

Welcome

The entire 2014 Board of Directors would like to thank each of you for taking on the challenge of coaching a youth sport. It is not always easy, but it can be one of the most worthwhile and rewarding experiences you will have. We really do appreciate the time, energy and sacrifices you make to help our community's youth grow and develop through the game. We hope you will take a few moments to read through this handbook as it is filled with valuable information that will help you succeed as a coach this year.

Please do not hesitate to contact any of us with questions, suggestions, and/or concerns. We are here to support you and always want and need to hear your feedback. We hope you have a fun and rewarding season.

Play Ball!

Mission

The **Roy-Hart Youth Baseball/Softball League** is a non-profit organization whose mission is to perpetuate the interest and love of the game in a league that:

- Develops a strong, clean, healthy body, mind and soul.
- Provides youth with organized competition in a safe environment
- Brings our youth closer together through common interest
- Instills the values of education
- Acquaints the players with the fundamentals of the game rules
- Teaches sportsmanship, discipline and love of the game that develops courage in defeat and tolerance and modesty in victory
- Develops students into true citizens of the Royalton-Hartland School District community



Roy-Hart Youth Baseball/Softball League

P.O. Box 32

Middleport, New York 14105

www.royhartyouthbaseball.com

info.rhybsleague@gmail.com

Roy-Hart Youth Baseball/Softball, Inc.

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Coaches Conduct, Responsibilities and Game Play

Coaching Philosophies

- a) **FUN:** Baseball and softball is Fun!
- b) **SAFETY:** Safety habits must be developed when players are young.
- c) **FUNDAMENTALS:** Sound fundamental running, throwing, batting, fielding, and knowledge of the game are the basis of future mastery and enjoyment of the game.
- d) **MOTIVATION:** Positive reinforcement is the best form of motivation!
- e) **UNIQUE TALENTS:** Each player has unique talents that can be improved through individual attention.
- f) **GOOD SPORTSMANSHIP:** Good Sportsmanship is a MUST. It starts with the coaches and parents.
- g) **COMMUNICATION:** Open and frequent communication between the managers, coaches and parents promotes consistency and reinforces the learning environment.

Season Goals

- a) Each player will have fun!
- b) Each player will want to come back to the Roy-Hart Youth Baseball/Softball League next year.
- c) Each player will improve their fundamental Baseball and Softball skills.
- d) Each player will know the basic rules of the game.
- e) Each player will respect the facility, their opponents, league officials, their teammates and coaches, their equipment, and their skills.

Coaches are responsible for:

- a) Their team's conduct during the game/and will maintain order, including the seating of all players on the bench when not otherwise occupied at bat, on deck, or in the field. A game forfeit is at risk if a coach cannot calm an abusive player. A team parent is an excellent resource to help keep order on the bench.
- b) Safeguarding the safety of the players, both on and off the field, during games and practices. Before games and practices, make a visual inspection of the field for any potential hazards.
- c) Being aware of any health concerns of their players (i.e. asthma, allergies, etc.).
- d) Checking all team equipment regularly to ensure it is in good repair and safe for use. Watch for cracked bats, cracks in batting helmets, and improperly sized or defective catcher's equipment. Contact the Equipment Manager immediately if you feel any of your equipment needs repairs or replacement.
- e) Addressing unsportsmanlike conduct by a player. Take necessary steps to stop or correct that behavior as it only leads to a negative team environment if let unaddressed.

Coach Behavior

- a) All coaches are expected to exhibit exemplary behavior, setting a good example for the players. Remember that this game is for the players. No coach should antagonize opposing players, coaches or umpires.
- b) Coaches must remember that our umpires are sometimes young, learning how to umpire and may make mistakes. It is unacceptable for anyone to embarrass an umpire.
- c) Coaches are reminded that they must remain at the diamond until the last player has gone home or is properly supervised. This applies to all team activities.
- d) All coaching staff must be aware of the way to speak to players.

Player Notification

- a) This should be your first order of business as a coach.
- b) The league will send out a general notification to each team no later than *Sunday, March 24, 2013*.
- c) We encourage all coaches to contact their team shortly thereafter to introduce yourself to the team and announce when your first meeting/practice will be.

Parents Meeting

- a) We strongly recommend that this take place second on your list behind notifying your players that they are on your team. You can go over any team policies, review procedures, etc. It's a great way to get the season started off on the right foot and for your staff to get acquainted with the parents and for the parents to get to know you. The more up front you are with the parents now, the fewer headaches you will get later! A sample meeting outline/agenda is included in this handbook.
- b) Use the meeting to get parents to volunteer to help out throughout the season.

Team Party/Awards

- a) If desired, someone can be assigned to coordinate a team party/picnic at the end of the season.
- b) RHYBS League gives awards to division winners only, but you may choose to do awards on your own if you wish. (T-ball/Coach Pitch players will receive participation medal on All-Star Day.)

Team Website

- a) You may wish to set up a team website through www.eteamz.com. It's a great way to get information to your team and build team pride.
- b) This is another area you may want to appoint someone to take the lead on.
- c) You can be as elaborate as time allows and it is FREE to use.

Coaches that are Parents

- a) Most of us have a child on the team we are coaching. That is one of the very reasons we are doing this. Please keep in mind that you need to coach the other players the same way you would your own child. Also keep in mind that your child may not want to hear what he or she did wrong on the ride home from the game. Ask if they want to talk about it before you offer them the "inside scoop" on why they missed the ground ball. Try to separate the parent/coach role as much as possible.

Game Ejections

- a) Smoking, abusive or foul language, throwing or misusing equipment and generally behaving in an overly aggressive manner will result in ejection from the game and/or park.
- b) A coach may be replaced if unsportsmanlike behavior persists.

Batting Order

- a) The coach or scorekeeper of each team is responsible for submitting their batting order to the opposing team with all substitutes clearly marked (exception t-ball/coach pitch division).
- b) If there is a change during the game, it is up to the coach to let the opposing teams know prior to the change.

Player Training

- a) It is the job of the head coach to ascertain that the players on his/her team are receiving proper training. The head coach is also responsible for making certain that all times of practices are coordinated, supervised, and that the players and other coaches have these rules and regulations made available to them.
- b) Generally, a coach will want to meet with his/her team approximately one-two times per week either for a practice or practice and game.

Game Pace

- a) Coaches and players are jointly responsible for keeping the game moving briskly. This is accomplished by hustling players on and off the field, preparing for games in advance and generally encouraging players to keep hustling to and from their respective position. Do not delay the game.

Player Participation

- a) Coaches are responsible for ensuring that each player participates in every game that he/she attends and that all players receive playing time.
- b) All players will play a minimum of 3 innings in the field and have registered at least one “at bat” per game. (except t-ball/coach pitch division)
- c) Coaches of the home team are obligated to satisfy all requirements of this rule by substituting for a player “due up” within the next 6 batters beginning in the fourth inning to prevent a player from not receiving an “at bat” as the home team will not bat in the bottom of the 6th inning if they have the lead after the top of the 6th inning. If a team fails to meet these requirements and the RHYBS League’s Board of Directors receives a game protest, an audit of the scorebooks will be conducted. If found in violation of this rule the offending team will forfeit the game. (except t-ball/coach pitch division)

Umpires (except t-ball/coach pitch division)

- a) Umpires are assigned games by the Umpire Coordinator.
- b) Contact the Umpire Coordinator immediately if an umpire does not show. If someone other than the scheduled umpire fills in, put their name and phone number on the game sheet and relay that information to the Umpire Coordinator.
- c) Umpires will inspect the field to determine the presence of obstructions and/or debris.
- d) Umpires will press to have their games start at the scheduled time after explaining the ground rules to the coaches and captains of the teams.
- e) The umpire’s watch/and or designated watch will be the official timepiece for the game.
- f) At the end of the game, the umpire shall check the game sheets to see that the scores are the same and sign the scorebook and then leave the diamond promptly.

Uniforms

- a) All players and coaches shall wear the shirts provided for that season.
- b) Players must wear grey pants. (except t-ball/coach pitch division) Players can wear short or other athletics pants.

Sportsmanship

- a) In the interest of promoting good sportsmanship, players and coaches must shake hands at the end of each game.

Team Equipment

- a) First Aid Kits – Always have at games and practices. If supplies start to run low, please contact the RHYBS League Board of Directors as soon as possible so supplies can be replenished.
- b) Balls - Each bag has practice balls in it. New balls are game balls. Once a game ball has been used it is now considered a practice ball.
- c) Do not give out balls supplied by RHYBS League as “player of the game” balls.
- d) Check equipment condition. Call the Equipment Manager as soon as possible if you need replacements throughout the season. Be sure to monitor certain items such as throat guards, shin pad straps, helmet buckles, etc.
- e) End of year – RHYBS League Board of Directors will arrange an equipment drop-off after the conclusion of the season.

Practices

- a) Coaches may schedule practices beginning Monday, March 24, 2013. (depending on weather and field conditions.)
- b) Coaches MUST use the online practice calendar to ensure that the field/location they would want to practice on/in is available. If the desired field/location is not taken, then the coach may reserve the space. When a conflict occurs, please feel free to contact the other coach or find another location.
- c) Tball/Coach Pitch practices will take place at Vets Park in Gasport. There is plenty of space for all five teams to practice on the same day if needed!

Bases

- a) Coaches are required to ensure that all necessary bases and pitcher’s rubber is installed and at the correct distance before the game.
- b) It is the responsibility of the home team to ensure that the bases are secured at the end of the game. If there is a problem please contact your Division Representative or a Board Member.

Cleanup

- a) It is the responsibility of the home team coach to make sure the fields are clear after any game or practice.
- b) It is the responsibility of each team to make sure their bench is clear of equipment and garbage.

Inclement Weather/Darkness

- a) Games may be called due to inclement weather/darkness at the discretion of the umpire, board member or Division Representative.
- b) When there is inclement weather the game will be delayed up to 30 minutes. If after 30 minutes the conditions are not suitable for game play (i.e. still raining, fields are sloppy, darkness) then the game will be called.
- c) The following guidelines apply if there is inclement weather prior to a game:

- a. Rain during the day or for a couple of days prior (before 3:00 pm):
 - i. Coaches will tell their team to show up at their normal game times. If there is a problem with the fields, a league representative will contact the coach.
- b. If it rains between 3:00 pm and 5:00 pm (weekday) and 6:00 am – 8:00 am (weekend):
 - i. A league representative will check out the condition of the diamonds and will contact coaches and umpire if a game is going to be suspended.
- c. After 5:30 pm (weekday) and 8:30 am (weekend):
 - i. The teams must show up at the regular time and the umpire(s) will call the game if necessary.

Borrowed Players (Senior Boys Only)

- a) Teams may borrow players from the division below them only (major boys division). A maximum of three (3) players can be borrowed to bring the number of players to a maximum of nine (9).
- b) Borrowed players may not be played in the catching or pitching position.
- c) Borrowed players may play for the same team a maximum of three (3) times during the season.
- d) If a team cannot field a full roster and cannot contact a player who hasn't played for them three (3) times, the game may be played with a minimum of eight (8) players.
- e) Coaches should make every effort to contact each of their players in the event of a schedule change.
- f) Coaches must submit the batting order to the opposing team with borrowed players indicated on the roster.
- g) Borrowed players must, if reasonably possible, wear a matching team uniform while playing for another team.

Player Evaluations

- a) At the end of each season, a coach will evaluate their current players using the Player Evaluation Form.
- b) These evaluations will be used to assist coaches during the next season's draft.

Closing

- a) This document will help guide you throughout the season. It was created to make your job as a coach easier. It is imperative that you get your parents involved to help you. If no one volunteers, assign it to someone. You cannot do all tasks by yourself and manage a team effectively.
- b) Remember, baseball and softball is to be a fun learning experience for both you AND your players. We do keep score and league stats (expect for T-ball/Coach Pitch), but it does not mean that it is "win at all costs." ***We expect there to be a level of professionalism and sportsmanship displayed at all times.*** If you feel uncomfortable with how an opposing team is conducting themselves, please contact any member of the RHYBS Board of Directors as soon as possible.
- c) You are grooming these kids and we want to keep them coming back to baseball/softball year after year. Enjoy the experiences and friendships you will be creating for yourselves and others. Keep the lines of communications open with your families and use their assistance as often as possible. Provide positive reinforcement to your players before you make a criticism/correction. Be a role model. Have fun.

T-ball/Coach Pitch Ten Points to Keep In Mind

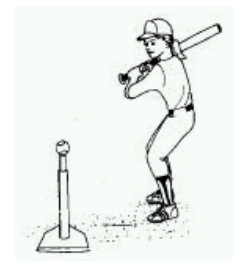
1. Keep things simple.
2. Avoid technical information. Apply basic fundamentals.
3. Use easy to understand terminology and use it consistently.
4. Adopt the kids slang and apply it to your baseball teaching.
5. Celebrate individual talents and differences.
6. Work in small groups, called stations.
7. Keep things interactive and fast moving to keep their attention.
8. Involve parents as your helpers. This is absolutely important.
9. Whenever possible, make things into a game.
10. At all times remember..SAFETY comes first!

A few MUSTS....

1. Every player bats AND plays in the field.
2. There are no walks (bases on balls).
3. When the ball is hit, DO NOT throw the bat.
4. Runners must stay on base until the ball is hit.
5. There is NO stealing.
6. The inning is over when all players have batted once.
7. There is NO keeping score.
8. Safety helmets MUST be worn when at bat or on base.

Tips for T-ball/Coach Pitch Coaches

1. As a coach, get organized; develop a plan before for your practices and game situations. Learn as much about the game as you can.
2. Remember to present your material in kids' terms. Successful coaches know their audience and use analogies and common visual imagery for their coaching tools. For young players, these images are best when they are a bit dramatic.
3. Don't assume anything. Go over all the basics: Where all the bases are and the defensive positions, which way to run to first, when to start and stop running, how to hold a bat and glove, number of outs, innings, fouls, etc.
4. Once of the most difficult things a coach has to do is see the players on the field who are not related to him or her. Remember to be a coach on the field and parent off the field. If possible have your assistants instruct your son or daughter to avoid conflicts.
5. Coaches need the assistance of the players' parents. Parents are normally willing to help out but are usually reluctant to come forward unless asked to assist. If you give them specific things to do, they will be more comfortable.
6. On the field, you have to be a teacher as well as a coach. Teach them what they need to know, show them what you taught them, practice the things you taught them over and over, then be prepared to do it all over again.
7. To make the most of your practice time, break the team up into two or three groups, depending on the number of coaches. This will enable you to keep more kids occupied and less bored. Remember the attention span of a 4-8 year old is measured in minutes.
8. The game: Sit players on the bench in batting order. No one should have a bat in their hands. Horsing around on the bench will translate into foolish behavior in the field. Place batting tee directly on top of the plate. Position batter slightly back of tee.
9. Keep the parents informed as much as possible. An ideal handout will have a schedule of practices and games, the times and location. It is important to include your phone number and try to insist that parents call if their child will not be at a game or practice.



Coaches Checklist

1. First base
 - a. Show where 1st base person is to stand when no runner is on base and when one is on the base.
 - b. Practice fielding plays; ball thrown to 1B by infielders.
2. Second base
 - a. Position player in place, anticipating action.
 - b. Practice fielding plays; such as, tagging a runner out at 2nd base and if running in the base line to the base.
3. Shortstops
 - a. Show positions: one between 2B and 3B.
 - b. Practice fielding balls and throwing to 1B or 2B for an out.
 - c. Remind them they can tag a runner.
4. Third base
 - a. Show position, anticipating action.
 - b. Practice action such as, player diving to knock down ball and fielding pop-ups in foul territory.
5. Pitcher
 - a. Stands in pitcher's area but acts as an infielder.
 - b. Practice fielding ball and throwing to 1B.
 - c. This position sees a lot of action and the player must pay attention.
6. Catcher
 - a. Show players the position but never place a child in the catcher position while someone is batting.
7. General infield activity
 - a. Catching short fly balls.
 - b. Field balls and throwing to a base or to home plate. (Do not run with ball)
 - c. Tagging runners on the base path.
 - d. Relaying a ball from an outfielder to a base; to the catcher at home plate.
8. Outfielders
 - a. Position players.
 - b. Practice catching fly balls in a crowd. "I've got it"
 - c. Practice catching ground balls and throwing to infield.
 - d. Have one outfielder receive relay from another and throwing to an infielder.

9. Batter

- a. Give basic hitting instructions.
- b. Practice hitting the ball, then dropping the bat properly and running to first.
- c. Don't watch the ball when running to first base.

10. Base Runners

- a. Instruct runners to look for 1B Coach signals to run past base or to turn and go on to 2B Instruct that forced runner on base must advance. Non-forced runner can hold position on base. Player on base watches what next batter does; where the ball goes.
- b. Instruct sliding.

11. Bench

- a. Team sits in batting order, encouraging the batter.
- b. Coach talks to team: Listen for instructions. Play fair; follow the rules. Have fun.

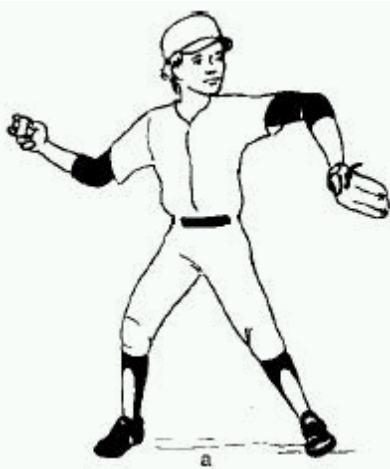
12. Coach

- a. Talking to team, Before, during and after the game:
- b. Summarize team's activity. Be specific and recognize progress. Note any humorous thing that happened.
- c. No public criticism; as necessary, take player aside.
- d. What's next: i.e., practice at home, next team practice and game schedule; tell parents.

Skills Checklist

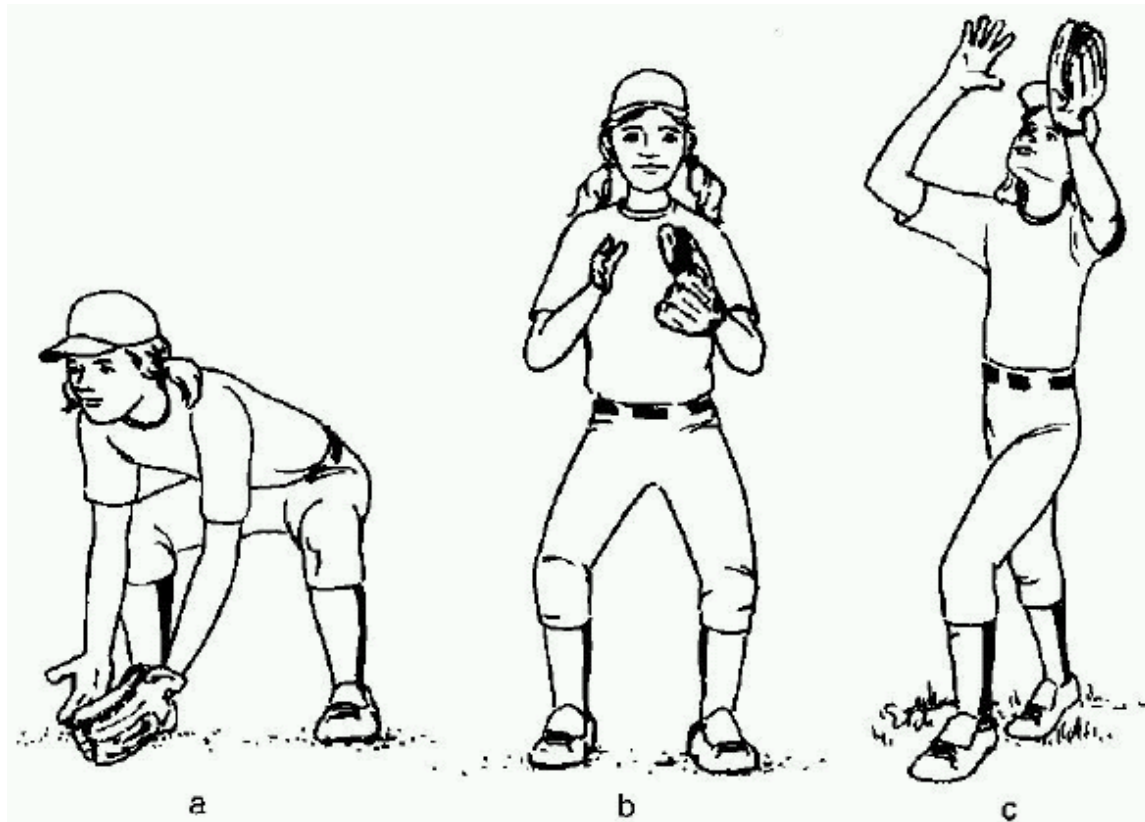
1. **Throwing** - Throwing is one of the most important skills in baseball. Stress to your players that accuracy is more important than speed. Teach them to throw over the top and not side arm. This creates bad habits that are hard to change later. Thumb under the ball.

- a. Windup - Bring the throwing arm back and up, turn your front shoulder so it is pointing at the target. The glove hand points toward the target. The arm extends behind the body with wrist cocked and elbow bent:



- b. Delivery - As you start your delivery you pick up the lead foot and stride toward the target. As the lead foot touches the ground, the hips rotate toward the target. Release the ball in front of the body and follow-through. Always look at the target throughout the throw.
 - c. Follow-Through - The follow-through ends with the throwing arm down in the front of the body and the feet almost parallel, in a balance ready position.
2. **Catching** - A major defensive skill is catching. Initially, some players will be afraid of catching a baseball. That fear will make them flinch right before the ball reaches their glove. This will cause them to drop the ball instead of catching it, or worse, the ball may hit them. This can create a fear that can eventually cause players to quit. Teaching players the correct catching technique is not easy. You must first overcome their fear of getting hit with the ball. Demonstrate that the ball is softer than a standard hard ball. You might want to work with some of your players with a tennis ball for the first couple weeks.

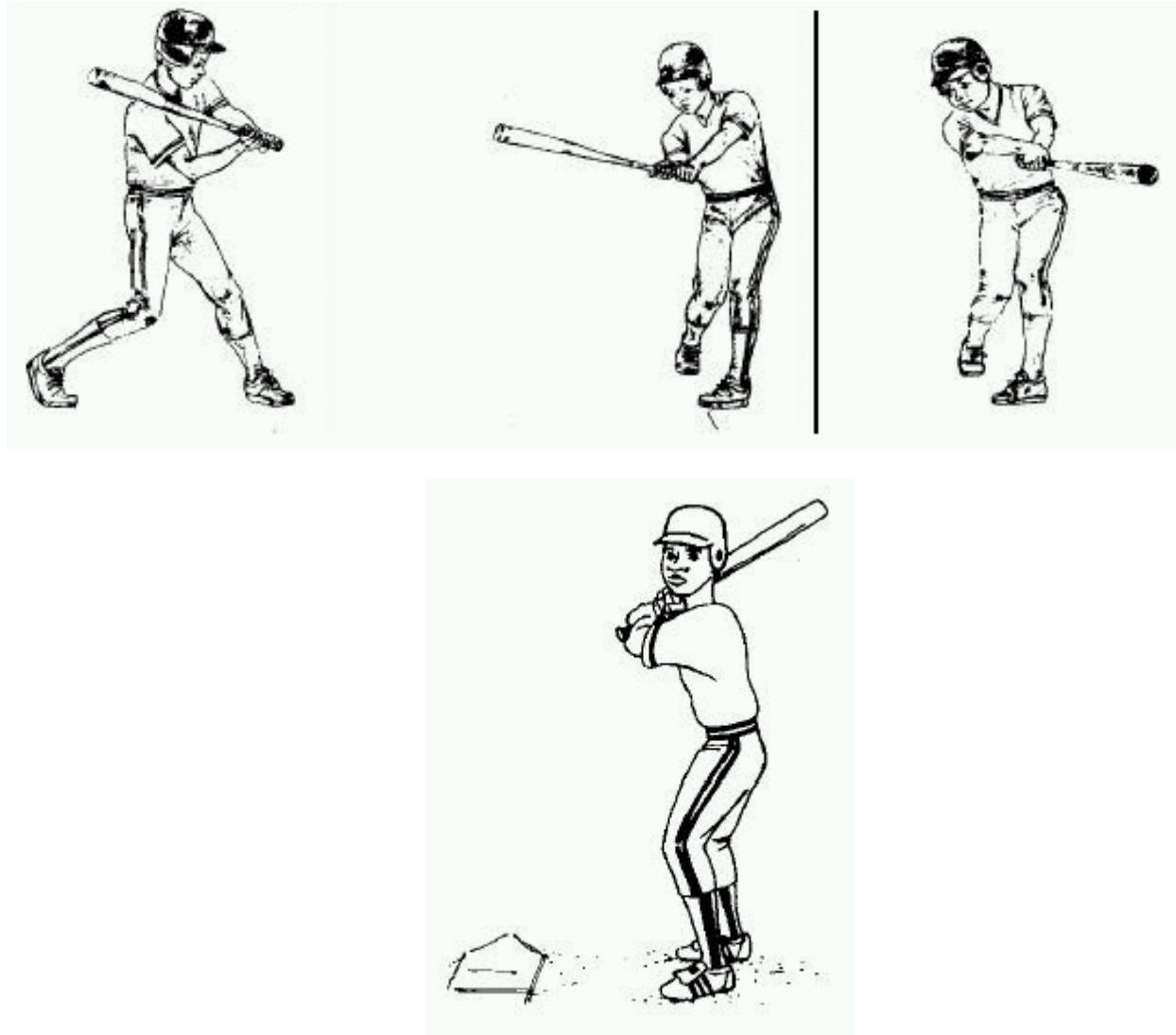
- a. Catching the baseball
 - i. Keep your eyes on the ball.
 - ii. Have both hands ready, with arms relaxed and extended toward the ball.
 - iii. Bend the elbows to absorb the force of the throw.
 - iv. Watch the ball into the glove and squeeze it. (See illustration below).



3. **Hitting** - Hitting a baseball is probably the most difficult skill to master in baseball. Five separate hitting components should be taught to young players: grip, stance, stride, swing and finish.
- Grip - Grip the bat firmly (don't squeeze) hands together above the knob with the middle knuckles lined up. The player at this level should be encouraged to hold onto the bat until contact is made and then to drop the bat vs. throwing it.



- Stance - Players should be comfortable in the batters box. Don't try to make every batter assume the same stance, but do stress these basics:
 - Feet comfortably wider than shoulders, set in a square stance.
 - Toes pointing towards the tee/plate.
 - Knees slightly bent with weight centered on the balls of the feet.
 - Upper body bent slightly at the waist, eyes focused on the ball.
 - Bat at a 45 deg angle to the hands.
 - Elbows out from the body and flexed, point towards the ground



- c. Stride - The stride is a triggering motion to begin the motion of the shoulders hips and, knees as the pitcher releases the ball. This will become a more useful tool as the players develop but for now a small stride of the front foot toward the mound will be a good start to force some weight distributions and begin their swing sequence.
- d. Swing – For T-Ballers, Adjust the tee with the ball set even to the hitter’s waist. The legs and hips initiate the swing. Eyes on the ball, shoulders level, bat and head steady. The swing should be level to slightly downward bring the bat through the center of the ball. Watch the bat hit the ball; keep your head down. Extend arms and follow through. Focus on making contact and not swing too hard.
- e. Finish - Balanced position when the swing is over. Do not watch the ball. Drop the bat and run hard to first base.

4. **Base Running –**

- a. Run on the balls of the feet.
- b. Look at the base you are running to, not where the ball went.
- c. Run out side the foul line.
- d. Teach the players to run straight through 1st base; don't jump on it or slow down.
- e. Watch and listen for coaches instructions.
- f. Keep one foot on base leaning forward until the batter hits the ball and use the base to push off.
- g. Know where the ball is.
- h. When running the bases touch the inside corner. Make sure you touch every base.

Drills

Batting: Practice, Practice, Practice. Work with small groups using a tee and go over the five components of hitting.

Bounce to the bucket: Use a large basket or bucket and place it on the base. Outfielders try to throw it into the container. Can be done as a game with 10 points for in the bucket and 5 for hitting the bucket and 1 point for two feet either side of bucket

Catch: Two or more players catch. Keep track of the number of successful catches. See how many you can catch in a row.

Catching Flies: Hit or throw fly balls to fielders. Throw ball right to the player to develop confidence and then toss ball to right or left. During this drill you can introduce someone coming over to backup the play. Make sure to instruct the use of two hands.

Coach in the Middle: Circle the kids with the coach centered rolling the ball or tossing to each player. For practice have the kids field the grounders without a glove, to reinforce the use of two hands.

Crab Drill: Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as the coach rolls the ball.

Track meet: Player stands at home plate with bat in hand. Coach claps hands and player drops bat and runs hard to first base. Time how long it takes to get to first and record it. Run drill later in season and see if there is any improvement.

Remember:

You should be satisfied if the kids have fun, learn the basics of baseball and are enthused to play again next year.

Field Availability

Field Availability

Hartland Fields (Fields 1 – 4)

- Location:** On Ridge Road (Rt104) behind Hartland Fire hall, across from Hartland Town Hall. The fields are numbered in order 1-4.
- Open:** Year Round
- Available:** Mondays & Fridays – Field 1 only
 Tuesday, Thursday & Saturday – All fields Available
 Wednesday June 2nd and before – All fields Available
 Wednesdays after June 2nd – No Fields Available
 Sunday – No Fields Are Available
- Notes:** Please clean up after games and practices.
 Major Girls please fill in divots at the pitcher mound when done.

Royalton Ravine Field

- Location:** Gasport Road, Gasport NY. From Middleport take Rt31 to Gasport road. Turn left on Gasport Road, the park will be up about a mile on the right hand side.
- Open:** Year Round
- Available:** Monday through Friday – Field is Available
 Saturday & Sunday – Must be scheduled.
 If there is a party at the pavilion please be courteous.
- Notes:** Please clean up after games and practices.
 No work can be done to this field by anyone other than Park officials.

Vet's Park (Fields 1 & 2)

- Location:** In the Village of Gasport on Telegraph Road. Located down the road from the Yellow Goose, which is on the corner of Rt31 and Telegraph Road.
- Open:** April 1st until October 31st.
- Available:** Monday, Thursdays and Saturdays – All Fields Available.
 Tuesdays – No Fields are available.
 Wednesday – Available after May 12th.
- Notes:** Vet's Park is designated for Coach Pitch/T-Ball divisions. You may use the fields if available but must yield the field over if Coach Pitch/T-ball teams arrive.
 Please clean up after games and practices.

Terry's Corners (60')

- Location:** Behind Terry's corner fire hall on route 77 (Near Mill Road)
- Open:** Year Round
- Available:** Mondays & Tuesday – Field is not available.
 Wednesday, Thursday, Friday & Saturday – Field available.
- Notes:** Please clean up after games and practices.

Do not use kitty litter or any other field conditioner for puddles.
Do not park in the fire hall parking lot on Mondays.

Terry's Corners (90')

Location: On Chestnut Ridge Road behind Terry's Corner Fire hall. Senior field can be accessed from Mill Road (around the corner).
Open: Year Round
Available: Field is available every day.
On Mondays all vehicles must park in lot off Mill Road. No parking at the fire hall.
Notes: Please clean up after games and practices.
Do not use kitty litter or any other field conditioner for puddles.
Do not park in the fire hall parking lot on Mondays.

Gasport Elementary #1 Senior Field

Location: 4486 Emerson Place, Gasport, NY 14067, Behind Gasport Elementary School off Rt. 31 near the Varsity Soccer field.
Open: Year Round
Available: Scheduled Games Only
Notes: Please clean up after games and practices.

Gasport Elementary #2 Practice Field

Location: 4486 Emerson Place, Gasport, NY 14067, Adjacent to JV soccer field behind Gasport Elementary School.
Open: Year Round
Available: When not being used by the JV or Varsity teams.
Notes: Please clean up after games and practices.

High School JV Softball Field

Location: 55 State Street, between the High School and Junior High School. Lower Field.
Open: Year Round
Available: When not being used by the JV or Varsity teams.
Notes: Please clean up after games and practices.

High School Varsity Field

Location: 55 State Street, between the High School and Junior High School. Upper Field.
Open: Year Round
Available: When not being used by the JV or Varsity teams.
Notes: Please clean up after games and practices.

Traits of Successful Coaching

KNOWLEDGE SEEKER
Pursue additional insights Read Observe Attend clinics Expose yourself to new ideas Browse the Internet Talk with fellow coaches
GOOD ORGANIZATIONAL SKILLS
Practice plans for day, week, month Details regarding equipment, schedules Players know when a coach is unprepared
HARD WORKING
Strong work ethic Time and Effort Be persistent Be present in mind and body
GOOD COMMUNICATOR
With RHYBS League, assistants, players, parents, fans Transfer of knowledge and techniques to players What is expected of players and how can they accomplish their goals Positive attitude, enthusiasm, concern, humor
APPROACHABLE AND CARING
Coaches have a human side – show it! Find time to laugh with players and show them you have a sense of humor Don't be too serious, it is only a game Be able to bounce back from mistakes Remember – baseball is a great life lesson. Be a teacher!
HONEST AND FAIR
Integrity Loyalty Players should know their roles on the team Be aware and concerned about your reputation
<i>Overall, it is the coach who sets the tone and leads by example. Whether you realize it or not, whether you want to be or not, you are a role model.</i>

Dealing with Pressure from Parents

Dealing with the parents of your players is one of the most important ingredients to a successful and rewarding season. Your team can have the league's best pitcher, fastest lead-off hitter, and an outstanding shortstop, but if you fail to handle the pressure from parents you will have a very long and frustrating season.

One of the best ways to deal with parental issues is to address them before they become a problem, starting from the very first day of practice. Schedule a parent's meeting as soon as possible after your team is formed. Insist that all of your parents attend. Prepare for the meeting and have a complete list of roster contacts (both coaches and parents), team rules and a schedule of games and practices.

At the meeting, introduce the team concept. Use examples to make these points:

1. Every player is a very important part of the team regardless of ability
2. The team needs support and help from parents
3. Encourage the parents to attend the games
4. Insist on team spirit and encouragement for all team members
5. The team comes first

The team meeting is your opportunity to make it clear what your rules are. The parents need to know that you are in charge and that your rules will be followed. This will also be your opportunity to explain to the parents what your philosophy is. Tell the parents that you feel their son or daughter is a very important part of the team. Explain that the players will learn, develop and have a lot of fun playing baseball. It is also recommended that you communicate to the parents that the players will learn more than just baseball because they will also learn a lot about teamwork, sportsmanship and friendship.

No matter how hard you try to communicate up front, there will always be problems. Ask parents to come and talk to you directly if they have concerns. This discussion can be done over the phone, email or meeting set up ahead of time. This could be done before rest of team arrives for a practice or game or after everyone has left the field. But, NEVER just before a game, during a game or just after a game. It is good to suggest to the parents that they do not talk with players or other parents about their related problems and you can assure them that we will do what we can to work out any differences. If you as a manager or coach sense any problems, use some of the other parents to find out about a problem only if you TRUST those parents. Some of the parents will be your best supporters, use them as middle men/women and they can help you out with some of the other parents and you can at least get a feel as to what concerns may be out there.

Never let problems get out on the field. Try to keep the problems away from your players if there is a parent problem. Keep your emotions in control and never let them get out of control with either players or parents. When the pressure is getting to you, step back and give yourself time to get your emotions under control before you address an issue. Always try to deal with the problems in private, away from the other parents of players. Experience will teach you how to deal with all types of problems. Most of the time, you will find that problems relate to parents believing that their son or daughter is a better player than they really are in the game of baseball.

We coach because we love baseball and softball and working with kids. We need to plan ahead to prevent parental problems which have a negative effect on our team. We need to put the right player in the game at the right time despite pressure from parents.

With proper planning and organization, we can minimize parent problems and spend more time on the field doing what we enjoy the most – COACHING!

Sample Parent Meeting Agenda

Roy-Hart Youth Baseball/Softball League

XXXXX Division

Team: XXXXX

Head Coach: XXXXX

Assistant Coaches: XXXXX

Parent Meeting

April 1, 2014

Welcome – Reason for this meeting is positive communication, answer any and all questions

Introduction to Coaching Staff

Introduce Team Mom/Dad – Explain their role, have Team Mom/Dad encourage treat sign ups, etc.

Game Schedule – Handout game schedule, cancellation procedures, review game reporting time, review penalties for missed game (if you decide there needs to be penalties), review team policy for notification if going to miss a game or be late to a game, ask if there are known conflicts and report this to the league, etc.

Practice – Hand out practice schedule, cancellation procedures, go over field locations, review penalties for missed practice (if you decide there needs to be penalties), review team policy for notification if going to miss a practice or be late to a practice, etc.

Equipment – Review what makes a complete uniform

Academics/School - #1 priority, get all work done

Behavior – on and off the field

Program Philosophy – RHYBS League philosophy, playing time, etc.

Problems/Concerns - player/coach, parent/coach, parent/coach/RHYBS League; positive coach/player/parent relationship is vital to the success of the team and our league, must accept the coaching process, parents coaching from the sidelines, spectator sportsmanship, etc.

Important Dates – Memorial Day Parade, Picture Day, All Star Day, League Raffle, etc.

Other – questions, comments, concerns

Resources

Please visit the **Coaches Corner** on www.royhartyouthbaseball.com for a list of baseball and softball specific skills and drills. If you have a great drill or resource you would like to share and it is not listed on our site, please email us at info.rhybsleague@gmail.com and we will add it to the Coaches Corner.