

# Coaches Manual

St. Catharines Minor Baseball Association



## SCMBA Baseball

We want you to enjoy your coaching experience and would like to make it as easy as possible for you to be an effective coach. To achieve these goals, we have put together this manual. It contains almost all of the information, forms, procedures, names and other material you might need. If you have any questions or problems, talk to your convenor. During any given season, there are members of our board of directors who have many seasons of experience behind them and they are more than willing to discuss baseball with new recruits. We are also keen to have your input on anything and everything relating to St. Catharines Minor Baseball and how it can be improved upon for upcoming seasons.

Fair Play

Principles that the league  
abides by

Page 3

Pitch Counts

Page 8

For the most up to date  
rules of the game

[www.baseballontario.com](http://www.baseballontario.com)



## Valuable resources

### Rain delays

We must follow the City of St. Catharines park closures  
Follow them on Twitter **@StCRecServices**  
or call the Field Information Line at **905-688-5601 x1534**

They are not very good at keeping either of these up to date (especially on weekends) however we must not take to the field if they close the parks. We have also been provided with a foreman's phone number - **905-935-3813**

Also, check out website, as we try to keep on top of rain outs as much as we can and for more details check out our inclement weather policy on our website.

Don't forget to let us know if a game is cancelled due to weather or other purposes and if we are the home team for interlock play (Rookie and above) you must notify the team coming to St. Catharines about the cancellation (more elaboration is at the end of the document).

[parks@stcatharinesbaseball.ca](mailto:parks@stcatharinesbaseball.ca)

[umpires@stcatharinesbaseball.ca](mailto:umpires@stcatharinesbaseball.ca)

### Rules

Many of our rules are determined by the Interlock League of Niagara and the Ontario Baseball Association, you can find the constitution of the OBA online at [www.baseballontario.com](http://www.baseballontario.com) They will be provided at the start of the year.

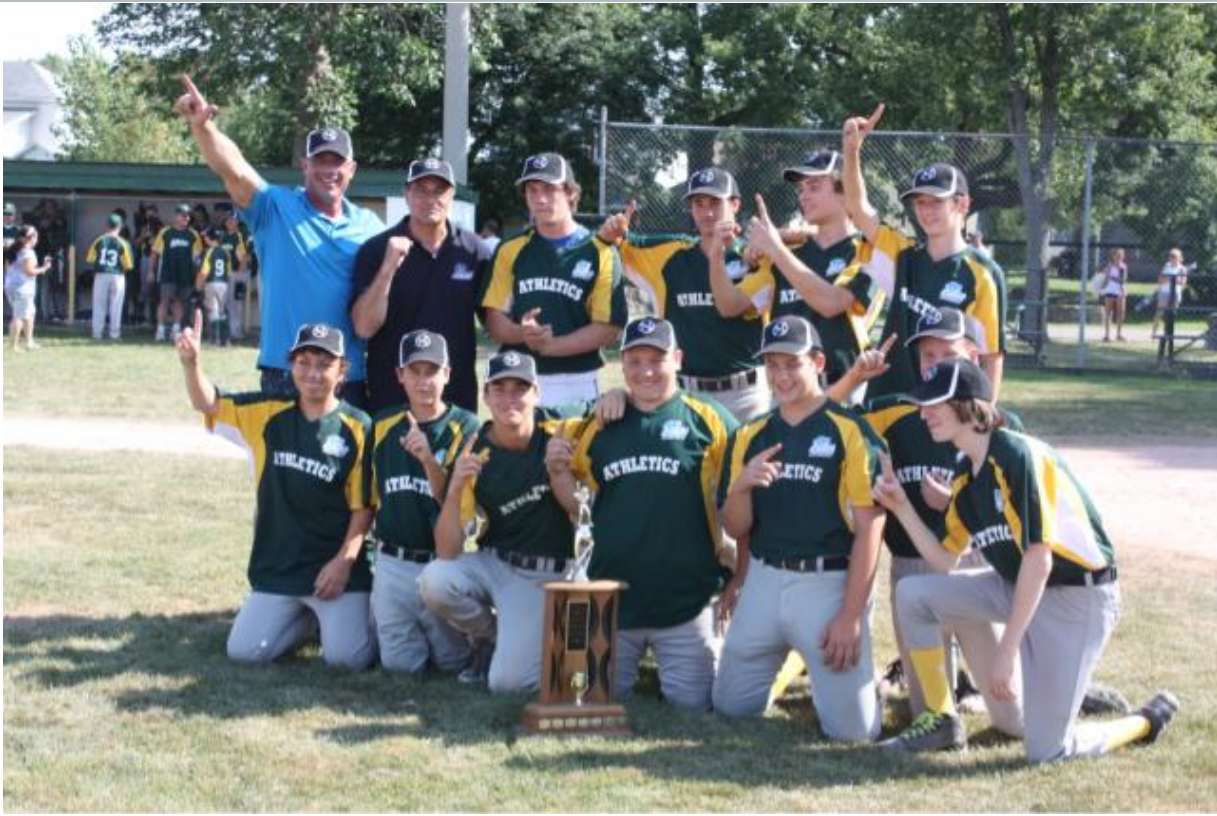
### Practice and Coaching tips

We cannot run youth baseball without our coaches. Thank you for agreeing to take on the responsibility. Don't be afraid to ask for assistance from parents at the first couple practices. A good practice needs lots of people helping.

Practice time is the most valuable time and the most difficult time for a new coach to run. There are great resources that show simple drills and ideas to keep the practice moving and fun for the team.

The SCMBA website has some great materials under - **Coaches/Resources**

Also, just search for youth baseball drills and hundreds of ideas also come up.



## The principles of fair play

### Fair Play Code for Players

1. I will do my best to be a team player and show a commitment to my team.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper – fighting and “negative comments to others” can spoil the activity for everybody.
4. I will respect my opponents.
5. I will remember that winning isn’t everything – that having fun, improving skills, making friends and doing my best are most important.
6. I will acknowledge all good plays/performances – those of my team and of my opponents.
7. I will remember that coaches and umpires are there to help me. I will accept their decisions and show them respect.
9. I will show respect for the equipment and facilities. I will not litter.

**Fair Play Code for Coaches**

I will teach my athletes to play fairly, demonstrate good sportsmanship and to respect the rules, the equipment and ball diamonds, officials and opponents.

2. I will remember that children play to have fun and must be encouraged to have confidence in themselves. I will also remember that young athletes have other interests and obligations.

3. I will remember that children need a coach they can respect. Therefore I will be generous with praise and also set an example of good sportsmanship.

4. I will ensure that all athletes get equal instruction and support as well as fair playing time.

5. I will not ridicule or yell at any baseball player for making mistakes or for performing poorly. I will show umpires the same respect.

6. I will make sure that equipment and facilities are safe and I will encourage a litter-free environment.

7. I recognize that coaching is a commitment and I will endeavor to improve my coaching skills.

**Fair Play Code for Parents and Spectators**

1. I will not force my child to participate in baseball.

2. I will remember that my child plays baseball for his or her enjoyment, not for mine.

3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.

5. I will show my child positive reinforcement by offering praise for competing fairly and trying hard.

6. I will never ridicule or yell at my child for making a mistake or losing a competition.

7. I will remember that children learn best by example. I will set a good example and applaud good plays/performance by both my child's team and their opponents.

8. I will never question the umpires' judgment or honesty in public.

9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.

10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

## Our Divisions

Division	Ages
Blast Ball	3 - 4
Tee Ball	4 - 5
Coach Pitch	5 - 6
Jr. Rookie Ball	6 - 7
Rookie Ball	8 - 9
Mosquito	10 - 11
PeeWee	12 - 13
Bantam	14 - 15
Midget	16 - 18
Junior	19 - 23



## Your Responsibilities as a Coach

Coaching at all levels involves much more than making out the lineup, hitting fungoes, or coaching third base. Coaching involves accepting the tremendous responsibility you face when parents put their children into your care. As a Baseball coach, you'll be called on to do the following:

### 1. Provide a safe physical environment.

Playing Baseball holds inherent risks, but as a coach you're responsible for regularly inspecting the fields and equipment used for practice and competition.

### 2. Communicate in a positive way.

As you can already see, you have a lot to communicate. You'll communicate not only with your players and their parents, but also with the coaching staff, umpires, administrators, and others. Communicate in a way that is positive and that demonstrates that you have the best interests of the players at heart.

### 3. Teach the fundamental skills of Baseball.

When teaching the fundamental skills of Baseball, keep in mind that Baseball is a game, and therefore, you want to be sure that your players have fun. We ask that you help all players be the best they can be by creating a fun, yet productive, practice environment. To help you do this, we'll show you an innovative "games approach" to teaching and practicing the skills young players need to know-an approach that kids thoroughly enjoy. Additionally, to help your players improve their skills, you need to have a sound understanding of offensive and defensive skills. We'll provide information to assist you in gaining that understanding.

### 4. Teach the rules of Baseball.

Introduce the rules of Baseball and incorporate them into individual instruction. Many rules can be taught in practice, including offensive rules (such as the definition of the strike zone, rules related to the baseline, and when sliding is mandatory) as well as defensive rules (such as the force play, the balk rule, and obstruction). You should plan to review the rules any time an opportunity naturally arises in practice.



**5. Direct players in competition.**

Your responsibilities include determining starting lineups and a substitution plan, relating appropriately to umpires and to opposing coaches and players, and making sound tactical decisions during games. Remember that the focus is not on winning at all costs, but on coaching your kids to compete well, do their best, improve their Baseball skills, and strive to win within the rules.

**6. Help your players become fit and value fitness for a lifetime.**

We want you to help your players be fit so they can play Baseball safely and successfully. We also want your players to learn to become fit on their own, understand the value of fitness, and enjoy training. Thus, we ask you not to make them do push-ups or run laps for punishment. Make it fun to get fit for Baseball, and make it fun to play Baseball so that they'll stay fit for a lifetime.

**7. Help young people develop character.**

Character development includes learning, caring, being honest and respectful, and taking responsibility. These intangible qualities are no less important to teach than the skill of hitting the Baseball. We ask you to teach these values to players by demonstrating and encouraging behaviors that express these values at all times. For example, in teaching good team defense, stress to young players the importance of learning their assignments, helping their teammates, playing within the rules, showing respect for their opponents, and understanding that they are responsible for having a role in every play-even though they may not be recognized individually for their efforts.

These are your responsibilities as a coach. Remember that every player is an individual. You must provide a wholesome environment in which every player has the opportunity to learn how to play the game without fear while having fun and enjoying the overall Baseball experience.

This is an excerpt from Coaching Youth Baseball, Fourth Edition.



### **Pitch Count Limitations**

**SCMBA and Interlock do not record pitch counts for our house league players. For the wellness of the kids playing, please follow the 2014 OBA constitutional rules for pitch counts. There is not a need to track this, however, please keep these in mind during the course of the season and use your best judgment when kids are pitching.**

**The other consideration to keep in mind is catchers. They will be throwing just as much, if not more, than the pitchers.**

f) A pitcher may not pitch more than the following limits in a calendar day. If the limit is reached while facing a batter, the pitcher may pitch to the earlier of: (i) the completion of that batter or (ii) the end of the inning.

Minor and Major Mosquito 70 pitches

Minor and Major Pee wee, Pee wee Girls 80 pitches

Minor and Major Bantam, Bantam Girls 90 pitches

Minor and Major Midget, Women 100 pitches

g) If a pitcher throws more than the following limits in a calendar day he/she cannot pitch the next day – the player must have 2 nights rest.

Minor and Major Mosquito 45 pitches

Minor and Major Pee wee, Pee wee Girls 55 pitches

Minor and Major Bantam, Bantam Girls 65 pitches

Minor and Major Midget, Women 75 pitches

h) Where a team has multiple games on the same day, if a pitcher throws more than the following limits during a game or in combination of one or more games, the pitcher may not pitch again in a subsequent game that day:

Minor and Major Mosquito 45 pitches

Minor and Major Pee wee, Pee wee Girls 55 pitches

Minor and Major Bantam, Bantam Girls 65 pitches

Minor and Major Midget, Women 75 pitches

## Coaches Expectations

- ☐ Police check complete
- ☐ Copy of the rules
- ☐ Copy of season schedule
- ☐ Key to the equipment bin
- ☐ Set of equipment
- ☐ Registered on league website
- ☐ Sent coaches training ideas
- ☐ Complete list of all players
- ☐ Are aware of where to check for inclement weather details
- ☐ Provided with training on the pitching machine
- ☐ Copy of convenor contact details
- ☐ Copy of other coaches contact details
- ☐ Submitted player rankings at the end of the season
- ☐ Handed in keys and equipment at end of season

**Meeting with the parents**

Just a tip for you, during the first couple of practices, while the kids are warming up, you should have a 10 – 15 minute meeting with the parents.

- If you are short of assistances, as a parent or two to help out with the team. Many hands are required for an efficient practice
- Tell them that they will be asked to do a number of things – maybe organize a snack schedule (leave that up to a group of parents), keep score or a number of different things.
- Mention that the website has a MY ATTENDANCE feature and they can let you know if they will not be at a game or practice
- Recommend your preferred communications and your expectations

**Rescheduling process**

Should a game need to be rescheduled the following processes should be followed

Blast Ball – if a rain out or a heat advisory cancel a game night, rescheduling will most likely not be done, however it is at the discretion of the convenor to do so.

Interlock (Rookie and above) – You are only responsible for home games.

- First, determine availability of your players and the park
- 1<sup>st</sup> option would be to choose your regular practice time
- Communicate this time with the away coaches, your convenor, the head of umpires and the scheduler (email addresses on page 2)
- 2<sup>nd</sup> option would be to communicate with your convenor and have he/she touch base with the umpires and scheduler

**Appendix**

Emergency Action Plan

Incident Report Form

Weather Policy

Player Profile Form

League Rules