



Coaches Manual
2016

INTRODUCTION

Fort Collins Baseball Club (FCBC), a private non-profit organization formed in 1961, welcomes you to our Summer Youth Baseball Program.

The purpose of this manual is to be a guide to procedures, rules, and regulations of baseball for our recreational youth league. The manual also provides coaching tips gathered from a variety of long-time FCBC coaches. It is hoped that through reading this manual, you will have a better understanding of our program and that a more uniform and complete program may be developed for the benefit of everyone.

The success of our program depends on the work of many volunteers as well as paid personnel. This includes members of the Board of Directors, Commissioners, Coaches, Umpires, and Office Staff. Players and their parents/families are at the core of why we exist.

Thank you for contributing to another fun season of baseball with FCBC!

PHILOSOPHY OF YOUTH SPORTS AND THE FCBC RECREATIONAL BASEBALL PROGRAM

FCBC is a private non-profit baseball program established to provide education through activity. FCBC and youth baseball allow coaches and parents to merge the classroom with the ballfield.

Competition has its place in the program and all participants are urged to do their best. However, this competition must be under constant supervision. Winning the game has its place, but must be tempered to the program values. Attendance at practice/games, attitude, and effort are basics for the privilege of participation.

This program is a supervised activity with emphasis on teaching character, discipline, sportsmanship, effort, and social skills while helping young players develop baseball skills. Healthy competition is valued, but is placed second to the aims mentioned above.

Executive Director: Thad Anderson

E-mail: director@fbcmail.org Website: www.fortcollinsbaseballclub.org



Club Policies

RESPONSIBILITIES OF THE COACH

The preparation that the coach makes prior to the game and the methods used to expedite the progress of the game determine whether the contest goes smoothly and is rewarding; or if a chaotic and frustrating experience results. Some coaches are ill-prepared for contests and the actions and conduct of their teams reflect this inadequacy. Ideally, players know what is expected of them during the game and react accordingly with positive demeanors.

1. **Assign a team parent to represent the team for fundraising.**
2. **Practice Fields:** City of Fort Collins fields are available to rent on an hourly basis (call for pricing). You must call the City of Fort Collins Parks and Recreation Office **(970-221-6660)** if you want to reserve practice fields. Poudre School District fields are available on a first-come, first-served basis. No team or age group has priority over another.
3. Have a line-up planned before going to a game.
4. Have all team members at the game site **thirty minutes** before game time.
5. Have a team bench or area that is for team members only.
6. **Secure 2 or 3 Assistant Coaches!** Ensure that Assistants understand the requirements of their positions (such as base coaching, dugout management, equipment care, etc.)
7. If score is kept, have a scorekeeper near the bench to record the progress of the game.
8. Choose opportune times to **correct mistakes and provide instruction positively.**
9. A good coach uses opportune times during the game to provide instructional tips.
10. Most of a coach's teaching should be done in practice. Remember that during games you should be positive – don't vent frustration or embarrassment on the players.
11. Always keep the **players working hard and improving**, as every ball player can improve.
12. At the end of the game, always thank officials and talk with the opposing coach.
13. Game balls supplied (as applies to our home team coaches).
14. **Uniforms:** All FCBC players must be in the FCBC uniform. Pre K – 4th Grade wear a reversible royal and red jersey with the FCBC cap. White pants are the only pants allowed in the Pre K – 4th Grade leagues. Grey pants are permitted in leagues 5th/6th Grade, to 9th/11th Grade. Major League Baseball hats are not part of the FCBC Uniform and are not permitted during games. Players not in full uniform by the second week of games may be required by the umpire to sit out the game.
15. Work with your players to **clean out your dugout** after each game.
16. There is **no soft toss against any fencing**, this includes whiffle balls.
17. **Lock Boxes:**
 - All 3rd Grade to 9th-11th Grade coaches will be issued a Job Box key. This key is used to get your bases out for games (and to return the bases to the box and lock it).
 - You **MUST** put the bases away after each game. **FAILURE** to do so can result in the bases being stolen and your next game not having any bases.
 - Put your bases away in the lock box. Push the lock to lock the box.
 - If you have trouble opening the job box contact the club at 484-0089.
18. **UMPIRES: Leagues 3rd Grade and Older**
 - 3rd, 4th, and 5th/6th Grades – single umpire positioned behind the pitcher.
 - 7th/8th Grade and older – two umpires.
 - If Umpires have not arrived at your field **15 minutes prior** to game time, **you must call the office** on the UNLISTED number so we can assist.

FIRST AID, EXERCISE, AND CONDITIONING

Safety cannot be assured in any activity through action of the leaders alone. Children must be impressed with the importance of safety and taught to avoid accidents to themselves and to prevent accidents to others.

1. Encourage players to warm up before games, cool off gradually after the game.
2. Alternate players and watch for excessive fatigue.
3. Encourage children to be clean and neat.
4. Do not allow children to use damaged or dirty equipment.
5. Encourage all children to eat balanced meals and get adequate sleep.
6. Teach children to control tempers in all circumstances.

Safety and prevention of accidents:

1. Be sure all players have the proper equipment.
2. Be sure field is clear of any objects that could cause accidents.
3. Do not allow crowding, pushing, or “horseplay” while in practice or games.
4. Teaching the fundamentals of the game can reduce the likelihood of accidents.
5. Do not have practice or drills without supervision.
6. Each activity should have a First Aid kit accessible for use at all times.

Please put together a First Aid bag to have with you at your games (sample of items):

1. Ice packs
2. Band-Aids
3. First Aid ointments
4. Antiseptic Wipes
5. Ace Bandages

Accidents

Occasional accidents are bound to occur. Coaches/officials must be prepared to act promptly and efficiently whenever there is an accident. Accident procedure for a serious injury:

For any Accident in which a player is removed from the game or practice, an ACCIDENT REPORT must be completed and given to the FCBC office within 24 hours. ANY Concussion that is recognized for players 11 and older, a Concussion Incident Report MUST be completed by the coach and given to the parent at the BALL FIELD. The Accident Report must also be completed and turned in to FCBC.

1. Notify parents.
2. If necessary, call an ambulance (ambulance cost is the responsibility of the user).
3. Contact the Executive Director.
4. Complete and submit the enclosed accident report form to the Executive Director within 24 hours from the time of the injury. This form can be completed online.
5. A doctor should not be called without the consent of the parent or guardian, unless a matter of extreme medical emergency.

PHONE NUMBERS: Thad Anderson, Executive Director
484-3368 or **484-0089 (Unlisted Number)**
Fire (Rescue Squad) 911 Ambulance 911

Other Safety Items:

Some players may choose to wear a heart guard or pressure fitted mouth guards during games. FCBC does not mandate these items, but does encourage any family who would like to obtain these to do so. Dental offices are all familiar with a “pressure fitted” mouth guard, and sporting outlets carry heart guards.

Reporting an Accident

Step One:

If a player is removed from a game or practice due to an injury related to their game or practice, an Accident/Concussion Report Form must be completed and submitted to FCBC within 24 hours.

Step Two:

If the injury is a **Suspected Concussion** the Coach is mandated to complete **the Concussion/Injury Report** at the BALL FIELD and this report must be given to the parent at that time.

The **ACR** (Accident/Concussion Report) will be noted by the coach that a concussion was suspected and that the **CIR** (Concussion Injury Report) was given to the parent. Once the ACR has been given to FCBC then **FCBC will do all follow-up** with the family. When the family has returned the CIR to FCBC then **FCBC will contact the coach** that the player may resume play.

A player may not resume any practice or play until the **CIR** form has been returned to FCBC by the parent and FCBC (not the parent) has confirmed receipt of the **CIR** to the coach. If the player resumes practice or play prior to coach receiving FCBC's confirmation, the coach assumes personal liability and full responsibility for any possible consequences related to the concussion injury.

Concussion Testing

Beginning January 1, 2012 all Colorado coaches in any youth sport ages 11 and older are State-mandated to be certified in keeping athletes safe from concussions. Note that coaches who observe a player who may show signs of a concussion are required to inform the club, and the player is then required to see a doctor and provide written clearance from the doctor prior to returning to a practice or game.



In collaboration with the City of Fort Collins Recreation Department and the Fort Collins Soccer Club, if you coach a team with the City or the Soccer Club, you will only be required to have one certification. You are required to provide FCBC, the City or the Soccer Club a copy of your certification. http://www.cdc.gov/concussion/HeadsUp/online_training.html You must have this completed PRIOR to your first game or tournament.

UNDERSTANDING PHYSICAL TRAINING AND CONDITIONING

Coaches should acquire an understanding of the concepts regarding training and conditioning which are specific to the sport they are coaching. Experienced coaches, athletic trainers, and sports medicine physicians should be helpful in this respect. On the following pages you will find some exercises which are pertinent to conditioning and training for baseball.

Regardless of the sport in which a coach/official is involved, there are some practices which may be harmful to the well-being of the players. There are situations and activities that should be avoided. It is your responsibility to the youth you coach/officiate to understand these potentially harmful situations.



Fort Collins Baseball Club

Accident/Concussion Report Form

Date of Accident: _____ Time: _____ AM/PM

Location: _____

Team: _____ Grade: _____

Name of Injured: _____ Age: _____

Address: _____ Phone: _____

Was Parent/Guardian Notified?	YES	NO
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Name/Coach	Phone #
_____	_____

Description of Accident (add additional page if needed)

Action Taken

First Aid: _____ **By Whom:** _____

Concussion Recognized by Coach:	YES	NO
• Concussion Report given to parent at field	YES	NO

911 Called:	YES	NO	By Whom: _____
Transported to Hospital:	YES	NO	By Whom: _____

If transported to hospital, was individual advised that it is their financial responsibility? **YES NO**

Coach Signature: _____

You have the option to complete this form online.

Concussion Injury ■ Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC web site (<http://www.cdc.gov/concussion/index.html>). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the youth athlete following a concussion injury. Medical providers, please initial any recommendations you select.

THIS FORM MUST BE FILLED OUT AND RETURNED TO THE LEAGUE, NOT THE COACH, BEFORE THE PLAYER MAY PARTICIPATE IN PRACTICES OR GAMES. COACH: IF THE PLAYER IS PULLED OUT OF PRACTICE OR GAMES IT IS YOUR RESPONSIBILITY TO NOTIFY THE LEAGUE DIRECTOR THAT SUCH ACTION HAS TAKEN PLACE AND THIS FORM IS IN PROCESS.

Athlete's Name _____ Date of Birth _____
 Team _____ Sport _____

HISTORY OF INJURY

Person Completing Form (circle one): First Responder | Coach | Parent

Date of Injury _____ Field/Gym where injury took place _____

Did the athlete have:	Circle one	Duration/Resolution
Loss of consciousness or unresponsiveness?	YES NO	Duration _____
Seizure or convulsive activity?	YES NO	Duration _____
Balance problems/unsteadiness?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Dizziness?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Headache?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Nausea?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Emotional Instability (abnormal laughing, crying, smiling, anger?)	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Confusion?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Difficulty concentrating?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Vision problems?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Other _____	YES NO	IF YES, HAS THIS RESOLVED? YES NO

Signature _____ Date _____

MEDICAL PROVIDER RECOMMENDATIONS

RETURN TO AGENCY

1. Athletes should not return to practice or play the same day that their head injury occurred
2. Athletes should never return to play or practice if they have ANY symptoms
3. Athletes, be sure that your coach is aware of your injury, symptoms, and has the contact information for the treating physician

- Do not return to sports practice or competition at this time.
- May gradually return to sports practices under the supervision of the health care provider for your school or team
- May be advanced back to competition after phone conversation with attending physician
- Must return to medical provider for final clearance to return to competition
- Cleared for full participation in all activities without restriction

Physician Name (please print) _____ MD or DO
 Office Address _____
 Phone Number _____
 Signature (Required) _____
 Date _____

Medical Provider Name (please print) _____
 NP, PA-C, LAT, Neuropsychologist (please circle one)
 Office Address _____
 Phone Number _____
 Signature _____
 Date _____

A physician may delegate aspects of the RTP process to a licensed athletic trainer, nurse practitioner or physician assistant, and may work in collaboration with a licensed neuropsychologist in compliance with the Jake Snakenberg Concussion Act for RTP clearance. (Please see right side)

Name and contact information of physician/collaborating PA

MUST HAVE BEFORE RETURN TO PLAY

PLEASE NOTE

Gradual Return to Play Plan (Sample): Return to play should occur in gradual steps beginning with light aerobic exercise only to increase your heart rate (e.g. stationary cycle); moving to increasing your heart rate with movement (e.g. running); then adding controlled contact if appropriate; and finally return to sports competition. Pay careful attention to your symptoms and your thinking and concentration skills at each stage or activity. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day. Move to the next level of activity ONLY if you do not experience any symptoms at the present level. If your symptoms return, let your health care provider know, and return to the first level once symptom free.

- Day 1: Low levels of physical activity (i.e. symptoms do not return during or after the activity). This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).
- Day 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and or reduced weight from your typical routine).
- Day 3: Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement).
- Day 4: Non-Contact, sports-specific practice.
- Day 5: Full contact in controlled drill(s) or practice.
- Day 6: Return to competition.



INCLEMENT WEATHER POLICY

In the event of inclement weather, FCBC will make decisions on playability/cancellations as soon as possible. Information will be updated to any and all cancellations and can be accessed on our website at www.fortcollinsbaseballclub.org. Playability decisions after **4:00 pm will be left up to the coach and/or umpire to determine the safety of the field.**

Please note: If you have umpires at your game and you need to delay the game due to a little rain or lightning, **do not leave the field to go home.** This is Colorado spring/summer weather...your game might resume after about 15 to 20 minutes.

EQUIPMENT

FCBC will provide all necessary equipment needed to play the game except a glove. *See the last page of this Manual for an equipment list.*

All FCBC equipment must be returned to the Baseball Office no later than **July 25.** Coaches who are registered to coach Fall Ball will be allowed to keep their equipment. We will do our best to assist in picking-up the equipment at your end-of-season games.

BAT RULES / RESTRICTIONS:

FCBC provides bats in all equipment bags to teams in Pre-K to 11th Grade. In Grades 7th - 11th all bats in FCBC Equipment Bags meet the required bat regulations.

- Pre K - 2nd Grade: **NO** Bat Restrictions
- 3rd - 6th Grade: **NO** Bat Restrictions
- 7th - 8th Grade: Players with their own bats must **NOT** have a bat that is less than a -5 weight/length ratio. All -5 bats must be stamped BPF 1.15
- 9th - 11th Grade: For players who bring their own bat it **MUST** be -3 weight/length ratio only. All bats must be stamped "BBCOR certified".

Procedure to Open Job Box for Bases (3rd–11th)

All FCBC boxes will have “FCBC” on the box.

Small one-lock boxes:

- pull all bases from field, insert plugs into “Deadman” base anchors
- open Job Box, deposit bases and digging tool
- move Job Box latch to "open" position and close Job Box
- when Job Box is closed, slide latch into "latched" position
- with the key out of the master lock, push Master lock toward the back of the Job Box (press firmly)
- double-check that the Job Box is closed and locked securely

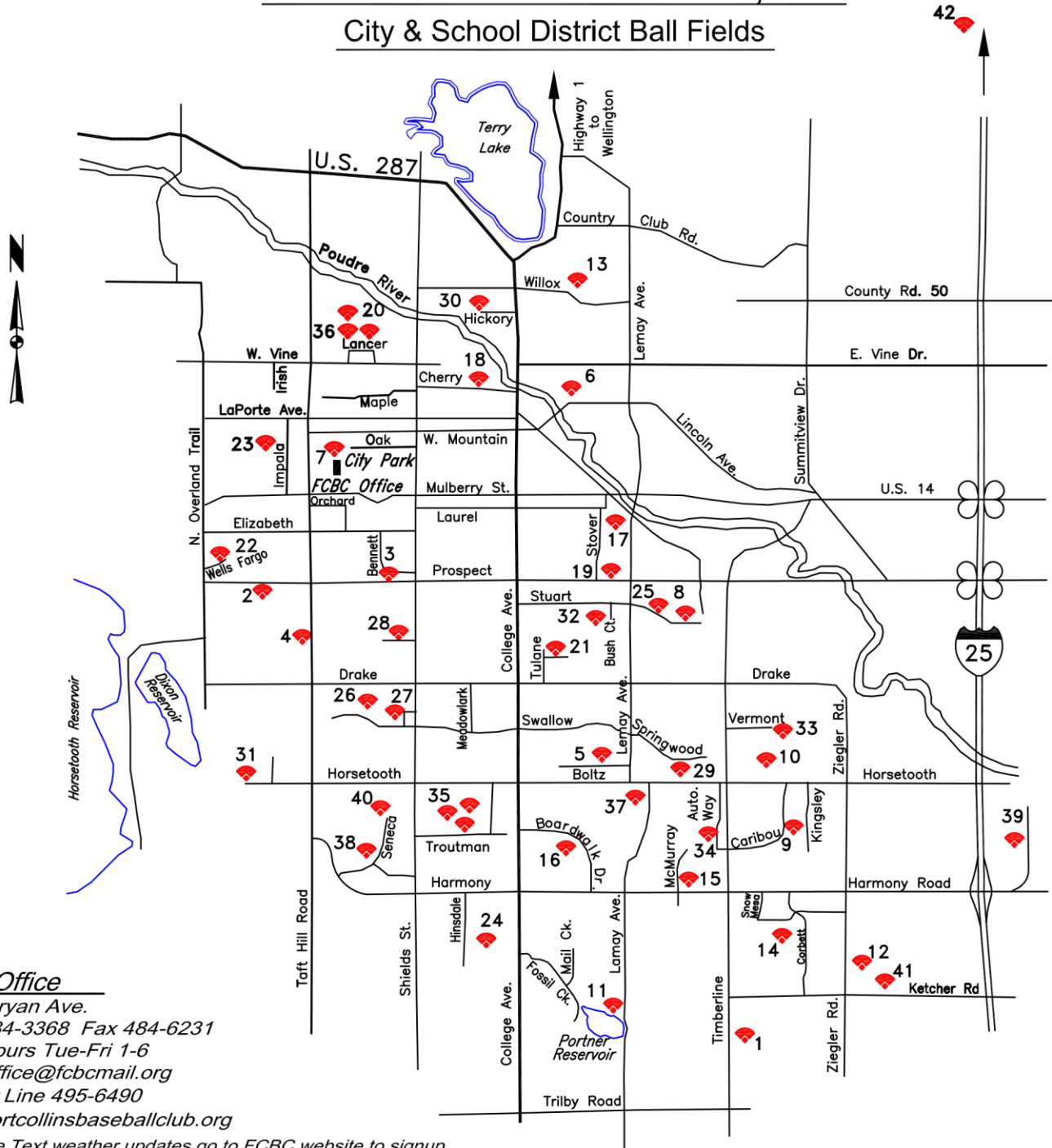
Larger two-lock boxes:

- two locks either side in front
- put key in and open lock ... it will move forward
- push lock in on both sides to lock

If you have any issues with the Job Box please call us on the unlisted coach line right away. If the box locks and you are unable to open it back up, put the bases by the box and call right away. We will send our field crew to put them away.

Fort Collins Baseball Club, Inc.

City & School District Ball Fields



FCBC Office

211 S. Bryan Ave.
 Office 484-3368 Fax 484-6231
 Office Hours Tue-Fri 1-6
 Email: office@fcbcmail.org
 Weather Line 495-6490
WWW.fortcollinsbaseballclub.org
 To receive Text weather updates go to FCBC website to signup.

- | | | |
|---|---|---|
| 1) Bacon Elem. 5844 Timberline Rd. | 16) Landings 4351 Boardwalk Dr. | 31) Spring Canyon Park 2626 W. Horsetooth Rd. |
| 2) Bauder Elem. 2345 W. Prospect | 17) Laurel Elem. 1000 E. Locust St. | 32) Spring Park 2100 Matthews St. |
| 3) Bennett Elem. 1125 Bennett Road | 18) Lee Martinez 600 N. Sherwood St. | 33) Stew (Stu) Case Park 2351 Pinecone Cir. |
| 4) Blevins M.S. 2101 S. Taft Hill Rd. | 19) Leshner M.S. 1400 Stover St. | 34) Triple Crown 3930 Automation Way |
| 5) Boltz M.S. 720 Boltz Dr. | 20) Lincoln M.S. 1600 W. Lancer Dr. | 35) Troutman Pk. 500 W. Troutman/Wabash St. |
| 6) Buckingham 101 First St. | -Walker Field | -Troutman Park/at Lopez Elementary |
| 7) City Park & FCBC Office 211 Bryan Ave. | 21) Odea Elem. 312 Princeton | 36) Walker Fld. 1600 Lancer Dr. |
| 8) Edora Park 1400 E. Stuart St. | 22) Overland Park 2930 Virginia Dale Dr. | -Lincoln Jr. High |
| 9) English Ranch 4100 Caribou | 23) Poudre Varsity 201 Impala Dr. | 37) Warren Park 1101 E. Horsetooth Rd. |
| -Linton Elem. | 24) Ridgeview Pk 4800 Hinsdale | 38) Webber M.S. 4201 Seneca St. |
| 10) FCHS Varsity 3400 Lambkin Way | -McGraw Elem. | 39) Weiss Field 3909 Main |
| 11) Fossil Creek 5821 S. Lemay | 25) Riffenburgh Elem. 1320 E. Stuart St. | -Timmath Elem. |
| 12) Fossil Ridge HS 5400 Ziegler Rd. | 26) RMHS Varsity 1300 Swallow | 40) Westfield Park 4251 Seneca St. |
| 13) Greenbriar Park 730 Willow Lane | 27) Rocky Softball / Baseball Rocky Mtn Way | 41) Webster Park 3280 Kechter Rd. |
| 14) Harmony Park 5015 Corbett | 28) Rolland Moore Shields St. | 42) Wellington/Eyestone Elem/Library Pk |
| 15) Kruse Elem. 4400 McMurray Ave. | 29) Shepardson Elem. 1501 Springwood Dr. | 3800 Wilson Ave. |
| | 30) Soft Gold Park. 520 Hickory St. | -Wellington, Co 80549 |



Training Tools

INITIAL PARENTS MEETING

A. Purpose

1. Make sure parents and players understand your **Team Philosophy and Expectations**
 - a. Playing time discussion and position rotation discussion
 - b. Position Play: no player plays a position without practice especially if he/she cannot catch or throw or has a fear. In particular, Catcher, Pitcher, and First Base involve greater safety issues for being hit. Consider the fact that not only *your* team but also the *other* team wants to play defense and hit the ball in order to get better.
 - c. Parents may approach coach on issues only at a certain time. Not directly during games or practices and certainly never in front of players or other parents.
2. Allow parents and players to ask questions that have arisen in previous years and concerns or misconceptions they may have about coaching and baseball.
3. Handouts on schedules, team needs, finances, fund-raisers, practice times, and other items are a must. Over-communicate and create clarity.

B. Coach Responsibilities

1. Organization of Games and Practices
 - a. Practices must be fun but challenging ... focused on fundamentals.
 - b. Games are not practices, but a reward for hard work. Stay calm and take small notes on things to work on during your next practices.
 - c. If the umpire, parents, players, and coaches are not all having fun and enjoying the game RE-EVALUATE YOUR COACHING!
 - d. Preparation can be your greatest tool and will help your team enjoy a great season ... or doom you to the wrath of the parents.
 - e. Use station work instead of general, large-group practices for batting and other skills. Players not busy/engaged usually cause focus problems.
 - f. Have separate practices for specific skills or have certain players come at staggered times. Pitchers and Catchers may need workouts separate from the entire group. Do shorter practices and work on them alone or players with like problems may need 45 min on specific mechanics.
 - g. Your job is not to play the games for the team, but to interject plays, encouragement, and help when needed. Coach the process, not the outcome.
2. PROGRESS in baseball will be measured by each of your players' ability to get better at certain skills. Not all will learn every skill but all can accomplish something.
3. Success in baseball will be measured not by wins but by how much better the overall team skills progress during the season.
4. Dugout Duties Assigned for Games
 - a. Players catch pitcher for warm-up if catcher getting off bases or batted last. Wear required equipment to do so (helmet & mask).
 - b. Reorganize equipment after at bat
 - c. Chart pitches
 - d. Gloves and hats to stranded runners at change of at bats
 - e. Warm-up outfielders on your sideline
 - f. Help warm-up relievers during game
5. Lists of equipment and personal gear required by coach, including protective cup.

C. Player Responsibilities

1. Unable to attend practice or game – contact the coach!
2. Be to practice on time or early to help and warm up
3. Hustle at all times and encourage teammates to do same
 - a. Do not coach or criticize teammates
 - b. Talk to coach about positions you would like to play at practice not games and never play a position until you understand it and can master the basics at the position so as not to get hurt.
 - c. Baseball chatter at all times while drilling and playing but no idle conversations with other players while coach is instructing.
4. If practice is not fun and especially if you think you are working too hard RE-EVALUATE YOUR REASONS FOR PLAYING!
5. 100% effort at all times in practice and games. Believe it or not there are teams who never walk during practice.
6. Never throw equipment or temper tantrums.
7. Practice is only over when all equipment is loaded and put away.

D. Parent Responsibilities

1. POSITIVE ATTITUDE
2. Learn to relax and let the game unfold
 - a. Learn to enjoy seeing all the players and not just your own. In baseball the successes of others never diminishes your player but enhances their game too. All players need to hear all parents praise.
 - b. NEVER QUESTION OR PICK AT THE COACHES OR UMPIRES Even if you are an umpire yourself, most plays in baseball require judgments and positioning to see the call. You are not out there and probably don't understand what is happening!
 - c. Even small gestures of disgust or grumbling can undermine coaches, teams, players, games, and entire seasons.
 - d. DON'T EMBARRASS YOURSELF, THE TEAM, OR YOUR PLAYER by arguing calls or balls and strikes.
 - e. Let coaches coach and don't confuse players by yelling instructions
3. Volunteer your services in some way to team
 - a. Help Coach
 - b. Fundraise
 - c. Phone trees
 - d. Water to games and practices
 - e. Planning
 - f. Scorekeeping or Pitch Charting and Counting
 - g. Car pooling
4. Get your player to Practice and Games ahead of Time
5. No parent will agree with the coach all of the time
 - a. If you disagree about you player:
 - i. Player talk to coach 1st-rectify situation
 - ii. Parent talk to coach 2nd-rectify situation
 - b. NO BADMOUTHING OF COACH - to players or parents

DON'T ASSUME YOUR PLAYERS KNOW

1. The other players.

- Get to know each other – you and your players will gain insight.
- On the field emphasis on congratulating and helping other players

2. What is hard work or hustle?

- Running from drill to drill
- Non-stop enthusiasm
- Concentration when trying something new

3. How to talk to Coaches/Umpires/other players.

- Teach respect—if you show respect, your players will show respect
- Coach “Last name” (Coach Smith, Coach Jones)

4. What the coach requires.

- Rules
- Consequences

5. What equipment is required.

- Proper uniform and personal gear—practice and games
- Cold weather gear / Hot weather gear
- Water and ice

6. To help Coaches with preparations and clean up.

- Before practices and games
- After practices and games

7. What to do the day of the game.

- Preparations before they get to the field
 - Food/Water/Gloves/Shoes/Laundry
- When they arrive
 - Same routine every time—comfort level builds confidence and relaxes players
- How to eat and drink and sleep
- Rehearse it

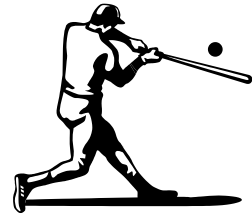
8. How to play their positions.

- Footwork and mechanics of position
- Mental parts of position
- Duties
- Signals
- Communication/chatter

9. Don't assume your players know how to WIN or LOSE

- Talk about winning and goals
- Talk about losing and goals
- Ask them if they've ever felt good about their performance even after a loss

GENERAL PRACTICE GUIDELINES



A. Purpose

1. Instructional—make progress on problem areas or skills
2. Interesting—add something new (signals, base running, plays, etc.)
3. Enjoyable—everyone busy and hustling
4. Rules and Responsibilities set at beginning of season
5. Specialize—never generalize!

--Revolve practice around specific skills or plays or specific area ie:

- Double plays, bunting, hitting in situations or count, bunt coverage, pick offs, defensive situations, base running, signals and offensive plays (double steals, hit and run, delayed steals, bunt plays, trick plays), infield or outfield.

Repetitions—repeat skill, play, sign, throw or situation until you see clear cut grasp of concept. Don't give up even if you must come back to it again in the next practice. Remember learning gaps will haunt your players and you as a coach.

B. Coaches Responsibilities

1. Organization
 - a. Prepare 24 hours in advance
 - b. Concepts and fundamentals to be practiced
 - c. Time span to complete practice—(min—1/2 hour, max—2 hours)
 - d. Facility—availability and conditions
 - e. Who practices—i.e.: all players, infielders only, outfielders only, pitchers/catchers only
 - f. Coaches and assistants available
 - g. Equipment needed and available
2. Practice Day
 - a. Coaches and assistants now agenda
 - b. All equipment needed and ready—EARLY
 - c. Specific instructions for whatever practice to take place

C. Players Responsibilities

1. Sick or unable to attend—PHONE the COACH
2. Report for practice—on time or early
3. Hustle at all times and encourage teammates to do the same
100% effort at all times in practice builds game hustle! Believe it or not, there are teams that NEVER walk during practice
4. Playing and practicing—MUST be FUN and HARD FOCUSED
If you are not having fun, re-evaluate yourself!
5. Practice is not over until ALL equipment is loaded and put away!

NOTE: If these guidelines are kept in mind you will easily be able to make up your own practice plans and be a coaching success (with one other element—POSITIVE ATTITUDE!!)

THE ESSENTIAL FOUR
Defensive/Offensive Drills
For All Ages

DEFENSIVE DRILLS

I. 4 Corner Drill

A. Base to base to base to home

Variations:

1. On coaches verbal command – “4-4-4, 3-3-3, 2-2-2, 1-1-1”
2. Reverse-ball direction
3. Cross field throws
4. Catcher throw-downs – all bases

Variations:

1. Catcher work on blocking, throwing to second, footwork, sliding at backstop.
2. SS and second base receiving and back-ups
3. Sweep tags at each base and home plate (proper catcher position)
4. Infield situational drill
5. With pitchers and runners—USE HELMETS

Variations:

- Picks and hold-on with pitchers—all bases
- Bunt coverages
- Dive plays—hits on lines and in holes
- Right-Side work—Pitcher fielding and coverage to 1st base

Variations:

- Man going to 2nd—pitcher backups—3rd and H
 - Passed ball coverage of H—pitcher/catcher work
 - Base running and pickles
6. Coach hit or throw grounders for footwork at 2nd and SS

II. Tweeners

A. Pop-ups between outfielders and infielders

Variations:

1. Tennis balls and racquets for 12 and under
2. Fence work

III. Home Base X 4

A. Coaches at center area around mound—all bases are home plate

Variations:

1. Work on short hops, hard throw catching, move to ball
2. Bunting—sacrifice, squeeze, slaps, fake bunts
3. Pitching to coaches

IV. Cut-em Down At Home

A. Lines in left-field, center-field, right-field – one hops to home

Variations:

1. Catcher work on receiving
2. Hit the bucket
3. Third base one hops



THESE DRILLS DO IT ALL!

USE THEM!

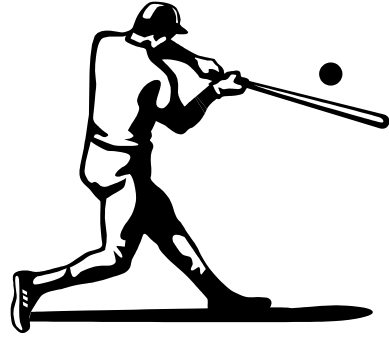
OFFENSIVE DRILLS

I. Dry Swinging

A. Breakdown Mechanics

Variations:

- Hip rotations with heel rolls
- Load and Go (inward turn and stride)
- Track the ball – hat to hand
- Downward swing with finish high



II. Soft Toss Stations

A. Load and Go with tosser's arm

Variations:

- Hit for distance contest – stand by ball
- Inside/Outside

III. Major League Hitting

A. Rotational Hitting—coach pitch/player pitch

Variations:

- Score points for line-drive, long fly, hot grounders, opposite field
- Short screen

IV. Video Taping

- Chalk talk with video analysis by all players and coaches of all players
- Make them see and verbalize the problems
- Individualize each player's needs for future practices
- Work on problems between practices

THROWING

I. Gun sight "L" Line Throws

- Closed hip, shoulder and side of knee from line in grass
- Ready, Gun sight "L", Throw
- One line to another simultaneously

II. One Hoppers

- Throw to 3rd and Home on hop
- Bucket throws

III. Over the Rope

- Throw over low screen or fence or rope to get arm up—ball hits low on other side
- Touch the fence drill—reach back and touch object—throw to target

IV. Power Throws

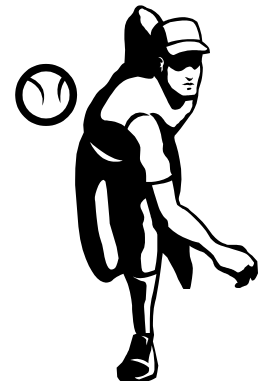
- Throw hard at target or coach from medium range

V. Cutoff Relay Drills

- Line throwing to cutoff competition

VI. Long Toss on a Line

- Long Toss with line drive throws competition



T-BALL AND ADVANCED T-BALL PRACTICE PLAN

Catch/Field/Throw/Hit/Fun

1. Recruiting other Parents

- Show them you're organized
- Don't waste their time

2. Team Roster

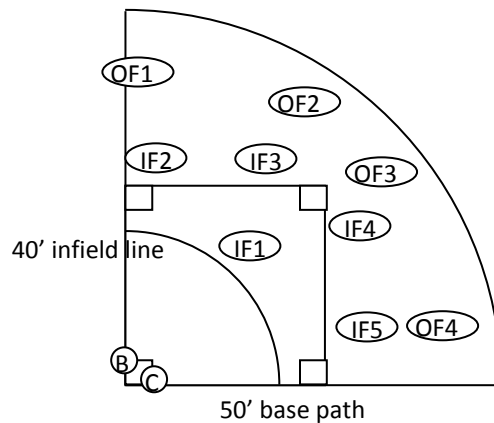
- Schedule, Calendar, Phone tree and Rainy days

3. Team Guidelines

- Dress Code
- Practice times
- Absences
- Game day
- Dealing with adversity
- Umpires
- Playing time
- Teaching methods
- Concept of team unity
- Failure aspect of baseball
- Kids will not remember what you thought them; they will remember how you made them feel

The 60 minute Practice

- | | |
|----------------------|------------|
| 1. Team Talk | 5 minutes |
| 2. Warm-Up | 10 minutes |
| 3. Play Catch | 15 minutes |
| 4. Skills of the Day | 20 minutes |
| 5. Team Talk | 5 minutes |



T-BALL AND ADVANCED T-BALL PRACTICE PLAN

1. Team Talk

- Learning Position
- Listening Skills
- Plan for the day
- Game day

2. Warm-Up

- Running Drills (Form)
- Speed Drills
- Relay Games
- Stretching
- Hit and Run-- H – 1B, H – 2B, H – 3B, H – H

3. Play Catch

- Catching positions
- Circle Catch
- Fly ball/Ground ball and Throw
- Games

4. Skills of the Day

- Hitting drills
- Throwing
- Scrimmage
- Modified Games

5. Team Talk

- Finish

1st Grade – 5th/6th Grade PRACTICE PLAN

OFFENSIVE PRACTICE: 1½ HOUR PRACTICE – 2 COACHES

5:00 Announcements

5:05 Stretch Routine (Everyday)

5:15 Form Running (Everyday)

5:25 Base Running (3 Day Rotation)

Day #1

1. Clap Drill
2. Getting Out of Batter's Box
3. Home – First Base
4. Home – Second Base

Day #2

1. First Base – Third Base
2. Second Base – Home

Day #3

1. Third Base – Home
 - A. Tag Ups
 - B. Leads
 - C. Situations

5:35 Throw (Everyday)

1. One Knee
2. Standing
3. Position

5:45 Hitting (3-Day Rotation)

Day #1

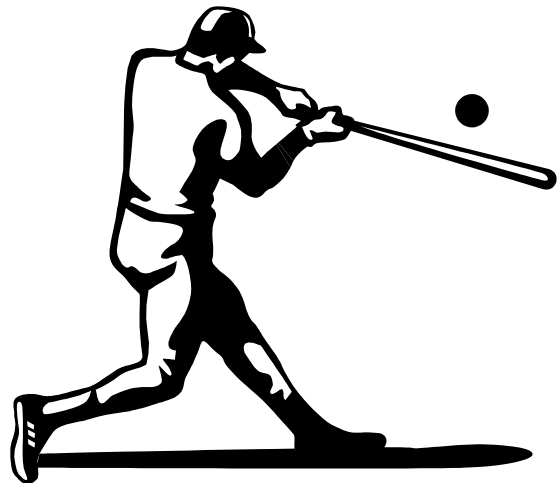
1. Teach Technique
2. Tee's (Partners)
 - A. Position Safety
 - B. Point of Contact
3. Whiffle Batting Practice
 - A. Two Locations

Day #2

1. Teach Technique
2. Soft Toss – Whiffle Balls
 - A. Position
 - B. Feeds
 - C. Point of Contact
3. Whiffle Batting Practice
 - A. Two Locations

Day #3

1. Hitting Contest
 - A. Tee's
 - B. Soft Toss
 - C. Whiffle Batting Practice – Line Drives



6:15 Scrimmage (Everyday)

1. Two Teams
2. Everyone Hit Once, Rotate
3. The Game

6:30 Equipment Pick Up (Everyday)

1st Grade – 5th/6th Grade PRACTICE PLAN

DEFENSIVE PRACTICE: 1 ½ HOUR PRACTICE – 2 COACHES

5:00 Announcements

5:05 Stretch Routine

5:15 Form Running

1. High Knees
2. Butt Kicks
3. Bounds

5:25 Throw

1. One Knee
2. Standing
3. Position
4. Contests

5:35 Ground Balls / Fly Balls (2 Stations)

Station #1 – Ground Balls (10 Minutes)

1. Technique
2. Movement Left and Right
3. Throw to Bases

Station #2 – Fly Balls (10 Minutes)

1. Technique
2. Drills

****Switch Stations after 10 Minutes**

5:55 Situations and Cut Offs

6:15 Scrimmage

1. Two Teams
2. Everyone Hit Once – Rotate

6:30 Equipment Pick Up

7th/8th Grade – 9th/10th/11th Grade PRACTICE PLAN

OFFENSIVE PRACTICE: 1 ½ HOUR PRACTICE – 2 COACHES

5:00 Announcements

5:05 Stretch Routine (Everyday)

5:10 Form Running (Everyday)

1. High Knees / High Knees Against Fence
2. Butt Kicks
3. Bounds
4. Stride Bounds

5:20 Base Running (4 Day Rotation)

Day #1

1. Getting Out of Batter's Box
 - A. Clap Drill
 - B. Foot Work
2. Home – First Base
 - A. Foot Work
 - B. Chop Steps & Look Right
3. Home – Second Base
 - A. Foot Work
 - B. Rounding First Base

Day #2

1. Leads at First Base
2. Dive Backs
3. Secondary Leads
4. First Base – Third Base
 - A. Coach Base Coach

Day #3

1. Leads at Second Base
2. Delay Steal
3. Second Base – Home

Day #4

1. Third Base Situations, Leads
2. Running on Bunts
3. Hit and Run
4. Double Steal

5:40 Throw

1. One Knee
2. Standing
3. Position



5:50 Hitting (4 Day Rotation)

Day #1

1. Stations
 - A. Tee's
 - B. Soft Toss
 - C. Whiffle Batting Practice
 - D. Cage Hitting – Short Screen

Day #2

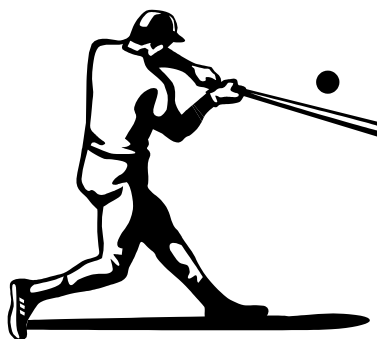
1. Stations
 - A. Sacrifice Bunting
 - B. Drag Bunting
 - C. Soft Toss
 - D. On Field Hitting Practice (players throw to each other)
 - E. Shag

Day #3

1. Stations
 - A. Bunting
 - B. Tee's
 - C. Soft Toss
 - D. Short Screen
 - E. On the Field Hitting
 - F. Shag

Day #4

1. Hitting Contests
 - A. Tee's
 - B. Line Drive
 - C. Bunt
 - D. Hit & Run



6:30 Equipment Pick Up

7th/8th Grade – 9th/10th/11th Grade PRACTICE PLAN

DEFENSIVE PRACTICE: 1 ½ HOUR PRACTICE – 2 COACHES

5:00 Announcements

5:05 Stretch Routine

5:15 Form Running

1. High Knees Against Fence
2. Crossovers

5:25 Throw

1. One Knee
2. Standing
3. Position
4. Cut or Relay Drill

5:35 Defensive Work

1. Infield – D.P.s / Slow Rollers / Ground Balls
2. Mid-Infield – D.P.s / Feeds / Ground Balls
3. Out Field – Drills
4. Center Field – Blocking / Framing

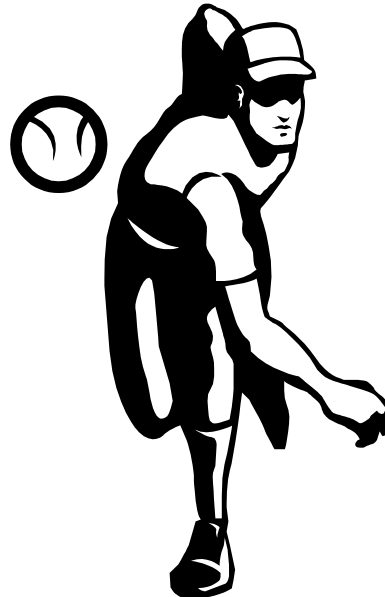
5:45 Infield / Outfield

1. Relays and Cuts
2. Pre – Game

6:00 Bunt Defense and/or 1st & 3rd Defense

6:10 Scrimmage

6:30 Equipment Pick Up



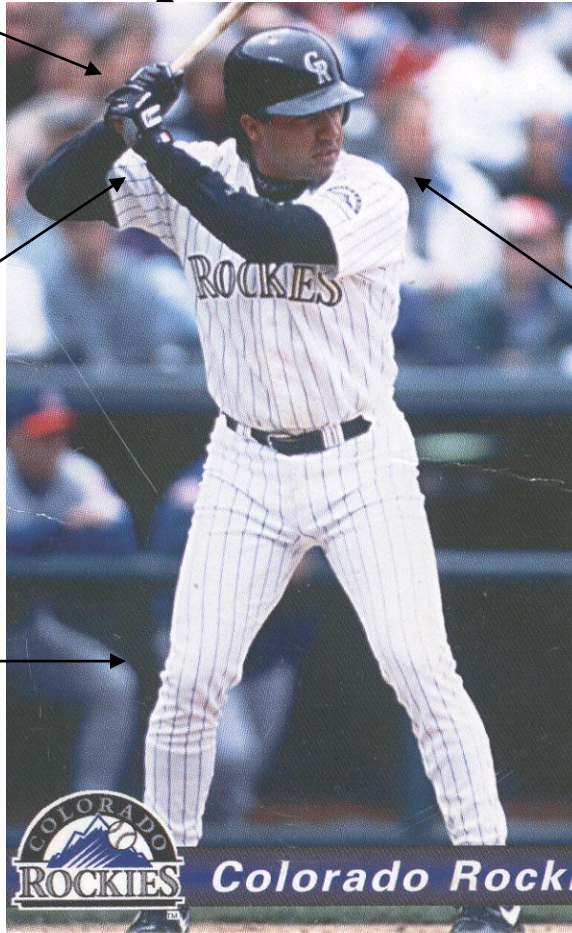
WORKABLE STANCE

Bat above shoulder

NOSE over TOES

CHEST over KNEES

Hands ear-hole high



Eyes level
(looking at P)

Elbows to Hands forms
upside down "V"

Front shoulder down

Knees slightly bent

STAY TALL

Pigeon-toed
Weight on balls of feet

KNEES between FEET

BUTT between KNEES

HEAD over BUTT

STANCE

- Gets you to LAUNCH POSITION
- Ready position
- You don't hit from STANCE, you hit from LAUNCH POSITION

STANCE is easier to imitate because hitters are in it a lot longer than LAUNCH POSITION

- Hitter's job to find / use WORKABLE STANCE
- Can trace most hitting problems back to STANCE

STANCE SHOULD GET HITTER IN BATTER'S BOX LOOKING LIKE A THREAT TO THE PITCHER & DEFENSE

STRIDE

- STRIDE puts you in position to strike the ball (LAUNCH POSITION)
- Preparatory phase for timing - hitter times pitch with legs (upper body remains relaxed and unaffected - stays toward plate - by lower body)
- STRIDE takes place before P releases ball ("get there early, work late)
- STRIDE towards P
- Keep leverage / balance / hands & weight back with STRIDE (make fastball slower by staying back)
- Stride foot hits ground, bat must be ready to launch
- Slower the STRIDE, quicker the hands
- STRIDE then SWING

STRIDE DOES NOT GET YOU TO THE BALL!!!

DECIDE

- In LAUNCH POSITION, waiting to see & read pitch
- See ball as long as possible - see ball out of hand
- See pitch out of "the window"
- Every pitch tells story
 1. Ball or Strike
 2. Type of pitch
 3. Location of pitch
- The sooner you recognize the pitch, the better you will track the pitch
- The better you track the pitch, the better your chances of making contact with your swing
- Identify pitch & location BEFORE committing to forward movement of swing (if start swing before recognize pitch, then problems)
- Quicker pitch recognized, able to attack ball aggressively (more relaxed & precise swing)
- Most of problems in hitting are caused by starting swing too early, before getting good read on the ball (less info to use)
- Hitter has .2 seconds to recognize pitch

THE LONGER THE HITTER CAN WAIT, THE BETTER THE HITTER WILL BE

COLLIDE

Your SWING gets you to the ball (Bat Speed / Power comes from SWING)

- Poorer mechanics, sooner have to start swing (more wrong with swing, earlier you have to get it going)
- Don't do anything with hands until BODY puts hands in position to move forward
- Put body in right position EVERY TIME - make body work well so when you get your pitch, you mash!
- SPEED, not strength
- Keep head still & down - body rotates under head
- SWING starts with BACK FOOT - creates & delivers leverage to drive into pitch
- Quicker pivot = better bat speed
- Bat above back shoulder - barrel below hands, lose bat speed
- Keep hands between body & pitch
- Hands take bat down to center of baseball
- Both elbows below hands through SWING
- Keep bat in fair territory as long as possible
- Swing through point of contact - keep bat speed at maximum



FORT COLLINS BASEBALL CLUB

PRACTICE PLAN

Team:	Coach:
Date:	Total Time:

Length	Activity / Game / Exercise	Area

Organization / Diagrams:

Positions by Inning

____ / ____ / ____

Umpire

Opponent

Out:

3rd Base

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Catcher

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Left Field

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Short Stop

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Second Base

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Pitcher

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

First Base

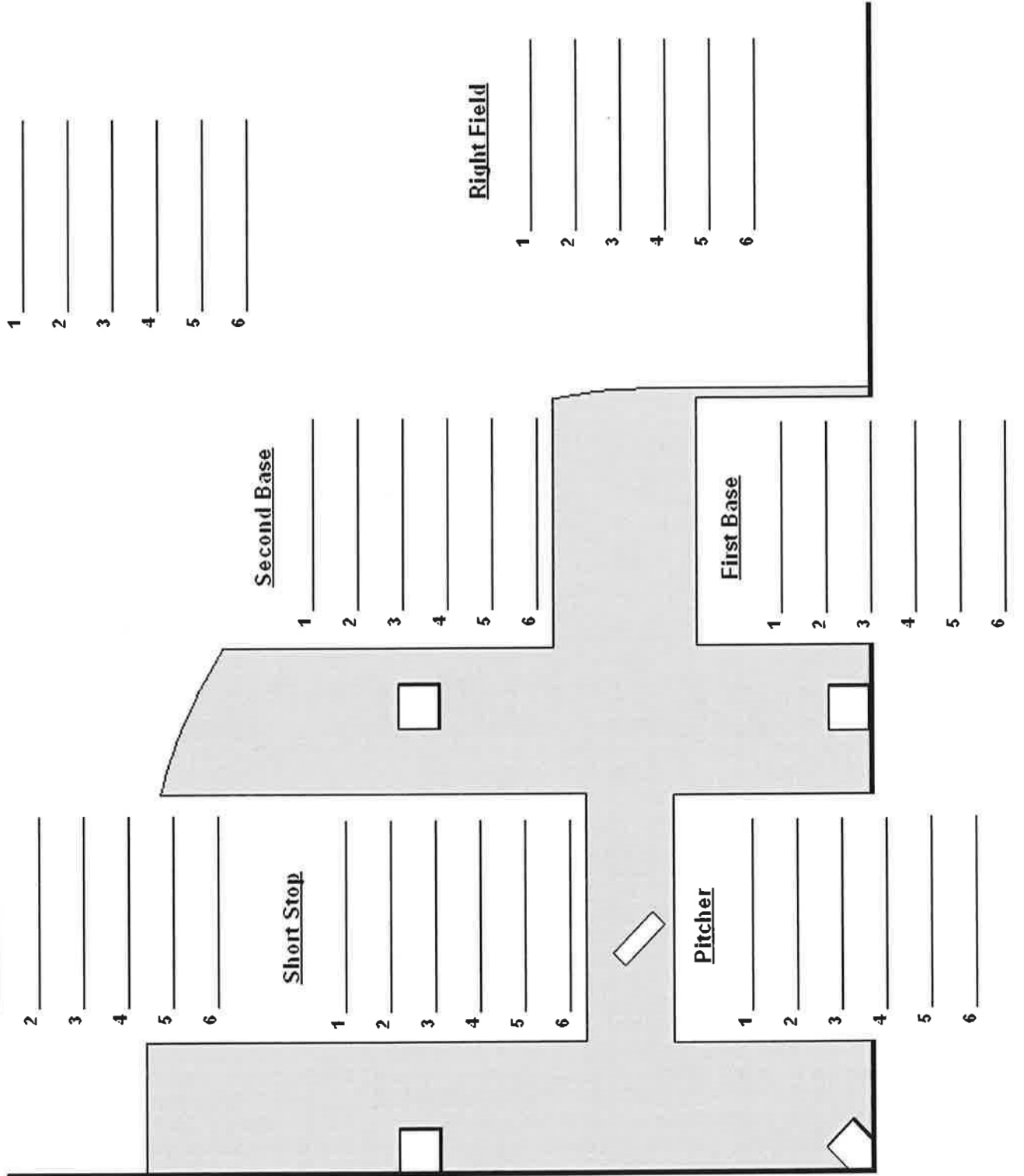
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Center Field

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Right Field

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____



14-Player Roster

1	3B	OUT	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF
2	LF	3B	OUT	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT
3	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B
4	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT	C	P	OUT	CF
5	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT	C	P	OUT
6	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT	C	P
7	P	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT	C
8	C	P	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF	OUT
9	OUT	C	P	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B	RF
10	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT	1B
11	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	OUT	SS	OUT
12	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	OUT	SS
13	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	OUT
14	OUT	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B

13-Player Roster

1	3B	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF
2	LF	3B	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT
3	OUT	LF	3B	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B
4	2B	OUT	LF	3B	SS	OUT	1B	RF	OUT	C	P	OUT	CF
5	CF	2B	OUT	LF	3B	SS	OUT	1B	RF	OUT	C	P	OUT
6	OUT	CF	2B	OUT	LF	3B	SS	OUT	1B	RF	OUT	C	P
7	P	OUT	CF	2B	OUT	LF	3B	SS	OUT	1B	RF	OUT	C
8	C	P	OUT	CF	2B	OUT	LF	3B	SS	OUT	1B	RF	OUT
9	OUT	C	P	OUT	CF	2B	OUT	LF	3B	SS	OUT	1B	RF
10	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	SS	OUT	1B
11	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	SS	OUT
12	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B	SS
13	SS	OUT	1B	RF	OUT	C	P	OUT	CF	2B	OUT	LF	3B

12-Player Roster

1	3B	OUT	1B	RF	SS	OUT	P	C	CF	OUT	2B	LF
2	LF	3B	OUT	1B	RF	SS	OUT	P	C	CF	OUT	2B
3	2B	LF	3B	OUT	1B	RF	SS	OUT	P	C	CF	OUT
4	OUT	2B	LF	3B	OUT	1B	RF	SS	OUT	P	C	CF
5	CF	OUT	2B	LF	3B	OUT	1B	RF	SS	OUT	P	C
6	C	CF	OUT	2B	LF	3B	OUT	1B	RF	SS	OUT	P
7	P	C	CF	OUT	2B	LF	3B	OUT	1B	RF	SS	OUT
8	OUT	P	C	CF	OUT	2B	LF	3B	OUT	1B	RF	SS
9	SS	OUT	P	C	CF	OUT	2B	LF	3B	OUT	1B	RF
10	RF	SS	OUT	P	C	CF	OUT	2B	LF	3B	OUT	1B
11	1B	RF	SS	OUT	P	C	CF	OUT	2B	LF	3B	OUT
12	OUT	1B	RF	SS	OUT	P	C	CF	OUT	2B	LF	3B

Pre-K and K Line up

1	3B	RC	SS	OUT	1B	RF	OUT	LC	P	OUT	C	2B	OUT	LF
2	LF	3B	RC	SS	OUT	1B	RF	OUT	LC	P	OUT	C	2B	OUT
3	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT	LC	P	OUT	C	2B
4	2B	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT	LC	P	OUT	C
5	C	2B	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT	LC	P	OUT
6	OUT	C	2B	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT	LC	P
7	P	OUT	C	2B	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT	LC
8	LC	P	OUT	C	2B	OUT	LF	3B	RC	SS	OUT	1B	RF	OUT
9	OUT	LC	P	OUT	C	2B	OUT	LF	3B	RC	SS	OUT	1B	RF
10	RF	OUT	LC	P	OUT	C	2B	OUT	LF	3B	RC	SS	OUT	1B
11	1B	RF	OUT	LC	P	OUT	C	2B	OUT	LF	3B	RC	SS	OUT

SUGGESTIONS FOR MAKING LINEUPS

- Make a batting lineup at the first game and stick with it for the entire season. Keep track of who batted last in the previous game and lead off with the next player at the next game. This saves a lot of time when getting to the bench and knowing who the players are sitting next to. This helps the parents learn who the kids are as well.
- Make a lineup for 6 innings so that you are not wasting time thinking of where to send players into the field.
- Anyone can and should play every position except for Pitcher and 1st due to safety reasons. If a player is not adept at catching the ball but will pay attention to a throw at him then he can play 1st base. Encourage all players to try catcher but do not force those who are not comfortable.
- Note which players can pitch.
- Note which players can play 1st.
- Note which players are willing to catch.
- Keep track of how many innings each player plays at each position.
- Consider all outfield positions as one.
- “Bench” is a position.
- Keep track of the number of games each player has attended. Need to factor a ratio into the totals.
- Start your lineup by looking at the pitchers, catchers and first basemen.
- Have the catcher sit the bench the inning before to get equipment on.
- Who needs to sit the bench in early innings.
- Have a player be at a position for 2 consecutive innings to increase the chances of a play at that position.
- If your game does not go 6 innings then start with the unused innings in your next lineup. Be sure to tally the number of innings that were played at each position not those assigned but never played.



Volunteer Umpire Tips
Pre-K to 1st Grade

Volunteer Umpire Information

Pre-K Tee-ball, K & 1st Grade - Coach Pitch

Basic Positions [switch after second inning, since most games are 4 innings - equal parts]

Plate Umpire

1. Behind home plate and help position the catcher
 - a. Opposite side from the batter for tee-ball
 - b. Behind the plate for Coach Pitch and Player/Coach Pitch
2. Move down 3rd base line to make calls there (unless have a call at home)

Base Umpire

1. Nobody on base - just outside foul line about 10 feet behind 1st base
2. Runners on 1st, 2nd, 1st and 2nd or 1st and 3rd – between pitcher and 2nd base about 10 feet towards 1st base
3. Runners on 3rd, 2nd and 3rd or bases loaded – between pitcher and 2nd base, 10 feet towards 3rd base

Basic Duties

Plate Umpire

1. Calls and keeps track of balls and strikes
 - a. Tee-ball- no calls but make sure bat contacts ball and not just the tee
 - b. Coach Pitch – call strikes if player is not swinging at “close” pitches
 - c. Player/Coach Pitch – have big zone (neck to knees and 3” wider than the plate) to encourage swinging
2. Adjust tee height, then remove from plate area after hit and player has left the area
3. Make sure players do not throw the bat (warn 1st and 2nd time player is out)
4. Determine if ball is foul or fair (tee-ball, foul if not hit 10 feet from tee)
5. Keep track of number of outs and announce last batter
6. Watch for overthrows and allow players to advance only one base
 - a. Tee-ball and Coach Pitch - overthrows at any base
 - b. Player Pitch – the ball must go into foul territory
7. Make out and safe calls at 3rd base and home plate
8. Keep track of official time so no inning starts after allowed time

Base Umpire

1. Make all out and safe calls at 1st and 2nd base. Help at 3rd if plate umpire stays at home to make a call
2. Make sure runners stay on their base until ball crosses home or is hit by the batter
3. Make sure defensive players follow position restrictions on where they may start before the ball is hit (infield no closer than 10 feet in front of base lines, outfielders no closer than 20 feet behind base lines / evenly spaced)

***Be fair/impartial and realize that you serve an important position.
If other parents don't like your calls encourage them to volunteer for the next game.***



League Rules

For specific rules for each age group visit our website: www.fortcollinsbaseballclub.org

FCBC Additional Rules and Protocol

Non-Game Team Functions: Any use of alcohol by team personnel – before games, at tournaments, team parties, or any other functions where the players are present – is prohibited

Suspension and Ejection Policy: The following league ejection and suspension policies will be in effect for all League games and Tournaments, including the End-of-Season Playoff:

Definition of terms:

- Ejection: A penalty for un-sportsmanlike conduct or other violation penalized by ejection as outlined by NFHS baseball rules. An ejection is served during the game in which the ejection occurred.
- Suspension: A penalty for un-sportsmanlike or other inappropriate conduct. The League Recreational Committee governs suspensions. A suspension is additional punishment to an ejection. A player, coach, or other person associated with a team may be suspended even if they haven't been previously ejected.

Ejections:

- Coach Ejections: All coach ejections are governed by the NFHS baseball rules.
- Player Ejections: All player ejections are governed by the NFHS baseball rules.

Suspensions:

- Coach Suspensions: A coach, or other person associated with the team, who is ejected from any league game will be suspended for a minimum of one (1) additional game, and is not allowed on site at the game or warm-up. A coach, or other person associated with the team, may be suspended for more than one game. A coach, or other person associated with the team, may be suspended without having been previously ejected. If both sanctioned coaches are ejected from the same game then the head coach is suspended from the next league game and the manager is suspended from the subsequent league game.
- Player Suspensions: All player ejections will be reviewed by the Competitive Committee to determine if a suspension is necessary.



Conduct Form & Equipment

Fort Collins Baseball Club, Incorporated

Recreational Leagues Pre-K to 11th Grade
Coaching Standards of Conduct

League: _____ **Team Name** _____ **School** _____

The MISSION of the recreational baseball program of FCBC promotes an educational and instructional program for individuals in the Fort Collins area. The FCBC recreational program promotes full player participation which includes the development of a healthy attitude towards sportsmanship and respect for authority, together with the instruction in baseball rules, skills and the element of play. Equally important is taking all reasonable steps to protect the safety of the participants.

As a **Coach** in the FCBC Recreational Leagues, I understand that my responsibilities are of great importance and that my actions are a very visible example to the participants with whom I am involved. I promise to uphold the following standards:

1. I will treat each individual (player, opposing coach, official, parent, or administrator) with respect and dignity, and exhibit exemplary conduct at games and practices. I will not engage in any negative emotional, psychological, or physical contact toward anyone involved with the leagues or FCBC.
2. I will take all League Required Testing for certification for concussions.
3. I will do my best to teach sportsmanship, team morale, fundamental skills, techniques, fair play, responsibility, respect, and the strategies of the sport.
4. I will become thoroughly familiar with the rules of my sport, including the Rule Modifications that have been established for my team's age group and High School Federation Rules
5. I will show respect and uphold the authority of the officials who are assigned to the game, and will not hold officials or unforeseen weather accountable for the result of the game.
6. I will promptly report any violations of League rules or regulations to the FCBC Executive Director, and I will cooperate with the Director and League Commissioners in the enforcement of such rules.
7. I will do my best in not allowing parents or spectators to jeopardize any player's opportunity for a positive experience at practices and games.
8. I will protect the health and safety of my players at all times.
9. I will not use Tobacco within 250 feet of any ball field. The use of alcohol before, during, or after games, tournaments, team parties, or any team function where players are present is not permitted.
10. I will not give false information of any kind to FCBC.
11. I will also conduct myself in a positive manner while representing FCBC as a coach at any non-league team function or tournament.
12. I will not possess or consume **alcoholic beverages** [in any local park] immediately prior, during, or immediately after games in accordance with local laws.

As a Coach in the FCBC Recreational Leagues Northern Colorado Rookie League, operated by the Fort Collins Baseball Club, Incorporated, I have read, understand and will promote and abide by these Standards of Conduct.

Signature

Head Coach _____ **Date** _____

Failure to adhere to the above Standards of Conduct can result in a disciplinary action being taken, based on FCBC's Disciplinary Guidelines, including, but not limited to, suspension or removal from the program. Any such action may be appealed, in writing, within two weeks. In such a case, a hearing will be convened within two weeks of receiving such appeal. FCBC, in a joint effort with other youth organizations, shares information pertaining to coach suspensions. Such organizations include, but are not limited to, the City of Ft. Collins, the Poudre School District, & the Ft. Collins Soccer Club.



Dear FCBC Coaches,

Welcome to the 2016 Fort Collins Baseball Club season. In past years, much equipment has been returned to us damaged beyond repair. We request that you try your best to preserve the equipment throughout the season, and that you instruct your players in the proper care, handling, and maintenance of that equipment. Such an effort will result in the prolonged safe usage of existing equipment, which will save you and the player's money in the long run.

Please remember that any equipment lost or damaged due to negligence will be replaced at the coach's expense. Normal wear and tear is expected and will NOT be the responsibility of the coach. By submitting the form below, **you the coach acknowledge responsibility** for the equipment and further acknowledge that this responsibility extends to financially compensating FCBC for the loss or damage to equipment due to negligence. We expect that you will install in your players the responsibility to take care of and thoroughly clean the equipment prior to being returned at the end of the season.

All equipment MUST be returned to the office **NO LATER THAN JULY 25, 2015** If you will be coaching fall baseball you may keep your equipment but must notify us first and return it once the fall season is complete. Due to significant delays and tardiness on the part of many coaches in the past, any equipment not returned by the above mentioned date will be treated as lost and the coach will be billed for that equipment in its entirety. **(FCBC will occasionally be able to pick up your equipment after your last game at the field. If we are unable, you are required return equipment to our offices.)**

If you have any questions or concerns about your equipment please call the FCBC Office at 484-0089. Best wishes for a fun, safe, and successful 2015 season.

TEAM INFORMATION

Coach Name: _____ Home Ph # _____ Work Ph # _____

Address: _____ City: _____ St: _____ Zip: _____

Alternate Contact Person: _____ Home Ph #: _____

League (circle one):

Pre K Kindergarten 1st Grade 2nd Grade 3rd Grade
4th Grade 5th & 6th Grade 7th & 8th Grade 9th – 11th Grade

Team Name: _____

FCBC RECREATIONAL LEAGUE EQUIPMENT LISTS

Pre-K T-Ball & Kindergarten Advanced T-Ball

- 1 Adjustable Batting Tees (+1 additional tee rod for 5's)
- 12 Used practice balls (safety balls)
- 12 New game balls (safety balls)
- 1 set of throw-down bases
- 3 Batting helmets (teams should share helmets)
- 1 Green equipment bag
- 3 Bats (24", 25", and 26")

1st Grade Coach Pitch & 2nd Grade Player/Coach Pitch

- 1 Catcher's chest protector
- 5 Batting Helmets
- 12 Used practice balls (safety balls)
- 12 New game balls (safety balls)
- 1 Green equipment bag
- 1 White equipment bag
- 3 Bats (27", 28", and 29")
- 1 Set of throw-down bases **WHITE HEAVY DUTY**
- 1 Catcher's mitt
- 1 Catcher's mask
- 1 Catcher's helmet
- 1 Pair catcher's shin guards

3rd, 4th 5th -6th Grade

- 3 Bats (27", 28", and 29" for 10 and 28", 29", and 30" for 12)
- 1 Catcher's chest protector
- 1 Pair catcher's shin guards
- 1 Catcher's helmet
- 1 Catcher's mask
- 1 Catcher's mitt
- 1 Set of throw-down bases
- 1 Scorebook
- 5 Batting helmets
- 12 Used practice balls
- 1 White equipment bag
- 1 Green equipment bag
- 24 new game balls

7th – 8th Grade & 9th – 11th Grade

- 3 Bats (30", 31", and 32" for 14 and 31", 32", and 33" for 16)
- 1 Catcher's chest protector
- 1 Pair catcher's shin guards
- 1 Catcher's helmet
- 1 Catcher's mitt
- 1 Set of throw-down bases
- 5 Batting helmets
- 12 Used practice balls
- 1 Catcher's mask
- 1 White equipment bag
- 1 Scorebook
- 1 Green equipment bag
- 24 New game balls