

# Spring Youth Baseball Coaches Meeting

March 29th, 2024

Program Coordinator:

Jaclyn Smith (jtsmith@saltlakecounty.gov)

Welcome!

Before we get started, please:

- Sign in and locate your team number
- Pick up your team folder
- Grab a muffin

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## Today's Agenda

- General season info + timeline
  - Team Huddle Day (first meeting) procedures
  - Program purpose + Rules + Overview
  - Coach expectations
  - Coaching vouchers
  - Other coaching resources
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(first meeting)  
procedures
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# Team Folder

- Game schedule
- Roster
- Rules
- Parent volunteer sign up sheet
- Concussion release form

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## Program Info Available Online

<https://www.quickscores.com/holladay-lions>

→ Check here for schedule, roster updates

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# Season Timeline

- **March 19:** team rosters and game schedules posted to quickscores
- **April 8:** Team Huddle Day for Rookie League and T-Ball
- **April 10:** Team Huddle Day for Coach Pitch
  - Meet with team
  - Run through drills
  - Unofficial scrimmage time
- **April 24:** Last day of Rookie League
- **May 13:** Last day of T-Ball
- **May 15:** Last day of Coach Pitch

We have one 'rain out' day planned for each league just in case

**RESPECT | LEADERSHIP | KINDNESS | SPORTSMANSHIP | POSITIVITY**

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# Team Huddle Day

- **Coaches** bring uniforms and check in at check in table
  - *If unable to attend, please communicate with teammates to have someone else check in with staff*
- Head to designated field to meet with team and distribute uniforms
- If needed, coordinate with team:
  - Volunteer parent roles for season
  - Go over schedule
- Extra time to practice or scrimmage with other team
- **Rookie League** will go through first drill in the curriculum

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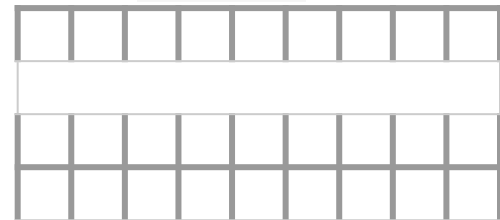
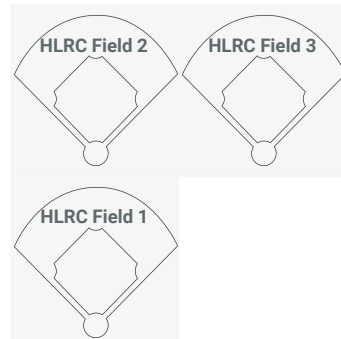
**April 8th**

**Rookie League and T-Ball**

**April 10th**

**Coach Pitch (Second Day of Rookie League)**

Week 1 4/8/2024 MONDAY				
Field Schedule	Carl Hansen Field	HLRC Field 1	HLRC Field 2	HLRC Field 3
5:00 PM	T203	R102	R101	T206
	T205	R105	R104	T204
6:00 PM	T202	R103	R108	
	T201	R106	R107	
Week 1 4/10/2024 WEDNESDAY				
5:00 PM	CP302	R103	R107	
	CP303	R102	R106	
6:00 PM	CP301	R108	R105	
	CP304	R104	R101	



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# Program Purpose

- **Youth Baseball (Rookie League, T-Ball and Coach Pitch)**
  - This is a modified youth baseball program that is designed for teaching and learning basic baseball fundamentals that emphasizes learning, fair play, and having fun.
  - To get kids from the community outside, moving their bodies, and interacting with other kids/people from their community.

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# Rule Highlights and Overview

**Safety is #1.** Staff's first priority is safe game play, *always*

Youth Baseball is unique in the way that the coaches, parents, and staff are involved directly in drills and games.

All rules are developed by Salt Lake County's Youth Baseball Committee.

Tennis balls and "Soft Core" baseballs are used for leagues.

### **Rookie League:**

- Runs for three weeks on Mondays AND Wednesdays. Drills are staff and coach led.
  - We will need help from coaches and parents! The more the better.
  - Start talking to parents now about the involvement level.
- Curriculum is written by the Youth Baseball Committee (included in everyone's coach packets as a reference).
- Bases are 30' apart.

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**T-Ball:** Runs for 6 weeks, Practice/drill time is given at the beginning of each hour. Drills each week are the same as Rookie League but can be brought up a 'level' depending on how the players are progressing. Once both coaches are ready, a game can take place.

- Any player may choose to have the ball pitched to them or use the tee.
- After 5 pitches, the ball must be placed on the tee if the player being pitched to has not hit the ball in play.
- All players will run the bases one base at a time, with the final batter running all bases from first to home.
- Bases are 30' apart.

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# Rule Highlights and Overview

**Coach Pitch:** Runs for 6 weeks, Practice/drill time is given at the beginning of each hour and is expected to take place for 15-20 minutes. Once both coaches are ready, a game can take place.

- Coaches will pitch and catch for his/her own team. After five tries a Tee will be used.
- There will be no outs during the inning.
  - Players can not strike out or be tagged out.
  - All players will run one base at a time with the last batter running all bases from first base to home base.
- Base stealing is NOT permitted. Base runners must remain on their base until the ball is hit.
- Bases will be 40' apart

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# Rule Highlights and Overview

**Safety is #1.** Staff's first priority is safe game play, *always*

Youth Baseball means Spring is here!

- This also means there could be rain and LIGHTNING
  - We follow the NCAA guidelines
    - The program coordinator will make the final decision (if program coordinator is not present program supervisor will make the decision)
    - There is one 'rain out' game tentatively scheduled each season.
      - There is not guarantee more than one game can be rescheduled due to time constraints, staffing, and field reservations.

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# Coach Expectations

- **Team communication**
- **Parent volunteer coordination**
- **Sportsmanship and Positive Behavior**
- **Emergency/Safety Protocol**

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# Team Communication

- **Reach out to your teammates as soon as you can**
- **Rosters are in folders and you can create a coach sign-in on Quickscores**

Hello

My name is JJ and I will be your coach this season!

I am so excited to foster sportsmanship, respect, leadership, kindness, and positivity as I get to know each player this season.

I love coaching because I feel like it really makes an impact. I still remember the positive influence my childhood coaches had on me and I want to pay that forward.

I will have all the jerseys on team huddle day, December 2<sup>nd</sup>. All our game schedules will be posted online via Quickscores <https://www.quickscores.com/holladay-lions>.

Here is our team treat sign up: [https://docs.google.com/document/d/1u-2z4JgJuix\\_RRwOM805EbT0tFtMff5fbGttD7sdGBs/edit?usp=sharing](https://docs.google.com/document/d/1u-2z4JgJuix_RRwOM805EbT0tFtMff5fbGttD7sdGBs/edit?usp=sharing)

Please remember that no food or drink is allowed inside the gyms. Please distribute all snacks and drinks outside. If there is poor weather, we can do handouts inside but please exit the facility before opening the treat.

Please do not hesitate to reach out if you have any questions!

**-Coach JJ**

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# Team Communication + Volunteer Parent Coordination

- **Reach out to your teammates as soon as you can**
  - Use an app such as TeamSnap or GroupMe to keep everyone connected
- **Coordinate additional volunteer parent responsibilities**
  - Assistant coaching, help with drills
  - Snack duty
  - Etc.
- **Make sure everyone is kept informed on practice/game schedules**
  - I continue to update through quickscores but often times players opt out of emails and I am not able to keep them in the loop

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# Sportsmanship + Positive Behavior

- **Positivity takes precedence**
- **Grievances should be expressed in an appropriate and respectful manner**
  - Yelling, swearing, intimidating, belittling, or any other form of verbal abuse will not be tolerated
- **Coaches are responsible for fellow team parents and spectators**
  - All are subject to the Patron Standard of Conduct
  - Please help us to address any negative behaviors or actions you witness
  - If inappropriate behavior persists, individuals can be asked to leave the facility, be suspended, or removed from the program
- **We are all mentors and community leaders; our actions speak volumes and spread influence**

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# Emergency + Safety Protocol

- **Concussions**
  - Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away
- **Emergency situations (earthquake, fire, lockdown, etc.)**
  - As volunteer leaders, we may be responsible for looking after kids at the time of an emergency situation
    - Follow all instructions from facility personnel
    - Stay with kids until they can be released to a designated parent/guardian

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# Coaching Vouchers

- **Volunteer coaches are eligible to receive a 50%-off credit to be used towards a future Holladay Lions sports program**
- **To receive credit, you must also meet the following criteria:**
  - ❑ Complete and turn in Volunteer Coach Packet
  - ❑ Pass background check
  - ❑ Pass SLCO Online Coach Certification course by April 27 (a link will be email the week of 3/11)
  - ❑ Remain in good standing over the course of the season (no technical fouls, good record of attendance and/or communication, demonstrate positive behavior)

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# Coaching Resources

- **Coaching Philosophy, Teaching Skills:**  
<https://www.breakthroughbasketball.com/coaching/youthbasketball.html>
- **Your Role as a Parent in Youth Sports:**  
<https://vertimax.com/blog/your-role-as-a-parent-in-sports>
- **Building Body Confidence in Sports**  
<https://www.dove.com/us/en/stories/campaigns/confident-sports.html>

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Thank you for coming!

Questions?

*This presentation and all noted resources will be made available online at [quickscores.com/holladay-lions](https://quickscores.com/holladay-lions), on the Spring 2024 Youth Baseball page.*