



Spring 2026
Coaches Meeting
February 24, 2026

SBL Mission Statement

The mission of Stafford Baseball League, Inc. (SBL) is to organize and administer the league and promote the love of baseball, good field manners, a sense of fair play, good sportsmanship, teamwork, honesty, and good health habits for the youth of Stafford County participating in youth recreational baseball. Those qualifying leagues under the direction of our league charter, or those leagues directly established at the discretion of SBL, may be eligible to compete in tournaments that lead to district, state, regional and national championships.

SBL – Board of Directors

President:

Michael Bouchard

president@staffordbaseball.org

Vice President

Chris Cline

vicepresident@staffordbaseball.org

Secretary

Heather Fletcher

secretary@staffordbaseball.org

Treasurer:

Paul Spellman

treasurer@staffordbaseball.org

Director of Baseball At-Large:

Bryan Combs

director-baseball@staffordbaseball.org

Director of Operations At-Large:

Luci Graikowski

director-operations@staffordbaseball.org

Softball Director At-Large:

Chad Lamb

director-softball@staffordsoftball.org

League Commissioners (Baseball)

Quickball Commissioner (4-6 year olds)

Eric Barton

quickball@staffordbaseball.org

Rookie League Commissioner (6 - 8 year olds):

Kevin Broadbent

rookies-commissioner@staffordbaseball.org

Minor League Commissioner (9-10 year olds):

Matt & Tiffany Watts

minors-commissioner@staffordbaseball.org

Major League Commissioner (11 -12 year olds):

<Vacant>

majors-commissioner@staffordbaseball.org

Prep League Commissioner (13 year olds):

James Brandt

brl-commissioner@staffordbaseball.org

Babe Ruth League Commissioner (13-18 year olds):

James Brandt

brl-commissioner@staffordbaseball.org

League Commissioners (Softball)

Jr. Softball Commissioner:

Ricky Moyers

jrsoftball-commissioner@staffordsoftball.org

12U-18U Softball Commissioner:

Samantha DiCola

14U-commissioner@staffordsoftball.org

Program Commissioners

Commissioner of Umpires:

Roy Ruiz

umpires@staffordbaseball.org

Communication/Public Affairs:

Chrissi Plasterer

volunteer@staffordbaseball.org

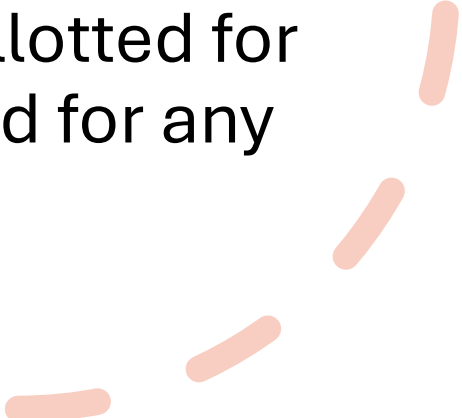
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BOD Regularly Scheduled Meetings

BOARD OF DIRECTORS MEETING:

Held every **FIRST THURSDAY** of the month for the entire calendar year, at 7:00 P.M., at the Courthouse Community Center.

The Board of Directors meetings are open to the public for observation but not participation. However, time is allotted for any member to address the Board for any comments or concerns.

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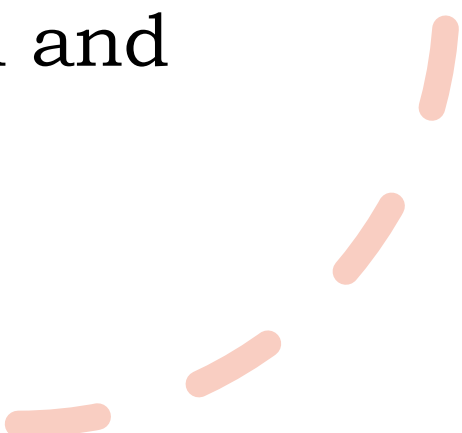


**Managers
Coaches &
Volunteers**

You are Stafford Baseball League!

To many parents, grandparents, friends of players, and the athletes – you are the first person and perhaps the only person they will speak with this season within SBL.

Please take the time to listen and represent SBL with class.



Role of Managers

- Primary Point of Contact for
 - Parents
 - League officials
- Organize practices
- Plan for games
- Ensure SBL rules are followed



Role of Coaches & Volunteers

- Support team manager
- Help execute practice & game plans
- Keep kids safe
- Know the SBL rules



The Ripken Way


- Keep it Simple
- Make it Fun
- Celebrate the Individual
- Explain Why





SBL - Ultimate Goal

The player continues to play baseball /
softball next season!!!



Volunteer Requirements



All SBL Volunteers are
REQUIRED to have a
background check



All Coaches must complete the
Coaching Youth
Baseball/Softball course

<https://coacheducation.humankinetics.com/collections/babe-ruth-league>

Safe Sport Authorization Act

- Congressional Bill introduced and centered on protecting young victims from sexual abuse and prompt reporting of any sexual abuse to law enforcement authorities.
- What it means for you
- No individualized training with any player without another adult as witness to the training.
- No individual contact (texting, calls, social media) with any player without also including parent guardian in said communication method.
- NO changing in restrooms while players are present or them changing while you are present.
- Local Travel – In an effort to minimize one-on-one interactions, should NOT drive alone with an unrelated minor athlete and should only drive with at least two other minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of travel.

Safe Sport Authorization Act (Cont.)

Stafford Baseball League is REQUIRED to have all of it's Managers and Coaches be trained.

All assigned Managers and Coaches will be sent an email with a link to take the course. Passing the test and becoming certified is a must

President will send instructions to At-Large directors.

1. Register for Course(Mandatory)
2. Take the course

Code of Conduct

- All players, coaches, managers, and parents / fans will be expected to behave in sportsman-like manner at all times.
- Any player, coach, manager, or parent / fan whose conduct is unbecoming or abusive will at a minimum be warned and may be removed from the playing field or stands at the discretion of any league official (member of the BOD or commissioner), tournament official, or umpire.
- **Managers are responsible for controlling their team, parents, and fans.**

Code of Conduct - Players & Coaches

- Shall always exhibit...
 - Good Field Manners
 - Fair Play
 - Sportsmanship
 - Teamwork



Code of Conduct (cont.)

Common Violations - Coaches:

- Aggressive conduct towards umpires.
- Abusive conduct towards players, other coaches or opposing fans.
- Foul language.
- Abuse or flagrant disregard of playing time rules.

Code of Conduct (cont.)

Common Violations - Players:

- Unsportsmanlike conduct: Throwing equipment. Temper tantrums.
- Foul language.
- Abusive conduct towards other players: Verbal abuse – taunting & teasing
- Physical confrontation – bullying.

Code of Conduct (cont.)

Common Violations - Fans:

- Aggressive conduct towards umpires.
- Abusive conduct towards players, other coaches or opposing fans.
- Foul language.



Manager's Right to Discipline

- Managers and coaches may administer short-term suspensions for repeated, unexcused absences from practices/games or for unsportsmanlike conduct during practices and/or games
- The League Commissioner prior to implementation must approve such suspensions and in no case shall the suspension exceed ONE GAME (also ensure you inform the At-Large Director).
- The League Commissioner shall inform the Division Director and the coach shall inform the player's parent or legal guardian prior to implementation. The Manager/Coach shall announce the imposition of a one-game suspension to the umpire and opposing manager prior to the start of the game in which the suspension will be served making this player ineligible for the game.
- The suspended player is not eligible to enter the game in any capacity, and the manager is excused from meeting the minimum playing requirements for the suspended player in this case



Safety, Safety, Safety

At Stafford Baseball League, Safety is paramount!

We will ALWAYS aim to provide a safer playing environment for children and all participants in SBL.

Please do your part to ensure that all safety measures are taken with your team(s) at all times.

Safety Requirements

All team leaders are to understand and follow all safety rules, regulations and guidelines.

Communicate to all team participants the safety requirements within Stafford Baseball League.

Required to report all injuries and unsafe conditions to their league's Commissioner.

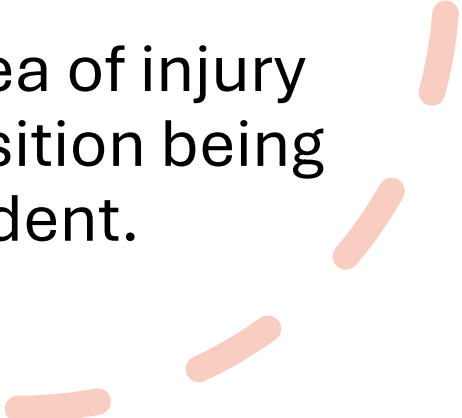


Accident Reporting

Managers/Coaches are required to report all injuries that occur during practices, games, or while the team is under his / her control, to their league commissioner and copy league president.

Accidents requiring reporting are those which require immediate first aid (e.g., application of ice bag, bandages) and / or those in the following injury categories: contusion, fracture, laceration, dental, and sprain.

Accident reporting shall include area of injury (i.e., hand, face, leg, foot, etc.), position being played, and possible cause of accident.



Accident Reporting (cont.)

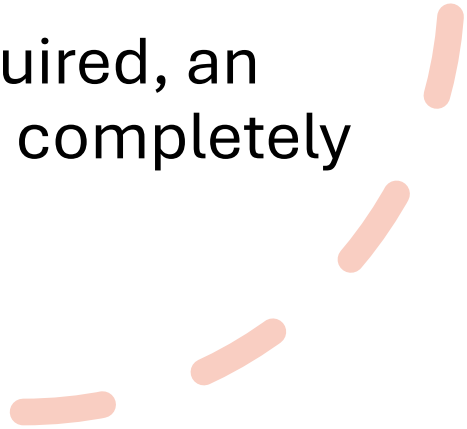
When to Report an Accident?

All reportable incidents described on the previous slide must be reported to your league commissioner **within 48 hours** of the incident.

How to Report an Accident?

Reporting incidents can come in a variety of forms (text, call). However, please email your commissioner to follow up and for a record of the report.

When formal documentation is required, an SBL Medical Incident form must be completely filled out.



Accident Reporting (cont.)

- SBL Injury Report form is available under the Coaches area of the SBL website:
www.staffordbaseball.org.

The screenshot shows the Stafford Babe Ruth League website. The header includes the league logo, navigation links (Home, About Us, Coaches, Parents, Registration, News, Calendar, Events, Sponsorship), and a search bar. The main banner features the text 'STAFFORD BASEBALL & SOFTBALL LEAGUE' and 'HOME OF THE 2023 14-YEAR OLD BABE RUTH WORLD SERIES'. Below the banner, there is a section titled 'FIELD DO'S AND DON'TS' with five numbered instructions. To the right of this section, there are three buttons: 'VOLUNTEER HERE', 'ACCIDENT REPORT (COACHES ONLY)', and 'CROWN TROPHY'. A red arrow points to the 'ACCIDENT REPORT (COACHES ONLY)' button. At the bottom of the page, there is a footer with the text: 'Stafford County Parks and recreation sends out field closures by 2:00pm on weekdays and 7:00am and 11:00am on Saturdays. Sign up for Stafford Alerts'.

Safety at events ...

- Arrangements should be made in advance of all games and practices for emergency medical services. (Have a cell phone or obtain the whereabouts of the nearest phone to access 911, if needed). Know where the AED Devices are.
- Coaches should have training in first aid. First aid kits are issued with team equipment.
- No games or practices should be held when weather or field conditions are not safe, particularly when lighting is inadequate.
- Play area should be inspected prior to practices and games for holes, damage, stones, glass and other foreign objects.

Safety Code (cont.)....

- All team equipment should be stored within the team dugout, or behind screens, and NOT within the area defined by the umpires as “in play.”
- Only players, coaches, scorekeepers, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- During practice and games, all players should be alert and watching the batter on each pitch.
- A team coach should inspect equipment regularly (prior to a practice or game).

Safety Code (cont.) ...

- Batters must wear SBL approved protective helmets during batting practice and games.
- Catchers must wear catcher's helmet, mask, throat guard, chest protector, shin guards and protective cup with athletic supporter for all practices and games. **NO EXCEPTIONS!**
- Coaches should encourage all players to wear protective cups and supporters for practices and games.
- When warming up a pitcher, catchers must, at a minimum, wear a catcher's helmet and mask.

Common Sense Solutions

- If needed, designate a “Bench Coach” for each game.
- The Bench Coach is responsible for ensuring that the dugouts are kept neat and that there is no horseplay.
- The on-deck hitter should stand on the same side of the plate as the batter. Exception – 90’ fields.

Common Sense Solutions (cont.)

- Report potentially unsafe conditions before they become prohibitive
- Encourage the use of helmets with face guards
- Make sure that you are teaching the proper techniques!

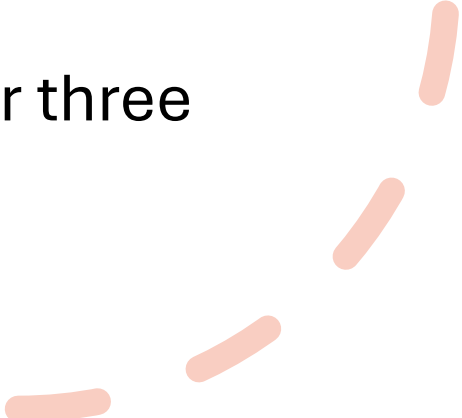


Head Injuries

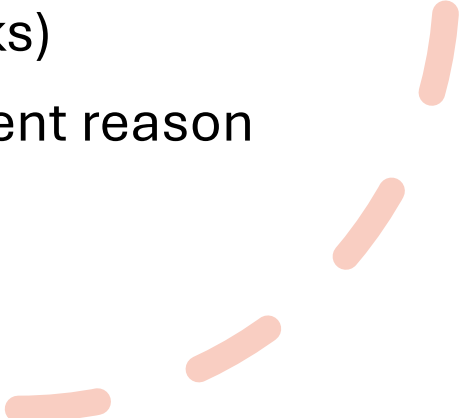
- DO NOT return a player to the game after a head injury when:
 - there are obvious signs of trauma (swelling, bleeding, “goose egg,” etc.)
 - there are no external signs but have internal signs on subsequent slides.



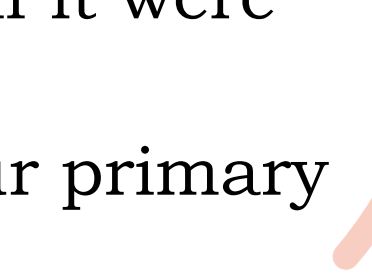
Signs of Internal Head Injuries

- Unconsciousness
 - Abnormal Breathing
 - Obvious wound or fracture Bleeding
 - OR clear fluid from the nose, ear, or mouth
 - Disturbance of Speech or Vision Pupils of Unequal Size
 - Weakness or Paralysis
 - Dizziness
 - Neck Pain or Stiffness
 - Seizure Vomiting more than two or three times
 - Loss of Bladder or Bowel Control
- 

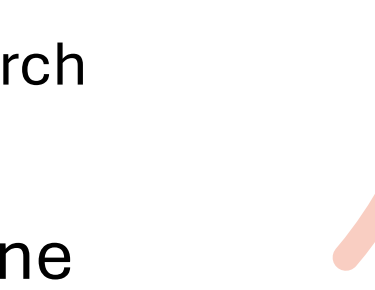
Signs of a Concussion

- “Seeing Stars” and feeling dazed, dizzy or lightheaded
 - Memory Loss, such as trouble remembering what happened right before the injury
 - Nausea or Vomiting
 - Headaches
 - Blurred Vision and Sensitivity to Light
 - Slurred Speech or saying things that don’t make sense
 - Difficulty Concentrating, thinking or making decisions
 - Difficulty with coordination or balance (such as being unable to catch a ball or other easy tasks)
 - Feeling anxious or irritable for no apparent reason
 - Feeling overly tired
- 

Summary

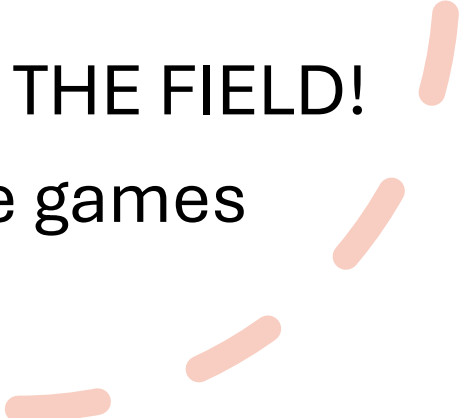
- Be observant.
 - Accidents happen, report them when they do.
 - The goal is to have the same number of happy, healthy kids leave the park at the end of the day as there were at the beginning.
 - Parents have entrusted their most precious belonging – their child – to us. Please treat all situations as if it were your child.
 - The safety of every child is our primary concern.
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2026 Spring Season

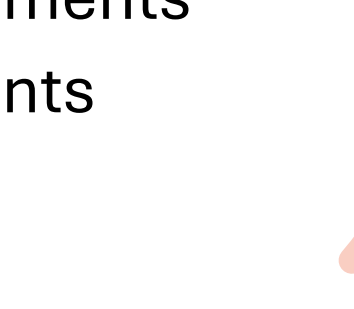
- Registration is Still open
 - Team & Coaching assignments haven't been made yet
 - Quickball will officially get underway early April
 - Quickball & Rookies A – No assessments, players grouped by school
 - Rookies AA, Minors, Majors, Prep, & BRL
 - Assessments are held
 - End of early March
 - Prep & BRL assessments late March
 - Games Start – Early April
 - Games end – Late May/Early June
- 

2026 Spring Season

-Schedules

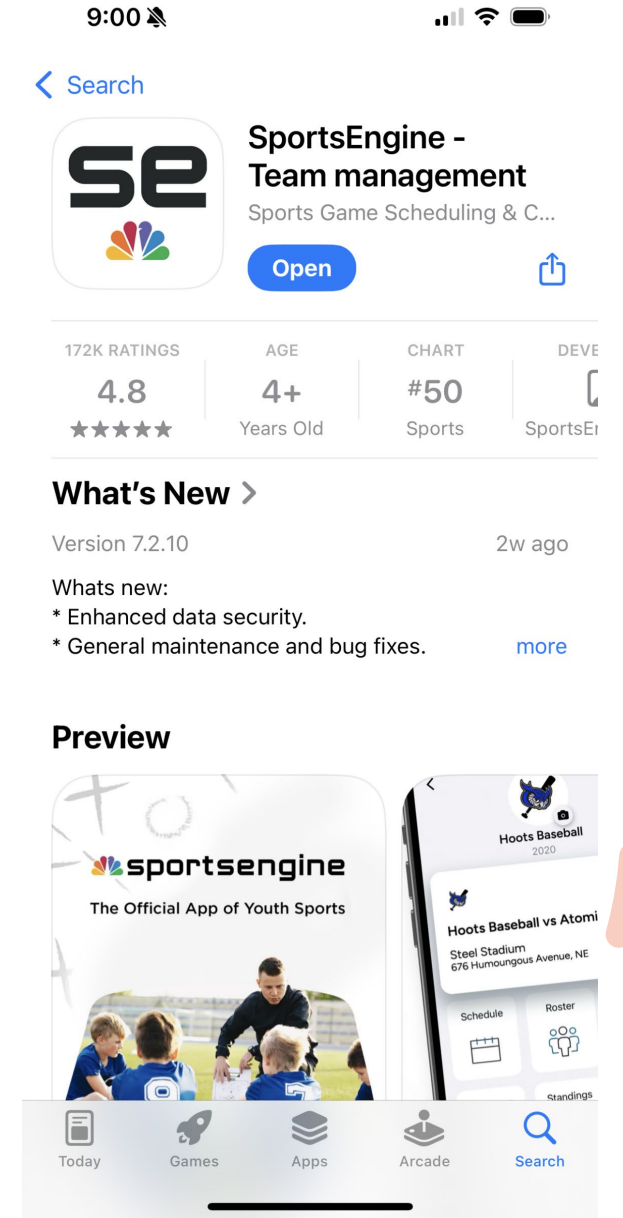
- Schedules will be released mid – March
 - Weather Cancelations
 - Made by the county
 - Weekdays – 2pm
 - Weekends – 7am & 10am
 - Last minute calls will be made by the league by 4pm.
 - After 4pm coach/umpire call at field
 - Stafford Alerts
 - If anyone sees lighting – CLEAR THE FIELD!
 - Commissioners will reschedule games
- 

Dates to remember :

- March 6-8 – AA Baseball Tryouts & Softball Assessments
 - March 8 – AA Draft
 - March 6 – Registration Ends
 - March 13-16 – Dicks Sporting Goods Day (20% off)
 - March 9-10 – Single A Baseball Assessments
 - March 11 – Single A Draft
 - March 12 – Practices Start
 - March 15 – 13–15 year-old assessments
 - April 4 – 16-18 year-old assessments
 - April 13 – Games Start
 - April 18 – Picture Day
- 

Team Communica tion:

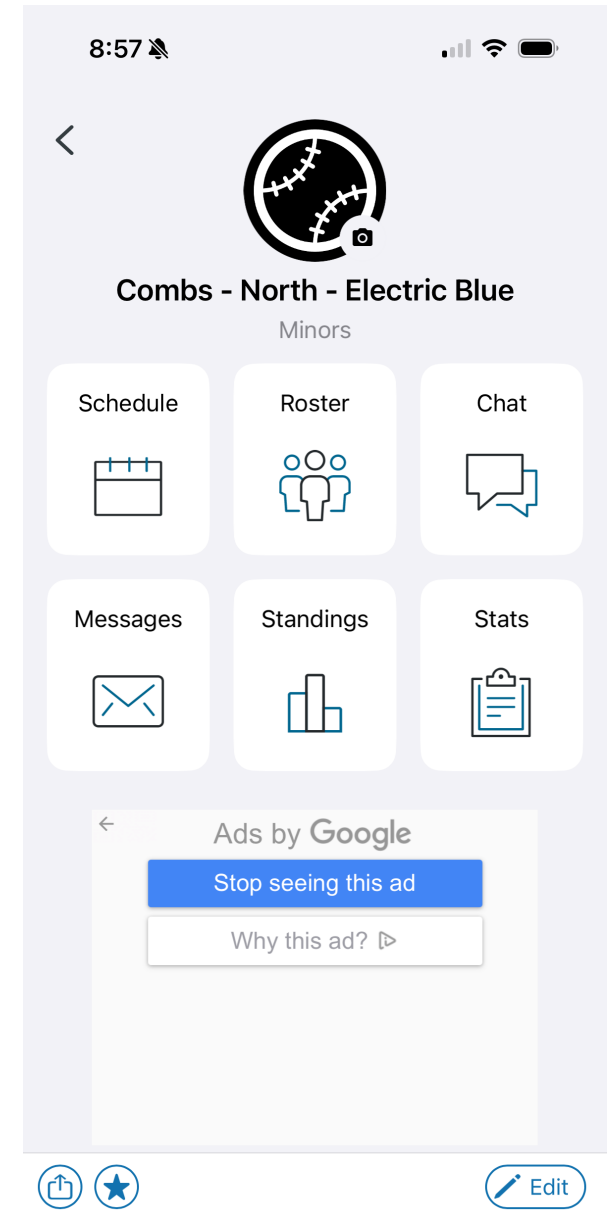
- Sports Engine will be your primary means of communication with your team



Team Communication:

- Sports Engine

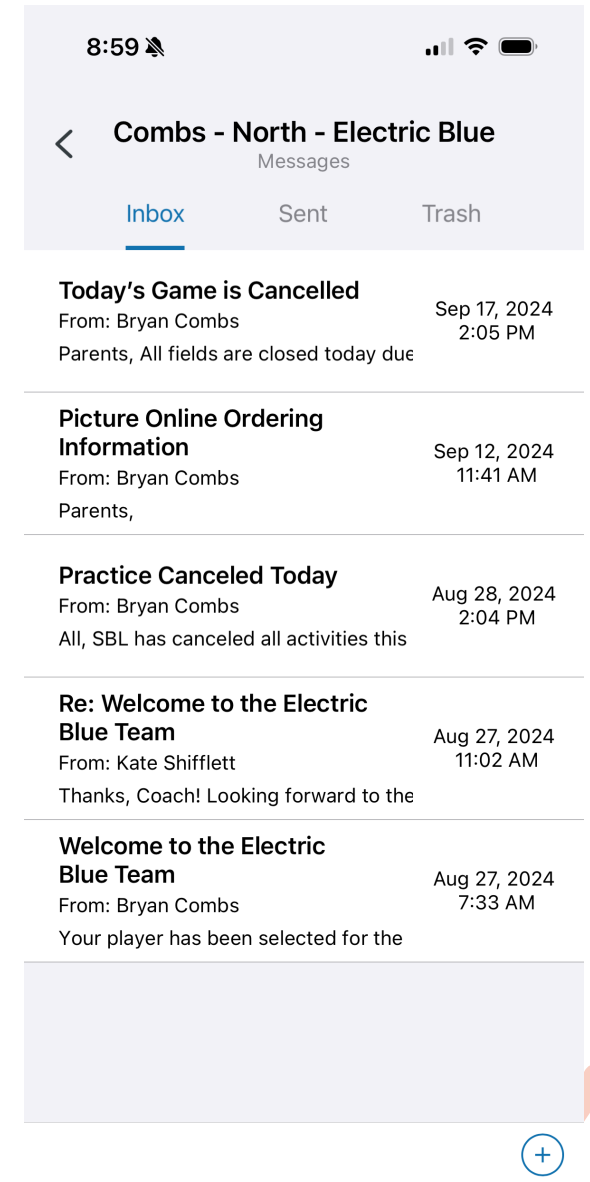
- Login with the same email you used to register as a volunteer



Team Communication:

- Sports Engine

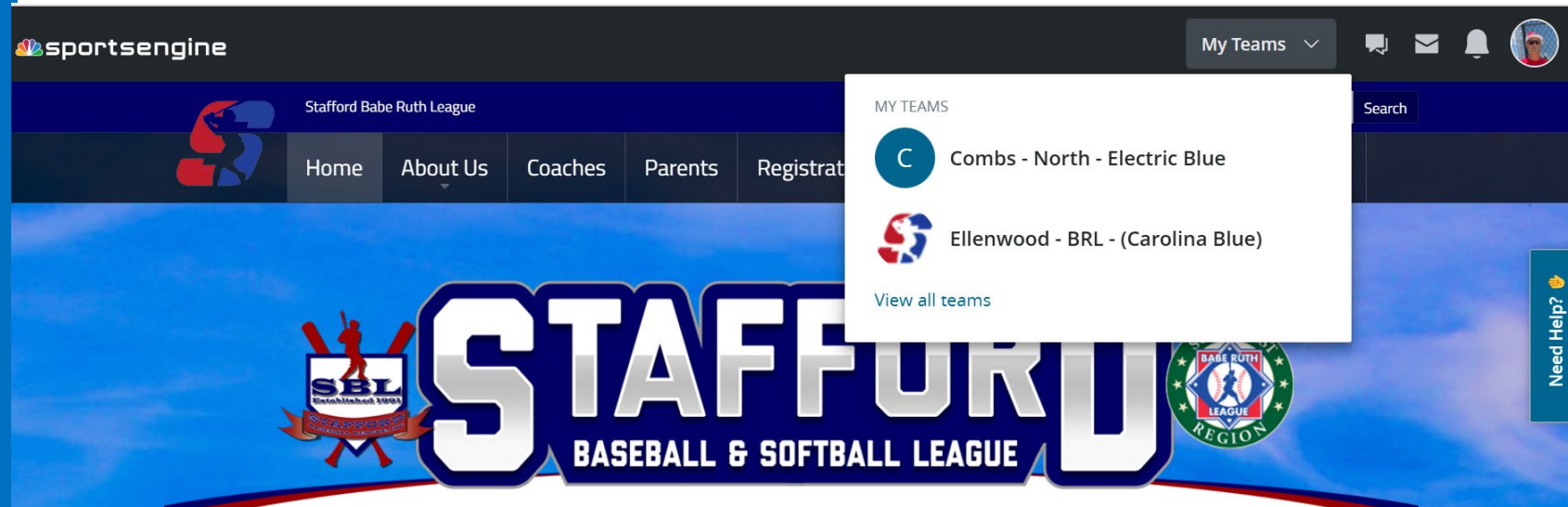
- Use the messages feature to initially contact your team



Team Communica tion:

- Sports
Engine

- Can also access from the SBL Website



Team Communication:

- Sports Engine

- Message team is found under Roster

Roster

Players Staff

Search

MESSAGE EDIT ROSTER PRINT

<input type="checkbox"/>	NAME	NUMBER	POSITIONS	STATUS	MESSAGES
<input type="checkbox"/>	Avery Schall			Member	Opted-In
<input type="checkbox"/>	Cohen Pryor			Member	Opted-In
<input type="checkbox"/>	Gabriel Wilkins			Member	Opted-In
<input type="checkbox"/>	Harrison Plasterer			Member	Opted-In
<input type="checkbox"/>	Harrison Shifflett			Member	Opted-In

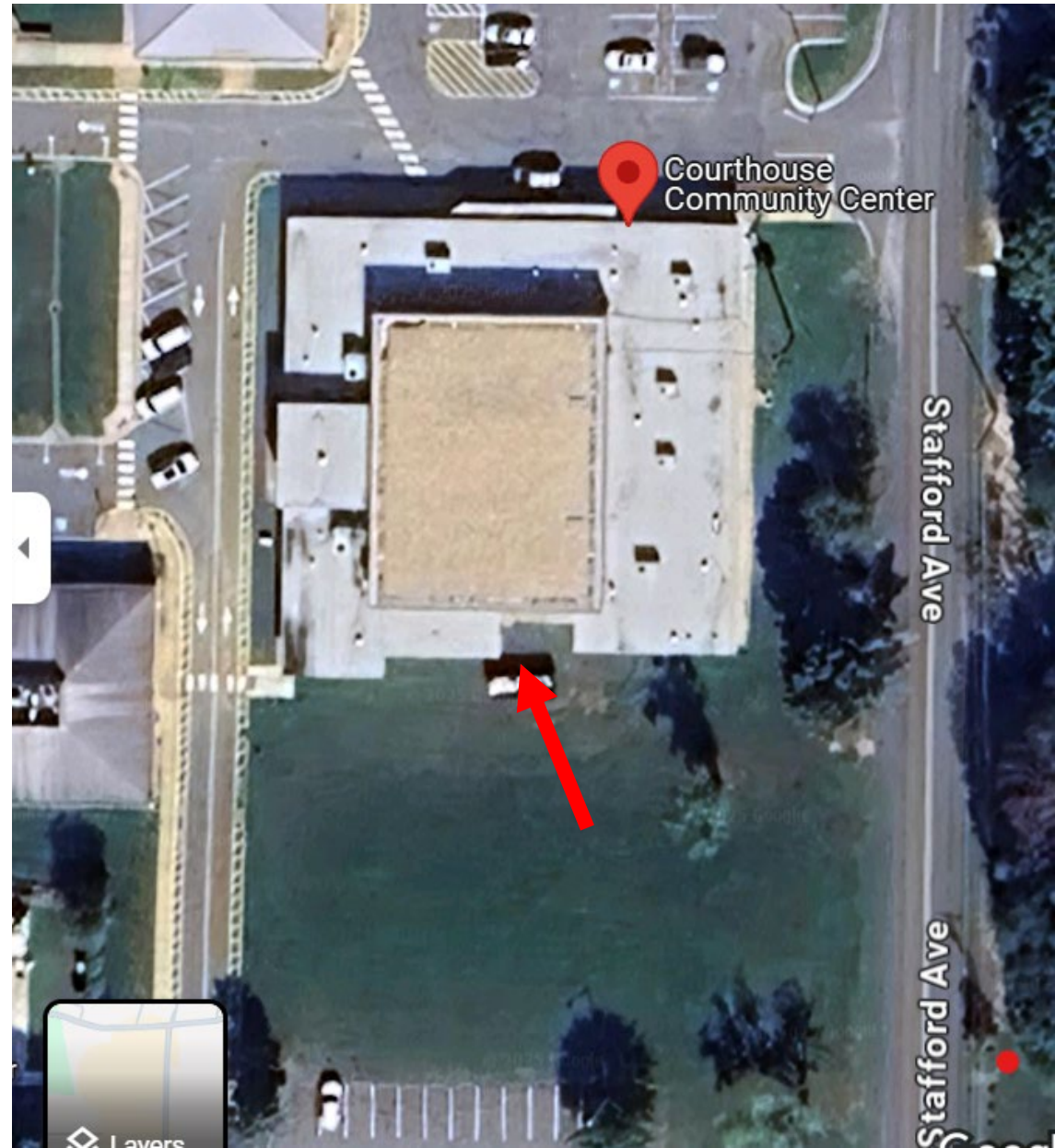
Need Help?

Team Communication:

- Sample communication
 - A sample team communication will be sent to you by email
- SBL Provided Uniform – Uniform pickup will be just before games start
 - Shirt
 - Hat
- SBL Provided Equipment – Watch for an email on equipment pickup
 - Catchers gear for the team
 - Practice balls if needed
- Player Supplied Equipment
 - Bat
 - Glove
 - Pants
 - Socks
 - Cleats



Equipment Pickup – 29 Stafford Ave

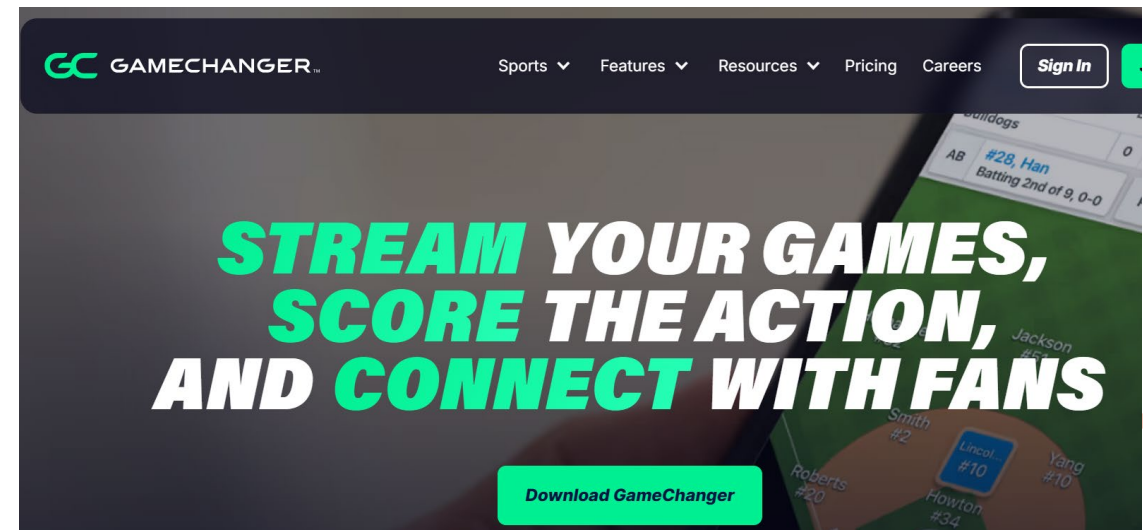
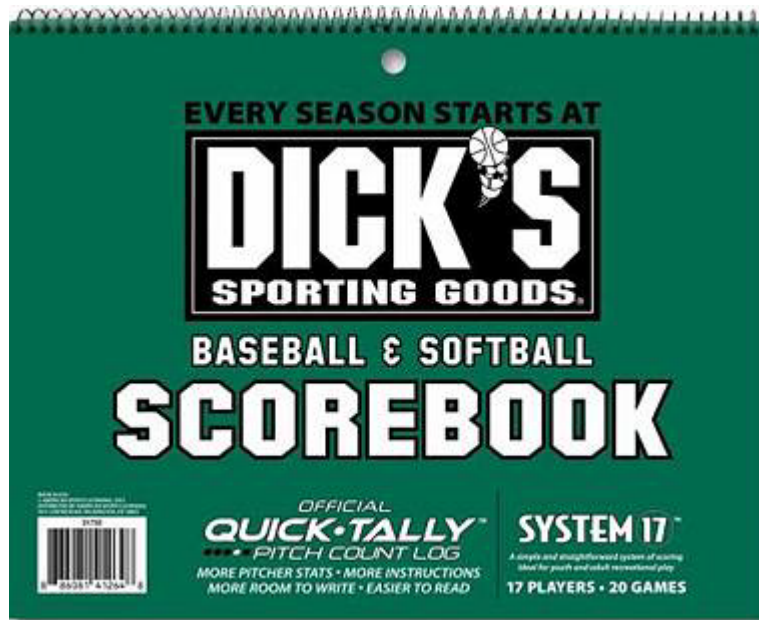


Field Supplies


- Field supplies/box
- Lining the field (responsibility of home team)



Keeping Score



Game Time & Field Issues

- No Umpire
 - Contact your commissioner
 - Low on supplies – line, etc.
 - Contact your commissioner
 - Field Issues
 - Maintenance
 - No lights
 - Locked field
 - Contact the county Park & Rec hotline
 - **540-658-7110**
- 

Recap

- Review the SBL rules [here](#)
 - Coaching Resources will be emailed
 - Look for league communication on
 - Coaching assignments
 - Background checks
 - Complete Coaching Youth Baseball/Softball training [here](#)
 - Communicate with your league commissioners
 - Sign up for Stafford Alerts [here](#)
 - Have fun and get kids excited about baseball!
- 