



2019
Softball Major League
Coaches Manual

"PUT ME IN COACH, I'M READY TO PLAY TODAY"
JOHN FOGARTY, "CENTERFIELD"

Major League Manual

CONTENTS

Introduction; Managers Should	Section 1
Safety	Section 2
Field Decorum; Protesting Games; Player Discipline	Section 3
Team Equipment/Uniforms	Section 4
Game Postponements and Cancellation; Rain Make-ups; Scorekeeping.....	Section 5
Player Selection System	Section 6
Recording of Scores; Division Winners	Section 7
Rules Applicable to Major Softball League Play	Section 8
All Star Team Selection Policy	Section 9
Ross Memorial Award; Sportsmanship Award.....	Section 10
GHS Batting Cage Rules.....	Section 11
Training and Development.....	Section 12

SECTION 1

INTRODUCTION

Dear Manager,

Welcome to Glastonbury Little League Softball and thanks for committing the time you will be spending working this season with the youngsters on your team. As a team manager, you are the heart and soul of our program. With you lies the responsibility for its success.

It is the program's objective to teach softball and sportsmanship, build self-esteem in each player, to have fun, and to create in each player the desire to be the very best he or she can be. A positive attitude on your part, bearing in mind at all times that every action should be based on what is best for the youngsters, will take us 95% of the way to these goals.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers must regard each other as teammates on the field of play, working towards the common goal of success for every player. ***Success is not measured by wins and losses but by the positive learning experiences you give to your players. A lost ballgame should never be regarded as a failure.***

Your commitment and your sacrifice of personal time are both recognized and deeply appreciated.

Enjoy your kids, have fun, and good luck!!!

Bill Longo, Softball Co-Commissioner
860-985-4423
Bill.longo@cox.net

Don Longtin, President
860-643-9165
little.league01@cox.net

Jeff Tracy, Softball Co-Commissioner
508-246-4435
Jeffrey.Tracy@gmail.com

Visit our web site at <http://www.glastonburylittleleague.org>

The manual pages, which follow, provide guidelines and rules for the conduct of the MAJOR LEAGUE SOFTBALL DIVISION. These pages are not meant to be all-inclusive; rather they are intended to be ready reference for information needed during the course of the season. They should be carefully read and understood to avoid doubts on the field of play. Please be sure that any coaches or assistants you have helping you read and abide by this manual as well. In the event of a conflict between this manual and other documents, the provisions, which follow, shall govern.

SECTION 1

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise. Bear in mind that you are working with 10, 11, 12 and 13 year old girls.
2. Be aware that they are an example to the players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with others in making the program benefit all the players.
4. Show by example that they respect the judgment and the position of the authority of the umpire. If a difficult situation arises, work with the umpire and your fellow manager to resolve it.
5. Exercise their leadership role adequately but leave the game in the hands of the players.
6. Encourage their players at every opportunity. Do not use negative comments and/or fear
7. Instill in each player self-confidence, a desire to improve and to impart as much softball knowledge as possible.
8. Encourage good health habits, care of uniforms and equipment. Do not allow vulgar language on the bench or field.
9. Be instrumental in shaping acceptable behavior whether the team wins or loses.
10. Know and play by the rules of Glastonbury Little League. Instill in the players a respect for the rules of the game.
11. Be calm, cautious, and use sound judgment during an on field discussion, basing all actions on which is in the best interest of all youngsters involved. These discussions should be low key.
12. Help maintain control of spectator behavior. Lead by example.
13. Teach players to respect the playing fields and keeping the dugouts clean after every game.
14. Promote good sportsmanship towards their teammates, umpires and opponents. Encourage positive cheering for their teammates and **NEVER allow negative cheering towards the opposing team**
15. *Provide the opportunity for players to play the positions they desire. Develop your players, each player should have the opportunity to play an infield position twice in each game. Limiting pitching opportunities to two or three players thru the season is not in keeping with Little League Softball. A good manager spreads this position around. Strive to develop 5-6 pitchers.*

NOTE: The above and everything, which follows in this manual, must be communicated to coaches and/or assistants by the Manager.

SECTION 1

Sportsmanship and Character

*Glastonbury Little League strives to have **Sportsmanship** be the hallmark of its program. Little League has three traits noted in its emblem. They are Courage, Loyalty and **Character**. While a Little League coach is not expected to take on a parent role for all of his/her players, he/she is in a unique position to serve as a positive role model. With the belief that Character is closely linked to good Sportsmanship behavior, the following suggestions for fostering player character are listed.*

- 1. Be vigilant about preventing and stopping scapegoating of one player by other players*
- 2. Recognize the achievements of your players other than softball such as academic, artistic, etc.*
- 3. Create a positive code of behavior for your team*
- 4. Promote players supporting their teammates. Have a "Sportsmanship of the Game" prize*
- 5. Teach respect for the condition of the facilities and cleanliness of the dugout. Have players clean up the dugout area after all games and practices.*
- 6. Do not accept swearing, vulgar or obscene language on your team*
- 7. Strive to be consistent with all players; avoid allowing personal feelings to interfere with fairness*
- 8. Teach your players respect and courtesy towards their teammates, umpires and opponents*
- 9. Emphasize at the first practice the importance of working hard and striving for personal and team goals.*
- 10. Use constructive criticism, tempered by compassion. Help players do the same with each other.*
- 11. Lead by example, respect the rules of softball, local rules and umpires' judgments*
- 12. Provide structure to your team, assure that the League dress code is observed with the players wearing the supplied uniforms properly and shirts are tucked in*
- 13. Promote academics, ask the players how they are doing in school, what is their favorite subject, etc.*
- 14. Create clear team expectations. Recognize the fact when players meet or exceed them.*
- 15. Encourage players to volunteer for extra duties such as carrying equipment to your car or the equipment box, participating in fund-raisers, calling teammates, keeping dugouts orderly.*

SECTION 2

SAFETY

The GLL Safety Officer is Don Longtin 860-643-9165. The following safety rules apply in all games AND practices

1. During practices, players should be spaced so that no one is endangered by wild throws, missed catches, or batted balls.
2. Batters, base runners and base coaches must wear batting helmets during games, practices and when in the batting cages at Glastonbury High School.
3. Collisions between players should be avoided by teaching the players to call for the ball.
4. Players must not wear watches, rings, or other jewelry, or items that could cause injury while playing ball.
5. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers. It is recommended that all male players wear cups
6. Commensurate with our liability insurance requirements and background checks procedures, only league players, managers, and coaches are allowed on the field during practice sessions and games. Managers and coaches must have completed the Volunteer Application Form and local form for GLL processing of the NSOPR and local police background checks.
7. Bats, helmets, and other equipment should be kept well removed from the playing field.
8. **Players should be kept on the team bench when not playing. NO SPECTATORS WILL BE ALLOWED BETWEEN THE TEAM BENCH AND THE PLAYING FIELD OR ON THE TEAM BENCH .**
9. At no time should horseplay be permitted on the playing field or on the bench.
10. Coaches should stress location and change of speed for pitchers
11. **The on deck position and the use of donuts and/or bat weights is not allowed. Managers are responsible for implementing this rule. Umpires are instructed to enforce this rule**
12. Do not play when lightning or the threat of lightning is present. *The umpire will decide when to call games for lightning and darkness. Managers are not to attempt to influence these calls.*
13. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. *This is not a must slide rule but rather it is a non-collision rule.* Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. *In all cases, the runner is out when there is a collision.*
14. The Manager or Coach is responsible for having the League supplied first aid kit at every practice and game. Call the Equipment Director, Pete Halpin, at 657-8998 or the League President 643-9165 to replenish this kit.
15. Use the supplied surgical gloves in the first aid kit whenever dealing with an open cut.
16. **There is no pitch count in the girls softball league**
17. **ACCIDENTS:** Managers should use the first aid kit for minor accidents. In the event of a major accident, the manager should immediately call the police and ambulance service at 911 and assure a physician attends to the player. If the parents are not at the field, the manager should notify the parents as soon as possible. He must then promptly report the accident within 24 hours to the Safety Officers noted above as well as the League president, at 860-643-9165
18. Promptly report any safety problem and potential safety problem to the Safety Officers noted above. Managers and coaches are to inspect the playing equipment before any game and report missing and/or damaged equipment to the League Equipment Director, Pete Halpin, at 860-657-8998 (cell 860-559-3897).
19. Managers are to be aware of special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.

19. Bring the player' phone list at every game and practice in case of emergency.
20. Never leave a young player unattended after a game or practice. If you drive her/him home after the game or practice, assure that the player enters the home and someone is there before you leave.
21. Assure team players are wearing seat belts if you are providing them transportation
22. Coaches should make sure a cell phone is available at every practice and game
23. The safety coach or team manager is to survey the field prior to that start of any game or practice for safety hazards.
24. Smoking and alcoholic beverages are not allowed at any of our ball fields
25. Managers and coaches may undergo basic First Aid kit administration training.
26. Team meetings during games are to be held in the safety of the dugout and not on the field
27. The field equipment boxes are to be carefully opened and closed. Pay particular attention when closing boxes that no one is around or near the box. Boxes are never to be left in an open position or upright position and are to be closed and locked after use

-LIGHTNING FACTS AND SAFETY TIPS

- 1) To determine how far away a lightning strike is, count the number of seconds between the flash and when you hear the rumble of thunder. Divide this number by 5 to get the distance (in miles) lightning is away from you. (i.e. count to 5 and storm is ONE (1) MILE AWAY!!
- 2) Once the lightning is 6 miles away (30 seconds between lightning flash and thunder), take shelter!
- 3) Outside activities should not be resumed until 30 minutes after the last audible thunder as lightning can strike up to 20 miles from the storm cell.
- 4) Take shelter in a safe building like a large enclosed structure or an automobile. Do **NOT** take shelter in a softball dugout, picnic shelter or under a tree.
- 5) Know the forecast. If the forecast calls for thunderstorms, be on the lookout for threatening skies and be prepared to take shelter if dangerous weather approaches. Bring a transistor radio...listed to AM band for static or get live-local weather updates every 10 minutes from WTIC NEWS-TALK 1080.
- 6) Even though the thunderstorm may be as far away as 20 miles, a "bolt from the blue" can happen. If hair on people's head or body "stands up", even if it's sunny where you are, lightning is about to strike...take shelter.
- 7) If someone is struck by lightning, call 911 immediately. If the victim has no pulse for 20-30 seconds, start CPR. But make sure the safety of others is not jeopardized. It is unsafe to be outside if a thunderstorm is near or in progress (lightning **can** strike in the same place twice).

Lightning kills more people each year (80-100) than tornadoes and hurricanes combined

SECTION 2 SAFETY

Safety Guidelines

Safety: One coach shall be designated the Team Safety Coach.

Why a safety coach: GLL has an excellent record regarding player injuries, however there have been incidents that could have been avoided by more visible and preventive actions. Therefore, GLL is adopting a policy to elevate the importance of safety by assigning a Safety Coach to each of its teams in every division of play.

Responsibility: Implementing Glastonbury Little League Safety Policy. Highlights are listed below – see Section 2 of the GLL Coaches Manual for additional description.

Accidents

Evaluate the extent of the injury. Excessive bleeding/suspected bone injury or other major injury, call 911. Direct all other players away. Stay with injured player until help arrives and direct the responding officer to the player. Notify parents. Maintain an account of the incident and report to League President and Board Safety Officer as soon as practical. Treat minor injuries (cuts, abrasions, etc with first aid kit)

Preventive Action

- Bring the player's phone contact list to every game and practice along with cell phone.
- Become aware of players special medical needs (i.e. allergies, bee stings, etc)
- Never leave a player unattended after game or practice (thru Junior League).
- Dugout Discipline – Assure all coaches remain IN the dugout during game situations, entry shall be unobstructed, bats in bat racks, and equipment bags hung or stored under benches.
- Assure no On-Deck Batters, no person shall handle a bat during the game unless they are at the plate or approaching the batter's box
- Assure base runners and base coaches are wearing league-approved helmets. Bats shall be clear of the playing area. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers.
- Assure players are not wearing watches, rings, or jewelry during the game.
- Reinforce the umpire's decision to call games for lightning and darkness
- Evaluate playability of the field and condition of the equipment prior to games. Report unsafe field and equipment conditions to Safety Officer and/or League President
- Ensure a replenished first aid kit is available for minor accidents
- Assure field equipment box is closed and latched during games
- Assure that only League approved individuals are acting as coaches during games and practices

Education

- Prohibit head first slides
- Monitor batter count for maximum number of batters faced by one pitcher
- Collision avoidance – call for the ball when fielding; proper slides in base running situations.
- Proper release of bat after a hit (no thrown bat)
- Don't turn your back on the softball!
- Proper catcher position: equipment forward, fist behind gloved hand or shin guard.
- Stress location and change of speed for pitchers – curve balls must not be used in this league.

SECTION 2 SAFETY CONTINUED

Child Abuse Awareness and Reporting Policy

Legislative Mandates

The State of Connecticut and the Federal government both have legislated mandates pertaining to the reporting of instances of Child Abuse by all individuals in positions of interacting with children. The safety and well-being of all participants in the GLL program is paramount. As adults, we want to ensure that the young people playing in our program are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. As a result of the Federal legislation and combined with Connecticut law, those interacting with children must act as mandatory reporters and therefore, they are required to report or cause a report to be made when, they have reasonable cause to suspect or believe that a child under the age of 18 has been abused, neglected or is placed in imminent risk of serious harm. (Connecticut General Statutes §17a-101a) or where child abuse occurs where a child has had physical injury inflicted upon him or her other than by accidental means, has injuries at variance with history given of them, or is in a condition resulting in maltreatment, such as, but not limited to, malnutrition, sexual molestation or exploitation, deprivation of necessities, emotional maltreatment or cruel punishment. (Connecticut General Statutes §46b-120) or where child neglect occurs where a child has been abandoned, is being denied proper care and attention physically, emotionally, or morally, or is being permitted to live under conditions, circumstances or associations injurious to his well-being. (Connecticut General Statutes §46b-120). With this in mind, we need to better understand what child abuse is.

What is Child Abuse?

Defining child abuse is the first step in battling it. Child abuse can take several different forms:

Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child.

There are many signs of physical abuse. If you see any of the following signs, please get help right away. Signs of physical abuse in a child:

Physical:

- Any injury to a child who is not crawling yet
- Visible and severe injuries
- Injuries at different stages of healing
- On different surfaces of the body
- Unexplained or explained in a way that doesn't make sense
- Distinctive shape
- Frequency, timing and history of injuries (frequent, after weekends, vacations, school absences)

Behavioral:

- Aggression toward peers, pets, other animals
- Seems afraid of parents or other adults
- Fear, withdrawal, depression, anxiety
- Wears long sleeves out of season
- Violent themes in fantasy, art, etc.
- Nightmares, insomnia
- Reports injury, severe discipline
- Immaturity, acting out, emotional and behavior extremes
- Self-destructive behavior or attitudes

28.3% of adults report being physically abused as a child.¹

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement.

Signs of sexual abuse of a child:

Physical:

- Difficulty sitting, walking, bowel problems
- Torn, stained, bloody undergarments
- Bleeding, bruises, pain, swelling, itching of genital area
- Frequent urinary tract infections or yeast infections
- Any sexually transmitted disease or related symptoms

Behavioral:

- Doesn't want to change clothes (e.g., for P.E.)
- Withdrawn, depressed, anxious
- Eating disorders, preoccupation with body
- Aggression, delinquency, poor peer relationships
- Poor self-image, poor self-care, lack of confidence
- Sudden absenteeism, decline in school performance
- Substance abuse, running away, recklessness, suicide attempts
- Sleep disturbance, fear of bedtime, nightmares, bed wetting (at advanced age)
- Sexual acting out, excessive masturbation
- Unusual or repetitive soothing behaviors (hand-washing, pacing, rocking, etc.)
- Sexual behavior or knowledge that is advanced or unusual
- Reports sexual abuse

20.7% of adults report being sexually abused as a child.²

Definition of Child Sexual Abuse. Child Sexual Abuse can be defined as the exploitation of a child by an older child, teen, or adult for the personal gratification of the abusive individual. This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of private parts to a victim and/or victim's exposure of his or her private parts

When a parent or caregiver harms a child's mental and social development, or causes severe emotional harm, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse is a pattern of behavior that causes damage over time.

Signs of emotional abuse in a child:

Physical:

- Delays in development
- Wetting bed, pants
- Speech disorders
- Health problems like ulcers, skin disorders
- Obesity and weight fluctuation

Behavioral:

- Habits like sucking, biting, rocking
- Learning disabilities and developmental delays

¹ Statistic provided by Childhelp.org

² Statistic provided by Childhelp.org

- Overly compliant or defensive
- Extreme emotions, aggression, withdrawal
- Anxieties, phobias, sleep disorders
- Destructive or anti-social behaviors (violence, cruelty, vandalism, stealing, cheating, lying)
- Behavior that is inappropriate for age (too adult, too infantile)
- Suicidal thoughts and behaviors

10.6% of adults report being emotionally abused as a child.³

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- Physical neglect and inadequate supervision. Examples of physical neglect:
 - Deserting a child or refusing to take custody of a child who is under your care
 - Repeatedly leaving a child in another's custody for days or weeks at a time
 - Failing to provide enough healthy food and drink
 - Failing to provide clothes that are appropriate to the weather
 - Failing to ensure adequate personal hygiene
 - Not supervising a child appropriately
 - Leaving the child with an inappropriate caregiver
 - Exposing a child to unsafe/unsanitary environments or situations
- Emotional neglect. Examples of emotional neglect:
 - Ignoring a child's need for attention, affection and emotional support
 - Exposing a child to extreme or frequent violence, especially domestic violence
 - Permitting a child to use drugs, use alcohol, or engage in crime
 - Keeping a child isolated from friends and loved ones
- Medical neglect. Examples of medical neglect:
 - Not taking child to hospital or appropriate medical professional for serious illness or injury
 - Keeping a child from getting needed treatment
 - Not providing preventative medical and dental care
 - Failing to follow medical recommendations for a child

While a single indicator may not be cause for alarm, children who are neglected often show that they need help:

- Clothing that is the wrong size, in disrepair, dirty, or not right for the weather
- Often hungry, stockpiles food, seeks food, may even show signs of malnutrition (like distended belly, protruding bones)
- Very low body weight, height for age
- Often tired, sleepy, listless
- Hygiene problems, body odor
- Talks about caring for younger siblings, not having a caregiver at home
- Untreated medical and dental problems, incomplete immunizations
- Truancy, frequently incomplete homework, frequent changes of school

A crucial step in stopping child abuse before it happens is knowing who might be a child abuser, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone.

Who are the reporters?

³ Statistic provided by Childhelp.org

The legislatively adopted Federal “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. In the case of Glastonbury Little League, this would be ADULT(over 18 years old) Administrators, Coaches, Managers, Umpires, Concession Staff. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties. If an individual suspects a case of abuse within GLL, they should report it within 12 hours of the alleged incident to the appropriate child services organization and/or local law enforcement as well as, GLL President and CT. District 7 Administrator. There is a “safe harbor” for good faith reporting,

Immunity from liability.

Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in “good faith.” At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused. Little League policies prohibit retaliation of any kind when a good faith report of child abuse is made. Reports of Child abuse will be handled in a confidential manner by the recipients of those reports.

Resources for Reporting Child Abuse

GLL President, Don Longtin; little.league01@cox.net; 860-643-9165

CT 7 District Administrator: Bill Howard; 860-289-1422; Billd7ct@comcast.net

Glastonbury Police Dept: 860-633-8301

State of CT: DCF; (DCF 136 form) within 48 hours after that, both to the DCF Careline, **1-800-842-2288**. The written report form is available on the DCF website at http://www.ct.gov/dcf/lib/dcf/policy/forms/DCF-136_Rev_05_2015.pdf or one can be requested when an oral report is made to the DCF Careline.

Additional information on Child Abuse Education/Prevention/Reporting

National Little League; www.Littleleague.org/childprotection

The National Center for Missing & Exploited Children's CyberTipline 1-800-THE-LOST (1-800-843-5678)

The Childhelp National Child Abuse Hotline; www.childhelp.org/pages/hotline-home; 1-800-4-A-CHILD (1-800-422-4453)

Stop It Now! www.stopitnow.org/help#contact; 1-888-PREVENT (1-888-773-8368)

Food and Drinks (Nutrition)

Provided by the Glastonbury Health Department

1. Encourage that each player has a water bottle with water (not juice, sports drinks*, or soda) available at each practice or game. This water bottle should be labeled with their name. Discourage the use of large water coolers or the sharing of water bottles.

**Sports drinks should be encouraged over water if the weather is warm or the players are going to be doing strenuous physical activity for more than 30 minutes.*

2. If snacks are part of an event encourage the players to avoid items high in sugar, salt, and/or fat. Encourage healthy snacks.

3. Do not use food as a reward or punishment during a practice or a game.

4. Concession Stands, Celebrations, and Fund Raisers

A. Give customers/players an opportunity to choose foods with high nutrition value at all team functions when food is served and at concession stands.

- Always have water as a drink option and discourage soda, sports drinks, vitamin drinks, flavored water with artificial or natural sweetener
- Encourage the consumption of appropriate serving sizes
- Encourage healthy snacks and meals such as trail mix, nuts, low-fat cheese, low fat crackers, baked (not fried) chips and pretzels, low sugar cereal, graham crackers, fresh fruit, sorbet, bagels, whole wheat buns and bagels, low fat condiments, salads, consider vegetarian options

-

B. Discourage fund raisers that require the sale of low nutritional value foods such as candy, consider non-food options.

C. Celebrations do not have to include food. If food is served consider some of the healthy options listed above.

D. Parents: Make parents/guardians aware of policy so they can further reinforce healthy options. Encourage parents to comply with league recommendations when providing food for a league event.

E. Parents that are ill should not staff the Ross Field Concession Stand or serve snacks or food to the players.

SECTION 3 FIELD DECORUM

The actions and statements of managers, coaches, and umpires must be above reproach.

Managers are responsible for the actions of their players.

Positive cheering for one's team is encouraged. **Negative cheering the opposing team is prohibited.**

Uniformed players and umpires only are permitted within the confines of the playing field during play.

Players shall be on the bench when their team is at bat. When the team is on defense the reserve players shall be on the bench. Managers and coaches will not leave the bench area except to confer with a player or umpire.

PROTESTING GAMES

Every precaution should be taken to avoid situations that warrant the protesting of a game. Protesting a game must be a last resort. When a protest situation is imminent and recognized the umpire must be notified immediately in a civil manner, rather than waiting until the infraction has occurred. Major league managers are to direct their protest in writing to the League Commissioner at bill.longo@cox.net within 24 hours after the affected game. Only an infraction of the rules can be grounds for a protest. Judgment calls by an umpire cannot be protested.

PLAYER DISCIPLINE

Suspension of a player is an extreme action and is only acted on by the League Commissioner and President. Missing of previous practices or games shall not be reason for loss of playing time. Disciplinary action during a game should be taken only after careful consideration.

Expediting Games

Managers and coaches have a responsibility to their players, their families and to the next game teams to expedite the playing of their games. The following are measures that expedite games and must be adhered to.

1. Have the batting lineup and defensive line up ready and posted for all to see prior to the game. Do not assign defensive positions on an inning-to-inning basis. Assure all players are prepared to go on the field immediately at the start of the defensive half inning.
2. Do not hold half inning team meetings or cheers on the field; hold them in the protection of the dugout. The former is also an unsafe practice
3. **IT IS MANDATORY the next defensive half inning catcher must be in the dugout with the catching gear donned after one out.**
4. Games must be started at the stated scheduled times unless delayed by a previous game. On field pre-game warm-ups are not allowed if they delay the starting of the game on time.
5. The next batter is to be wearing her/his helmet and know where his/her bat is, but not in hand
6. Place the field equipment in an orderly fashion in the dugout .so as players can easily locate it. Place the equipment in the dugout bag after the game and return same to the box.
7. Do not use an excessive amount nor lengthy timeouts for individual player training
8. Limit the amount of warm-up pitches to 3 between innings.
9. Coaches are not to warm up pitchers if there is a capable player on the bench that is not on the field that defensive inning.

SECTION 4

TEAM EQUIPMENT/UNIFORMS

EQUIPMENT

Each manager will be given a team equipment bag to be used all practices and games in and out of town. The equipment will consist of one set of catcher's protective gear, a set of 3 batting helmets, First Aid Kit and ice packs. Each team will receive an equipment box key, a scorebook, several practice balls, and sufficient new softballs for the season from the League Commissioner. Each team will provide one new softball to the umpire prior to the start of the game and have one good used backup softball.

The home team manager is responsible to set out the field equipment for games – bases & umpires' gear. *The home team Manager is responsible to lock the equipment box during the course of the game and assure the box is closed and locked after the game.* The manager should notify the League Commissioner if equipment replacements are required at any field during the season. *The provided equipment box key must be returned to the League with equipment return.*

UNIFORMS

The League will supply team shirts and hats for each player. Players will wear the Glastonbury Little League standard Adidas grey softball pants without stripe or equivalent. The league has a limited number of grey pants for any player unable to get their own. At the end of the season, players keep their team shirt and hat..

Scorebooks are to be returned intact with the team equipment box at the end of the season. New and used balls are League property and are not to be kept or given to players at the end of the season. They are to be returned by the Manager with the team equipment.

Soft Toss Practice

Coaches are advised to use whiffle balls only when conducting soft toss practice against field fencing. They are additionally directed to stand on non-grassy areas to do so. These techniques minimize wear and tear of the fields and fencing and prolong the life of the facilities we use. Hard softballs may be used if hitting into a net.

SECTION 5

GAME POSTPONEMENTS AND CANCELLATIONS

When the weather and/or field conditions are questionable, check the Glastonbury Little League web site at www.glastonburylittleleague.org for cancellations.

Games are not to be postponed due to key players or Coaches not being available. *If the League approved manager or Coach is not available for a game, the manager is to notify the League Commissioners or the League President who will supply a substitute Manager. Little League rules and insurance prohibits the use of non-approved/noninsured personnel coaching teams. The only viable reason for game postponements is inclement weather or poor field conditions. Lack of adequate number of players will result in forfeiture.*

MAJOR LEAGUE RAIN MAKE UPS

As shown on the schedule, a practice and practice game schedule precedes the regular season schedule. Rained-out practice games will not be made up. Managers are urged to take full advantage of the scheduled practices to become acquainted with their team.

We can all be sure that some, hopefully not many, of our games will be rained out during the course of the season. For that purpose, rain make-up dates are available. To minimize team standings confusion and tightly packed make-up games in late season, make up games will be scheduled as early as possible. **ALL RAINED OUT GAMES WILL BE MADE UP** in order to have every team play a full schedule. All make up games will be scheduled by the league commissioner and distributed via the automated web site email to all managers, players and umpires. Please notify the league commissioners of any game postponements at bill.longo@cox.net.

Rain make-up games will pre-empt pre-scheduled practices. Fields for additional team practices during the course of the regular season can be reserved by emailing the league commissioner at bill.longo@cox.net. Make-up games will have priority, but managers are encouraged to make use of the fields for practice and to give the players maximum softball time. More softball is learned in practices than in game situations.

SCOREKEEPING

The manager of each team is responsible for maintaining the score for each game in which his team participates and to track the batting order rotation. It is suggested that coaches start teaching players how to keep score at the majors level. **A non-League approved person keeping score in the team dugout is prohibited.** Before game time, each manager must make available to the other manager his batting lineup. Managers should confirm the score after each half inning. Each manager must make available to the opposing manager any scorecards of previous games that he desires to see for the purpose of verifying compliance with pitching and batting order rules. A League Commissioner will resolve any scoring dispute.

In order to help Managers and Coaches comply with playing rules, GLL issues each team a customized GLL scorebook. Upon receipt, managers are to write their team name on the cover. Scoring is to be done as outlined in the scoring instructional page. The number of times a player is in the infield or outfield, defensive innings played (no player shall ever sit out for consecutive innings) and innings pitched, must be recorded. After each game, Managers must sign off in each other's scoring book for that game in the area provided to confirm accuracy and rule compliance.

SECTION 6

MAJOR LEAGUE PLAYER SELECTION SYSTEM

Major League softball players will be selected from a common town wide pool in a draft following appropriate player assessments. Team rosters will be chosen by the team coaches at the draft. Selection will be made based upon the playing ability displayed by the candidates at the assessments and upon any information that may be provided by the League about players trying out such as Minor or Major All Star status, last season's coaches ratings and round selection if available.

Coaches' daughters will be placed on their teams. The draft round in which these siblings are placed will be determined by a consensus of all Major League softball managers, with final placement approval from the League. This will be facilitated by the League Commissioner who will average the managers' nominated rounds and an independent player ratings by League appointed raters. **GLL reserves the right to structure coach pairings and player draft rounds such that one team does not gain a disproportionate amount of strong players as a result of coach assignments.**

The managers will notify the players of their team assignments immediately after the draft.

DRAFT INFORMATION

Managers and Coaches are not to divulge information on the draft position status to any one e.g., what round a player was selected. There will be no draft sheet supplied to the Managers. Any other similar records for the purpose of monitoring this activity must not be kept during the draft. The League has experienced much difficulty with this information made available to players who have times made insensitive remarks to players selected in later rounds. ALL DRAFT INFORMATION IS TO REMAIN ABSOLUTELY CONFIDENTIAL. A separate print out of a team roster will be made available upon request from the team manager.

TEMPORARY PLAYERS

Games are to be played with a minimum of 8 players. If less than 8 players are previously known to be not attending a particular game, the affected team manager may submit a request to the League Commissioners for a one game call up of a Minor League Softball Player. Managers and coaches are not to call up players on their own. GLL will provide temporary players on a best effort basis. Minor league softball players may not be used as a pitcher in a Majors game.

GLL instituted this procedure several seasons ago as a result of some major's teams having 11 players at the outset. Although we have had season starting rosters of 12 players for the past seasons, we have continued this practice in an effort to minimize forfeitures. There are valid reasons why the process is centralized. GLL strives to distribute these opportunities to as many minor league softball players as possible.

There have been and will continue to be instances where GLL cannot provide a temporary player, especially when short notice is given. In those cases, the affected team has to accept a forfeit but as the manual suggests, players from both teams should split up and softball should be played. It is important to note that while GLL will strive to provide temps, the ultimate responsibility for fielding a team lays upon the rostered players, their parents and the coaches.

SECTION 7

RECORDING OF SCORES

The manager of each team is responsible for maintaining a scorebook for each game the team participates in. He/she should score both his and the opposing team's line-up.

After the completion of the game, all managers are to report their game scores to the League Commissioner at bill.longo@cox.net. Scores should be reported the evening of the game played so the league may maintain updated standings on a weekly basis. League standings will be updated Glastonbury Little League website.

It is suggested that managers check the game score with each other after each inning of a ball game. In the event of a scoring dispute in which the two teams cannot agree on the winner of the game, the two managers will submit the scorebook to the League Commissioner. The Commissioner will take such action, as he deems appropriate to resolve the issue.

Games that run the full official game length and are tied shall be continued into extra innings and only called for darkness or weather. Games called before they reach official game length (4 innings or 3and1/2, if the home team is ahead shall be replayed later in their entirety, all pitching rules apply on a game day basis. **Games that end in a Tie will be counted in the league standings as a tie.**

Citizen Game Highlights

The winning team is to email game highlights to Jeffrey.Tracy@gmail.com as soon as possible after the completion of the game. You should be prepared to report the score and a few brief highlights from both winning and losing teams. During the course of the season, get every player's name in the highlights at least once. Use email to submit your report

Do not go directly to the Citizen. They will only publish one submittal from the League. The reports are to be submitted no later than 6:00pm on Sunday night for publication in the following Wednesday edition of the Citizen. Managers are urged to submit their reports as quickly as possible and not wait until Sunday night.

Major Division Winners and Town Champions

The Majors Softball Division winner will be determined by the season W-L records with missed games factored in. The league Commissioner shall seed the teams based on their records for the Town Championship post season tournament. The Town Championship game will be held at Academy Field.

SECTION 8

RULES APPLICABLE TO MAJOR LEAGUE SOFTBALL PLAY

1. Games will be 6 innings long. Four innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc. Games that are not played to the minimum indicated shall be replayed in their entirety. The Umpire shall call the game for lightning or darkness. Managers shall not attempt to influence these calls.
2. The umpire will determine if a game is called for darkness or inclement weather. Safety should always be the priority. Delaying the game or attempting to manipulate this rule in any way to gain advantage is strictly forbidden and may result in forfeiture. The umpire's judgment in this case shall be final.
3. Pitching rules for the softball majors division:
Any player on the team roster may pitch
A maximum of 3 innings pitched per game is allowed for any one player.
A delivery of a single pitch in an inning constitutes an inning pitched
A pitcher removed from the mound may return to the pitcher position one time in a game
Pitchers must wear protective face mask
Max 3 innings per game does not apply to District 7 games
NOTE: There is no balk in softball
4. ***Players in the position of first base and third base must wear protective face mask***
5. Runners may not lead-off a base. Runners may leave the base when the ball leaves the pitchers hand.
6. No player shall play more than one inning more than any other player. For every inning missed due to lateness, the player loses one inning of mandatory play. Completion after 5-1/2 innings of play because the home team is ahead shall not be justification for violating this rule. Players will not sit out for consecutive innings.

Playing time examples:

12 Players	6 sit out 2 innings	6 sit out 1 inning
11 Players	1 sit out 2 innings	10 sit out 1 inning
10 Players	6 sit out 1 inning	4 sit out 0 innings

7. The infield fly rule will apply.
8. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order. ***Managers are to rotate the batting order every game placing the first batter of one game last in the subsequent game and every batter moves up one position***

SECTION 8 (continued)

9. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A second trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - A third trip to the same pitcher in the same game will cause the pitcher's automatic removal.
 - A manager or coach may confer with any other defensive player(s), including the catcher, during a visit with the pitcher. A conference with the pitcher to evaluate the player's condition after an injury or illness will not be considered a trip to the mound.
10. Pinch runners are to be used only in case of an injury to the original runner.
11. Adults including managers **may not** coach in either first or third base coaching boxes. Coaches and managers are not to be on the playing field during the game but must be behind the bench fence.
- 12. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpire's judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.**
- 13. No player shall sit on the bench for any consecutive defensive inning. Every player must play a minimum of two innings in the infield.**
- 14. Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. **In all cases, the runner is out when there is a collision.**
15. Eight or more players shall constitute a legal number of players to play a game.
- 16. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.**
- 17. Players must be wearing the League supplied team shirt and hat along with the league standard grey Adidas without stripe softball pants in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts should be tucked in.**
18. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batter's box. Players are not permitted to have bats on the bench. Managers and coaches are responsible for implementing this safety rule.
- 19. If the offensive team scores 5 runs before the third out is made, the half inning shall be over.**
- 20. A batter may advance to first base on a dropped third strike**
21. If the pitcher has possession of the ball within the pitcher's circle, and is not making a play, runners must immediately attempt to advance or return to base. (dead ball and runner is declared out)
22. Four (4) outfielders will be used during majors softball games if both teams have 10 or more players

SECTION 9

ALL STAR TEAM SELECTION POLICY

Our league may participate in district 7 Softball All Star tournaments in the 11/12 year old and 9/10 year old age brackets.

Managers and players should be aware of the following policy. All Star players will be selected by the Glastonbury Little League officials following tryouts to be held at the GHS softball fields. Managers and coaches should encourage their players to attend the tryouts. Players who try out for the All Star Team must be willing to meet the practice and game obligations of All Stars.

All Star play requires about two weeks of intensive practice from mid-June until the first All Star game, which will occur in early late June/early July. Practices will be held by the All Star Team Manager and coaches weekday nights and on Saturday and/or Sunday, at the Manager's discretion. Once games begin, practices may be scheduled between them as the Manager sees fit. The All Star games will be played in Glastonbury and in neighboring towns, normally on weekday evenings and some weekends.

Players must consider whether they are capable of making the commitment described above. There are 12 positions open on each All Star team. The positions are to be utilized by those players able to meet the commitment.

Each major league manager will nominate (5) 11 and 12 year old players. Managers should use good judgment in nominating worthy players. Additional players may be nominated with approval by the League Commissioner.

Managers are not to discuss nominations with players or parents without that prior League approval so as to avoid possible disappointments The basic criterion for nomination is softball skills. Perceived player attitudes and deportment and games missed should not be a consideration for nomination.

Nominations of All Star Candidates must be emailed to the League Commissioner by May 20th at bill.longo@cox.net

SECTION 10

Richard H. Ross Memorial Award

This section serves to solicit your nomination of your candidate for the annual Richard H. Ross Memorial Award. This award was instituted in 1993 to honor the principles that were fostered by the late Dick Ross. Past recipients were Rory Desmond, Paul Melzen, Matt Engster, Mike Cyr, Chad Valenti, Spencer Haymond, Jeffrey Place, Ben Woodard, Alex Murray, and Julia Karnes; all excellent players who meet the standards of this prestigious award. It is important that each Major League manager submit a player's name with a short written memo listing the player's award qualifications. This is most helpful for the selection committee who will chose from the names submitted.

The following are criteria to be used in your nomination decision:

- * The candidate must be a 12-year-old Major League baseball or softball player*
- * She should have demonstrated sportsmanship qualities, e.g., supportive, positive attitude, coachable, team loyalty, etc.*
- * She should have demonstrated leadership*
- * She displayed significant softball skills (not necessarily an all-star)*
- * She displayed respect and enthusiasm for the game of softball*

Please email your nomination to the league commissioner by June 10th at bill.longo@cox.net.

It is recognized this submittal does take some effort and that effort is much appreciated by the League and by those players who are nominated. This is a great opportunity to highlight a youngster of your choice from this past season, please cooperate.

Sportsmanship Award

One player from each team shall be selected as a recipient of the Glastonbury Little League Sportsmanship Award. The coach(es) shall make that selection prior to the completion of the season and will report the selection to the league Commissioner.

The criteria for this award is as follows:

- Supportive and encouraging of teammates
- Demonstrates respect for opposing players
- Demonstrates respect for the game officials
- Displays enthusiasm for the game of softball
- Displays loyalty to the team
- Player is coachable and demonstrates a willingness to learn

Sportsmanship winners will attend the trophy awards ceremony held prior to the start of the town softball championship game. Please email your selection to the league commissioner by May 20th at bill.longo@cox.net.

SECTION 11

GHS Softball Batting Cage Guidelines

A softball batting cage has been constructed behind the GHS varsity softball field. This batting cage will benefit Little League and GHS softball teams during the spring/and summer seasons. All softball little league teams will have scheduled practices at these cages during the season. It will be the responsibility of all players and coaches to keep the batting cage facility in excellent condition for players who will use it this season and in the future.

Unauthorized use of the batting cages is strictly forbidden.

All players and managers must observe the following rules:

1. Use of the batting cage is only allowed when authorized Glastonbury Little League supervision is present
2. Only one player is allowed in the batting cage at a time. (except when picking up softballs)
3. Only the batting cage balls are to be used with the pitching machine. Coaches are not to use team practice balls
4. There is absolutely no warm up swinging of bats allowed outside the batting cage.
5. Only GLL approved coaches may operate the pitching machine. (1 key will be provided to team managers)
6. **Parents and/or Little League players are NEVER to operate the pitching machine**
7. Coaches and/or Managers are not allowed in the batting cage when the pitching machine is operating
8. **Parents are not to enter the batting cage at any time**
9. Players and coaches are responsible for keeping the area around the batting cages clean. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels
10. At the conclusion of each batting cage practice, the manager is responsible for collecting all balls and returning them in the storage shed along with the helmets

Your cooperation in observing the above rules is both necessary and appreciated

SECTION 12

TRAINING AND DEVELOPMENT

Glastonbury Little League has implemented a comprehensive and coordinated Player Training and Development Program. This Program is designed to have players achieve certain levels of skills in basic softball fundamentals as they progress upwards in each of our Divisions of play. While building self-esteem and providing enjoyment of the game is paramount in our philosophy, it is important for us to strive to impart as much softball skills and knowledge as possible in each player.

Conducting a successful practice

Glastonbury Little League has been conducting All Star and Softball Summer Camps for many seasons. Keeping all players busy and maximizing the amount of practice time available has proven to be the key to a successful practice. The use of "Skill Stations" has proven extremely effective. Basically, for the first half of the practice, the team is divided in groups of three or four players. The groups are placed in various areas(stations) of the field. Individual softball skills are taught at each station such as throwing, bunting, hitting, etc. After 10-12 minutes the groups are rotated to a different station. This rotation continues until all groups have processed thru each skill station. The balance of the practice is used to develop team skills such as infield defense, relays, etc.

HITTING:

stance - feet apart slightly more than shoulder width, weight back (60/40), hands at back shoulder, knuckles lined up on bat with loose grip. A loose grip comes from relaxing the top hand on the bat.

swing - short stride (6" or less), swing level or down, stiff front leg - "L" shape back leg, keep balance, finish swing

thoughts - decide not to swing, explain hitting zone - "pull" hit the ball in front inside part of the plate, "up the middle" hit the ball over the middle of the plate, "opposite field" hit the ball just back of outside part of the plate, confidence - feel like you're going to hit the ball, explain softball unique and difficult game - fail 70% of time still a star, it's ok, it's only game like that

BUNTING:

stance - square around - shoulders square to mound (prefer pivot rather than step, easier and less chance of stepping out of batter's box) bend at knees, hold bat at 45 degree angle with bottom hand on bottom of bat and slide top hand up to just below label, for right handed batters bat should be pointing towards second baseman, for left handed batters bat should be pointing towards shortstop

technique - keep bat at angle hit down on ball, start with bunting ball straight back towards pitcher then work on 3b side and 1b side, pull bat back if pitch not a strike. Try to bunt the ball in front of the plate

Section 12 cont'd

TRAINING AND DEVELOPMENT

OUTFIELD PLAY:

ready position - as pitch is made be in ready position - feet shoulder width apart square or glove foot slightly forward, knees slightly bent, arms loose at side, on balls of feet ready to move

thoughts - think where ball should be thrown if hit to you, talk to other outfielders about situation - where to throw ball, call for ball, outfielder has to call off infielder, backup adjacent outfielder, backup infield every play

Catching fly balls - from ready position move to the ball, run with arms pumping and head still- raise glove, try to catch ball moving forward with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball hop and throw to proper place, hit cut-off shoulder high. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - charge under control, kneel on one knee (glove side) glove out receive ball use body to block bad hop get up and throw to proper position, if charging ground ball for quick throw to infield advance towards ball with glove out field ball on run in front of glove foot hop and throw off back foot to proper position, hit cut-off shoulder high

INFIELD PLAY:

ready position - as pitch is made be in ready position - feet outside shoulders square or glove foot slightly forward, knees bent, arms and glove out in front, on balls of feet ready to move, start tall work through creep focus on front of plate, finish down and ready, elbows in thumbs out pinky to the sky

thoughts - think tempo, think where ball should be thrown if hit to you, talk to other infielders about situation - where to throw ball

Catching fly balls - from ready position move to the ball, call for the ball, run with arms pumping and head still- raise glove try to catch ball with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball be ready to throw. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - banana to the ball if possible, if not shuffle left or right, keep ball in center of body, keep glove down and out in front, field ball with soft hands, funnel to belly - show button, break step/hop and throw; if you have to move left or right, use drop step and move to glove side or backhand side, field ball with soft hands, glove hand side, field ball palm up, break step/hop and throw, backhand side, field ball butt down, thumb down to thumb up, plant right leg - be a pitcher!, raise left leg and throw

Taking throws at bases - straddle bag, knees bent, be ready to move left or right if throw off line; if close play - take throw make swipe tag, get out of way, show ball, be ready to throw - stress DO NOT stop and wait for umpire's call, play continues so be ready to throw to another base, not close play - take throw place glove at base let base runner come to base do not go towards base runner

Section 12 cont'd

TRAINING AND DEVELOPMENT

Making pivot at second base - remember get at least one out! - ss or 2b making pivot, move to base quickly, straddle base, arms shoulder high, show chest for target, take throw, step/hop and throw. 2b fielding ball, field grounder, turn to base stay low, clear glove - show ball, drop to knee or step and throw or under hand flip depending on distance from bag, target is chest of ss, ss takes ball right foot to base steps and throws; ss fielding ball, field grounder, turn to base stay low, clear glove - show ball, use under hand or over hand throw depending on distance to base, target is chest of 2b, 2b take throw steps on base, steps back and throws

THROWING (GENERAL):

stand sideways glove shoulder at target, ball in glove under chin, BREAK - take ball back with elbow shoulder high, arm L shape, fingers on top of the ball, don't lead with the palm, step to throw, pull glove to body, release ball, following through ball hand to glove knee, also remember step into catch

BASE RUNNING:

General, take a chance, you can advance a base when pitcher is not in the circle. When taking a lead, prepare to push off of base once ball leaves the pitchers hand, finding the ball if put into play, and consider a dive back to your base or take off to new base if catcher throws down.

PITCHING

Fastpitch softball pitching is a very unique skill. Most coaches in GLL do not have the skills to properly teach our young fastpitch pitchers the proper mechanics required for this game.

Glastonbury Little League softball has worked in conjunction with USA Elite Training, LLC out of Cheshire, CT to provide a summer camp at Glastonbury High School where young ladies can learn the proper mechanics of softball pitching. This four day camp is typically held at the end of July or beginning of August. The camp is split into morning (hitting, fielding, base running) and afternoon (pitching, catching) sessions to help players develop all skills in fastpitch softball.

You can sign up for the summer camp at www.usaelitetraining.com

Glastonbury Little League softball also offers a winter camp where beginning pitching skills can be taught. This camp is typically held on five Sundays from January to March and offers basic pitching skills as part of the program.

In addition to the above camps, there are private lessons that are held by local fastpitch companies as well as private coaches. Here is a list of some private coaches who may be able to help:

USA Elite Training, LLC – Cheshire, CT 203-439-0565
Fastpitch Nation – Bloomfield, CT 860-242-0055
Gabby Alatorre – Manchester, CT 713-351-9591

www.usaelitetraining.com
www.fastpitchnation.net