Parks&Rec Dept.

If you plan on having an assistant coach **ASSIST YOU** at practices and games **WITH** you present, they **DO NOT** need to complete the coach volunteer paperwork and background check.

If you cannot make it to a game, any parent can fill in for you without completing the paperwork. Get your equipment bag to them so they can bring it to the game.

Involve Parents CONT

Do not offer to give players a ride home. Make sure parents either stay for practice or are there on time to pick them up.

When registering, every parent signed a Parents Code of Conduct (included here) agreeing to create a safe, positive environment for all participants. We expect parents to behave appropriately at games and practices.

Encourage parents to work on skills at home with their child. Practicing at home reinforces what players learn in practice or at games and can help players improve.



Additional Resources

National Alliance for Youth Sports: nays.org/health-and-safety
FREE trainings on Concussion in Sports, Bullying Prevention,
Child Abuse, Mental Health, Sudden Cardiac Arrest

Ivins Baseball Rules

ALL LEAGUES RULES

Schedule

All games are played at UNITY Park (400S 200W Ivins, UT)

Picture Day will be scheduled, but we will not have a photographer. It will be up to coaches/teams to coordinate.

Home team is the first team listed on the schedule and takes the first base dugout and will be in the field first.

Games will last 4 innings or 1 hour. No new inning can start after 50 minutes.

Game Rules

Protective tee balls must be used at all practices and games, no hard balls.

Players

Every player must play in every game!

All players at the game are in the batting order

Every player will have the opportunity to bat once in each inning. The inning is officially over when each offensive player has batted once.

All players play on defense.

No forfeits will be enforced. Organize a game with all players present.

Attire

Players will wear the team jersey and athletic pants/shorts and closed toe athletic shoes. Cleats are not required and metal cleats are not allowed.

Each player must provide their own glove.

Coaches will be provided all other game equipment.

Scoring/Officials

No official score or standings will be kept.

Coaches are to supervise the game and see that it flows smoothly and on time. Coaches will also act as umpires.

Please make sure games start and end on time.

Coaches can assist a player who is having difficulty.

Field Layout

Bases will be set at a distance of 50 feet. Pitchers will be 35 feet from home plate.

At the beginning of the season, there will be Xs next to bases etc. to help defensive players know where to stand.

Batters

Batters base runners of each team must wear a protective helmet while batting and on base.

Any batter who throws the bat after hitting the ball will be called out! Just drop/lay it down and run to first base.

When a player gets out, they must leave the base and return to the dugout!

Base runners must stay on the base until the ball is hit. No stealing is allowed.

Each base runner can only advance one base on an overthrow, only one overthrow per play.

On a ball hit to the outfield, the base runners may advance until the ball is controlled by a player in the infield. At that time, the base runners may advance to the base which they were going to at their own risk.

No additional base may be taken once the ball is controlled by any player in the infield.

Outfield

All defensive players must stay in their position until ball is hit.

Extra players should be placed in the outfield. Outfielders should be placed on the grass.

Try to let players play all positions they want to try throughout the season.

T-Ball Rules

Equipment Bag

The equipment bag contains: 4 batting helmets, 4 soft tee balls, 2 baseball bats (different sizes), 1 batting tee

Field Layout

Foul balls will be ruled the same as regular baseball with the addition of the 10-foot arc. If a ball is hit off the tee and doesn't travel outside of the 10-foot arc, it will be ruled foul.

Batters

This is t-ball, all batters must hit off of the tee!

Teach good batting form, eye on the ball, level swing etc.

No bunting or swinging bunts allowed.

There are no strike outs!

Remember when a player gets out, they must leave the base and return to the dugout!

Last batter can run home run to clear the bases – can schedule line up accordingly.

Outfield

Catcher must stand at least 10ft behind the tee.



Coach Pitch Rules

Equipment Bag

The equipment bag contains: 4 batting helmets, 4 soft tee balls, 2 baseball bats (different sizes), 1 catchers mask

Coach Pitch

Each coach will pitch to his or her own team.

Coaches can pitch either over or underhand. Pitch consistently and so players have a better chance of hitting it.

If the ball hits the coach, the ball will be declared a deadball.

Batters

No bunting or swinging bunts allowed. Each batter will demonstrate a full swing in hitting the ball.

A batter will not be allowed to walk.

Each player will receive 7 pitches.

If they have not hit the ball after 7 pitches, they will then hit off of a stationary tee.

There will be a batting tee on the field at each game.

Remember when a player gets out, they must leave the base and return to the dugout!

Last batter can run home run to clear the bases – can schedule line up accordingly.

Outfield

Youth pitcher can be within 4ft of coach pitcher. They can start out even with, but not in front of the coach.

Catchers must wear the protective face mask.

Machine Pitch Rules

Equipment Bag

The equipment bag contains: 4 batting helmets, 7 soft tee balls, 2 baseball bats (different sizes), 1 catchers mask, 1 chest protector, 2 leg guards

Pitching Machine

The opposing coach will feed the machine to the team at bat. This is so they can help their team defensively while the coach of the batting team may stay and help batters.

Follow all instructions on machine for use.

Batters

A batter will not be allowed to walk.

Batters are given a maximum of 7 pitches during each at bat.

Batters are given 3 strikes (swinging strikes).

After 3 swings, if the ball is not hit, the batter is out and returns to the dugout.

Remember when a player gets out, they must leave the base and return to the dugout!

Every player will have the opportunity to bat once in each inning. The inning is over when each offensive player has batted once.

Foul balls count as strikes except on the third strike (unlimited 3rd foul ball)

Any ball hit, that strikes the pitching machine, is a fair ball

Outfield

Pitcher may stand on either side or behind but not in front of the pitching machine until the ball crosses the plate.

Catchers must wear the protective catchers gear (mask, chest guard, leg guards)

Parent Code of Conduct

- I agree to provide positive support, care and encouragement for my child participating in this or any Parks and Recreation program.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and staff at every program I attend.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco free sports/recreation environment for my child and agree to assist by refraining from using these substances at all Parks and Recreation events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans staff, and officials with respect regardless of race, sex, creed or ability.
- I promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.



IVINS CITY

Ivins City Parks and Recreation

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