



The City of Midwest City Youth Sports Program



Spring League 2022 T-ball/Baseball/Softball

4U - 10U

Coaches Packet



The City of Midwest City Youth Sports Program aspires for every participant to learn the key characteristics of leadership, teamwork, and good sportsmanship. We as parents, coaches, volunteers, and staff are committed to creating a positive environment for the culture of youth sports in our community.

The vision of the City of Midwest City Youth Sports Program is for every participant to be able to engage in any sport activity of their choosing to develop self-confidence towards their athletic abilities.





Behavior Conduct

The head coach of each team is responsible for their assistant coaches, players, and spectators conduct. Each head coach or anyone the head coach appoints as acting the head coach, will ensure there are no misconduct, unsportsmanlike conduct, unruliness, and Profanity towards opposing players, umpires, spectators, and the staff of the City of Midwest City. If any player, coach, or fan are ejected for any reason they will not be allowed for the next game (league or tournament) with in the City of Midwest City Sport Complexes.

****Profanity: anyone using profanity during league/tournaments will immediately be asked to leave.***

Background Checks

All head coaches and assistant coaches will be required to go through a background check. Background checks will be completed on the National Alliance for Youth Sports (NAYS).

Alcoholic Beverages and Tobacco Products

Alcoholic beverages and tobacco products are not permitted in the sports complex during any league/tournaments. **No exceptions!!!**

Inclement Weather

If there is any type of severe warnings during scheduled games, the decision to cancel games will be made by the Youth Sports Coordinator. Also, there is a weather line to call if games will be canceled before game day (405) 739-1295.

Other Information

- ❖ Registration fees must be paid by the deadline. Registration dates will be posted on the City of Midwest City Parks and Recreation website. <https://www.midwestcityok.org/parksrec/page/youth-sports>
- ❖ Schedules will be on Quickscores: <https://www.quickscores.com/mcyouth>
- ❖ To be eligible for this league, each player must be the age that they register for by Jan 1st of the current year (Example, must be 6yrs old Jan 1st to play 6U).
- ❖ All forms trainings, rosters, copies of birth certificate, and background checks must be completed at the time of registration (Coaches can provide a copy of coaching card if you already have one).
 - <https://www.nays.org/nyscaonline/>
 - <https://www.nays.org/additional-training/preview/concussion-training.cfm>
- ❖ Each teams must have matching uniforms and must have a number on the jersey. Coaches must have a coach's uniform/shirt that corresponds with their team.
- ❖ Players cannot wear jewelry, metal cleats, chewing gym, or have electric devices during the game.
- ❖ Awards will be given to the 1st and 2nd place teams, for each division, at the end of the season.
- ❖ Coaches/Assistant Coaches are responsible for cleaning their dugout after every game.
- ❖ Teams must bring their own equipment. Games balls will be available for purchase. The batting tees will be available upon request.
- ❖ Protective headgear must be worn by the batter and all base runners. Helmets with a chin strap and a face guard are required (see age groups below).
- ❖ All coaches, players, parents, and spectators must abide by the Code of Conduct Policy at all times!
- ❖ For further information, please contact Keisha Kearney, Youth Sports Coordinator at (405) 739-1288 or email kkearney@midwestcityok.org.



- League starts April 13th
 - Wednesday/Thursday nights and Saturdays for 8 weeks; one to two games per week.
- All coaches/volunteers must complete a background check, concussion training, and obtain a National Alliance for Youth Sports (NAYS) Coaching Card.
 - **Background check will be completed through NAYS.**
- Submit all required documentation to the Midwest City Community Center (Parks and Recreation Department).
 - Copy of birth certificate
 - NAYS coaching card/concussion training
 - Roster
- Games will be played at the MWC Sports Complex and Doug Hunt for the Spring.
- League Fees: \$125 per Team/ \$25 per Individual player (sales tax included).
- Pay at the plate:
 - 4U-6U \$20
 - 7U-8U \$25
 - 9U-10U \$30
- Schedules, rules, contact info, maps, etc.
 - www.quickscores.com/mcyouth
- **Once the schedule has been published, there will be no changes.**
- Team Pictures
 - TBA
- Awards will be given to the 1st and 2nd place teams, for each division, at the end of the season.
 - **Post season tournament TBA**
- Practice fields will be available upon request.
- Teams will provide their own equipment.
- More resources
 - <https://www.nays.org/programs/free-coach-and-parent-trainings/>

Address

- **Midwest City Sports Complex**- 9400 S.E. 29th Street, Midwest City, OK 73130
 - 3 all turf fields' w/restrooms and play ground.
- **Doug Hunt**- 8700 E. Reno, Midwest City, OK 73110
 - 3 dirt fields' w/restrooms and concession.



- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will follow all safety protocols of the leagues.
- I will lead by example in demonstrating fair play and good sportsmanship to all my players.
- I will under no circumstances engage in an argument with any officials. Any discussions or conversations with officials will be in a respectful tone.
- I will treat opposing coaches and players with respect.
- I will not cheat or engage in any form of unethical behavior that violates league rules.
- I will use coaching techniques that are appropriate for each of the skills that I teach.
- I will provide a sports environment that is free drugs, tobacco, and alcohol. I will refrain from their use at all youth sports related events.
- I will be knowledgeable in the rules of each sport that I coach and I will teach these rules to my players.
- I will remember that I am a youth sports coach and that the game is for children; not **ADULTS**.
- I will report any violations of the code of conduct by parents, athletes, or other coaches to the Parks and Recreation Supervisor or Youth Sports Coordinator.

Behavior Conduct

The head coach of each team is responsible for their assistant coaches, players, and spectators conduct. Each head coach or anyone the head coach appoints as acting the head coach, will ensure there are no misconduct, unsportsmanlike conduct, unruliness, and Profanity towards opposing players, umpires, spectators, and the staff of the City of Midwest City. If any player, coach, or spectator are ejected for any reason they will not be allowed for the next game (league or tournament) with in the City of Midwest City Sport Complexes.

****I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating, or participating in a youth sports activity I will be subject to disciplinary action. Furthermore, any violation of this policy will result in removal in the City of Midwest City Youth Sports Programs*.***



Pledge is courtesy of NAYS (National Alliance for Youth Sports)

I pledge to promote positivity in youth sports and act as a role model to my child, as well as other participants and sports parents I meet. I will serve as an advocate for good sportsmanship and to keep fun and learning at the center of the youth sports experience. I will try to improve upon my youth sports knowledge so that I can be an informative leader in the youth sports community.

Parents Code of Conduct

- I will put the emotional and physical well-being of youth participants ahead of a personal desire to win.
- I will respect players, coaches, officials, spectators, and families at all times.
- I will respect the decisions of officials or coaches.
- I will not engage in any violence or verbal threats or use any profanity.
- I will not use any form of drugs, tobacco, and alcohol at all youth sporting activities.
- I will model good sportsmanship for all youth participants.
- I will not yell, belittle, or ridicule anyone involved in a youth sporting event—in public, private, in-person, or online.
- I will do my part to keep sports fun and positive for every youth participant.

Player Code of Conduct

- I will display good sportsmanship to players, coaches, officials, opponents, and parents at every game and practice.
- I will learn the value of commitment by participating in as many practices and games as I can.
- I will encourage my teammates and praise good efforts.
- I will be honest, fair, and respectful to others at all times.
- I will aim to learn all I can from sports.
- I will arrive at practice on time and be ready to dedicate my attention to my coaches.

****I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating, or participating in a youth sports activity I will be subject to disciplinary action. Furthermore, any violation of this policy will result in removal in the City of Midwest City Youth Sports Programs*.***



Players and coaches:

1. No metal spikes
 - You may wear turf shoes, molded (rubber/plastic) cleats, or tennis shoes.
 2. No sunflower seeds, chewing tobacco, or chewing gum.
 3. No food or drink on the field – only water.
 4. No colored drinks (gatorade, powerade, etc.).
 5. No spectators allowed on field at any time.
 6. No pets allowed on the turf or in the complex.
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- **Failure to follow these rules may result in financial penalties and/or loss of privilege to use the facility.**
 - **Groups must pick up all garbage on turf and in bleachers after use.**
 - **Rules pertaining to turf fields--if a player/coach is caught with metal cleats, umpires have been instructed to eject them from the game.**
 - **Also, any damage/cleanup to the field caused by sunflower seeds, colored drinks, gum or tobacco will be charged to the players/coaches of the team.**

Inclement Weather

If there is any type of severe warnings during scheduled games, the decision to cancel games will be made by the Youth Sports Coordinator. Also, there is a weather line to check if games will be canceled before game day (405) 739-1295.

COVID Protocol/Procedure
Center for Disease Control (CDC)

KEEP YOUTH ATHLETES SAFE
Reduce the Spread of COVID-19 in Youth Sports

Accessible Version: <https://www.cdc.gov/communities/2019-10-01/community/schools-children/youth-sports.html>

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs



Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use



Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure



Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk

Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



cdc.gov/coronavirus

CS 312099-C 06/01/2020



COVID Protocol/Procedure
Center for Disease Control (CDC)

STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



cdc.gov/coronavirus



The City of Midwest City will have our own league and tournament rules. You can find the link to the rules on www.quickscores.com/mcyouth

There will be a post tournament. Date TBA



The City of Midwest City is a member of the National Alliance for Youth Sports (NAYS) and all youth sports coaches and volunteers are required to participate in concussion and coach training. NAYS also offers bullying awareness training program. Although not required, we encourage all youth coaches/volunteers to take the bullying awareness training as well.

NAYS concussion training features Dr. Robert Masson, president of the Neurospine Institute and an internationally recognized neurosurgeon, and covers:

- What a concussion is and how concussions may occur in sports.
- How to recognize the signs and symptoms associated with concussions.
- Keys to minimizing the risk of young athletes sustaining concussions.
- Steps for dealing with a suspected concussion.
- When it's safe to allow a player who has suffered a concussion to return to play; and the steps to recovery.
- Education for athletes to help prevent concussions.

With bullying in sports being such a critical topic for coaches and parents of young athletes, NAYS bullying awareness training has been designed to provide coaches, parents and administrators with valuable information on bullying and bullying prevention. Coaches will receive certificates of completion upon finishing the trainings and correctly answering comprehension-based questions on the material. Topics covered include:

- What is bullying.
- The roles kids play in bullying.
- Where bullying is most likely to occur.
- How to prevent bullying.
- How to recognize and respond to bullying.
- Tips to avoid becoming an adult who bullies.

The City of Midwest City strives to provide a safe and enjoyable environment for all youth sports participants. With offering concussion awareness and bullying training for coaches/volunteers, this will help prevent injuries and handle situations if or when they arise.

****All coaches/volunteers must complete a background check, concussion training, and obtain a National Alliance for Youth Sports (NAYS) Coaching Card****



Please note that there will be City employees on site at all times. The City of Midwest City wants to ensure everyone is safe once entering and exiting the sport complexes. Please review the information below.

1. **Call 911.**
 - If in doubt about the seriousness of the injury, always call 911.
2. **Call parents** if they are not in the facility.
3. **Make arrangements for transportation** to a treatment facility, if necessary. Never transport an injured person to a treatment facility in his/her car or your car
4. **Listen closely to the injured person**
 - Make certain that they feels like you care about what he/she has to say.
5. **Gather information** on the incident and immediately give the information to the City of Midwest City employee. Once reported, the staff member should sign and date the document.
6. **If you have any further questions, please call the Park and Recreation Department.**

A sample document of an Incident/Injury Report is on the next page.



Incident/Injury Report

Today's Date: ___/___/___ **Time of this report:** ___:___ am pm
Customer Name: _____ **Date of**
Birth: ___/___/___
Reporting Employee Name: _____ **Title:**

Date of Incident: ___/___/___ **Time of incident:** ___:___ am pm
Location of Incident (Physical Address):

Location of Incident (Area of Facility):

In your words, describe HOW the incident happened, including what specific activity was occurring just before and when the incident took place, as well as the chain of events leading up to the incident:

Describe the injury:

List any witnesses or other parties involved in the incident (Name and Phone Number):

Action taken following incident (including medical treatment):

Reporting Employee's Signature: _____