

MOUNT PLEASANT RECREATION DEPARTMENT
FUNdamental T-Ball Coach Pitch MANUAL

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MOUNT PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

BLOOD-BORNE PATHOGENS

Blood borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose, and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission could occur.

WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that all adults and youth participants use good hygiene. Towels, cups and water bottles should not be shared.

OTHER CONTAGIONS

Contagions such as the Influenza Virus, the Common Cold virus, and the Mononucleosis virus are generally transmitted by respiratory secretions, saliva, and nasal discharge. This occurs through the air when an infected person sneezes or coughs; or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever, and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

MOUNT PLEASANT RECREATION DEPARTMENT

LIGHTNING POLICY

PURPOSE: To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mount Pleasant Recreation Department (MPRD) outside facilities and activities.

POLICY: Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

SPECIFIC PROCEDURES:

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
 - a. Facility Supervisor assigned to site/event
 - b. Game Officials/Referees/Umpires
 - c. Recreation Coordinator/Specialist assigned to activity
 - d. Athletic/Program Division Chief
 - e. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.

6. MPRD Staff will know where the closest “safe structure or location” is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:
 - a. Any building normally occupied or frequently used by people; i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.

7. MPRD has designated the following areas as a “safe structure or location” for the sites listed below:
 - a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
 - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
 - c. Patriots Point – Individual vehicles in parking lot.
 - d. Park West – MPRD Park West building, Pavilion building or individual vehicles in parking lot.
 - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
 - f. Sloan Park - Individual vehicles in parking lot.
 - g. Moultrie Middle School - Individual vehicles in parking lot.
 - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
 - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
 - j. Whitesides Elementary School - Individual vehicles in parking lot.
 - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
 - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.
 - m. Trident Academy Field – Individual vehicles in parking lot.
 - n. Cario Multipurpose Field - Individual vehicles in parking lot.
 - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
 - p. Community Centers – Community center building or individual vehicles in parking lot.
 - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
 - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
 - s. James B. Edwards Park - Individual vehicles in parking lot.
 - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
 - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.

8. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.

9. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of

thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.

10. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
11. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
12. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

_____ **Assistant Recreation Director**

_____ **Recreation Director**

MOUNT PLEASANT RECREATION DEPARTMENT

PERSONNEL

Executive Staff

Steve Gergick, Director
Jimmy Millar, Deputy Director
Sarah Garner, Office Manager
Melissa Estrada, Account Clerk
Kristen Watson, Administrative Clerk

Athletic Division

Matt Hansen, Athletic Division Chief
Terri Steed, Recreation Coordinator/ Volleyball/Basketball
Jay Rhodes, Recreation Coordinator Football/Track
Scott Koth, Recreation Coordinator/ Softball
Diana Drake, Administrative Assistant
Ryan Johnson, Recreation Coordinator/Baseball/Wrestling
Ian Evans, Recreation Coordinator Soccer
Shelli Davis, Recreation Coordinator/Tennis/Therapeutic
Garrett Heatherington, Recreation Coordinator/FUNDamentals
Matt Blakeney, Recreation Specialist
Eric Duhamel, Recreation Specialist

Program Division

Stacey Harrington, Program Division Chief
Tina Carter, Program Coordinator
Molly Hubbard, Aquatics Coordinator;
Keith Kellar, Recreation Specialist, Aquatics
Adam Parry, Recreation Specialist, Aquatics
Anne Selner, Recreation Specialist
Florine Russell, Recreation Specialist
Mark Friedrich, Recreation Specialist
Sherrie Pompeii, Senior Program Coordinator
Nicole Holladay, Recreation Specialist/ Seniors
Sandi McGee, Administrative Assistant
Rhea Pitts, Administrative Assistant/ Seniors

Office Personnel

Chris Braggs, Administrative Assistant
Deborah Llaro, Administrative Assistant
Tiffani Walker, Administrative Clerk
Karen Washington, Administrative Clerk

**COACHES
CODE OF ETHICS PLEDGE**

I promise to review and practice the necessary first aid principals needed to treat injuries of my players. I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

Date: _____ Name: _____
(Please Print)

Signature: _____

Team Name/Sponsor: _____

TOWN T-BALL/COACH PITCH FACILITIES

Duffy Complex – 615 Center Street, Mt. Pleasant

T-Ball/Coach Pitch games and practices.

Joe Gawrych Complex – 1559 Rifle Range Road, Mt. Pleasant (New WSE/old Sloan Park)

T-Ball/Coach Pitch games and practices

Whipple Road Sports Complex – 889 Whipple Road, Mt. Pleasant

T-Ball/Coach Pitch games and practices.

Seignious Athletic Fields (Jones Center) - 391 Egypt Road, Mt. Pleasant

T-Ball/Coach Pitch games and practices

Reid Street Field - Reid Street, Mt. Pleasant (Old Village)

T-Ball/Coach Pitch games and practices

Patti Speights Field - Speights Street, Mt. Pleasant (Old Village)

T-Ball/Coach Pitch games and practices

Moultrie Middle School – 645 Coleman Blvd., Mt. Pleasant

T-Ball/Coach Pitch games and practices

Mt. Pleasant Recreation Complex at Park West – 1251 Park West Blvd., Mt. Pleasant

T-Ball/Coach Pitch games and practices

**WE ASK THAT ONCE YOUR GAME HAS ENDED PLEASE MOVE OFF OF THE FIELDS SO
THE GAME FOLLOWING MAY BEGIN PROMPTLY!!!**

MOUNT PLEASANT RECREATION DEPARTMENT

CRITICAL DATES

March 31-April 15	Registration
Mid May	Coaches Meeting/Training
Mid May	Practice begins
June 1	Jamboree/First Game

**WE ASK THAT ONCE YOUR GAME HAS ENDED
PLEASE MOVE OFF OF THE FIELDS SO THE GAME
FOLLOWING MAY BEGIN PROMPTLY!!!**

MOUNT PLEASANT RECREATION DEPARTMENT

TEAM REQUIREMENTS

There will be a maximum of 12 players for T-Ball teams.

There will be a maximum of 12 players for Coach Pitch teams.

T-Ball - 4 and 5 years of age for boys and girls (coed).

Coach Pitch Baseball - 6 and 7 years of age for boys and girls (coed)

League age will be determined by how old the child is on **April 30, 2019**.

- **No 3 year old will be permitted to waiver into the league.**

PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the TBall/Coach Pitch program. Scholarships are available on an individual basis. Contact Sarah Garner for assistance concerning the scholarship program at least 10 days prior to registration.

First time participants must show a copy of their original birth certificate, or other acceptable document proving date of birth upon registration.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing T-Ball/Coach Pitch are the responsibility of the participants/parents.

PLACEMENT OF PLAYERS ON TEAMS

The method used to divide these teams is as follows:

1. The head coaches' child (ren) will be allowed to be on the same team that their parents coach.
2. Two coaches per team requested during registration period
3. Every effort will be made to place children by side of town and school.
4. Please note: special requests to be placed with a particular team, coach or teammate are not honored.
5. Siblings will play on the same team unless parents request that they play on separate teams.

Please note: no special requests to be placed with a particular team, coach or teammate will be honored.

All deletions and additions to the team roster will be made by the Athletic Division, not by coaches. NO TRADES WILL BE ALLOWED. Players can not participate unless registered with the Mount Pleasant Recreation Department. Any coach who adds or removes players will be suspended from coaching until a meeting is held with the Athletic Division Chief. Sponsors may wish to sponsor the team which their child is placed on.

MOUNT PLEASANT RECREATION DEPARTMENT

YOUTH T-BALL GAME RULES

THE T-BALL SEASON WILL BE DIVIDED INTO TWO (2) HALVES. THERE WILL BE SEVERAL RULE CHANGES IN THE SECOND HALF TO ACCOMMODATE THE IMPROVED PLAY AND SKILLS OF THE PLAYERS AND WILL BE NOTED IN THE SECOND HALF RULES. THOSE RULES THAT WILL CHANGE WILL BE UNDERLINED IN THIS SECTION.

NO SCORE OF GAMES WILL BE KEPT. NO LEAGUE STANDINGS WILL BE KEPT.

First Half Rules

1. The game balls (incrediballs) will be given to the coach prior to the season. Please keep track of the incrediballs. These balls will be used for the games and each team is required to provide acceptable balls for their game.
2. No umpire will be provided. The offensive team's coach will put the ball on the T-stand and instruct the player hitting the ball.
3. The defensive team's coach will umpire in the field and instruct the fielders on where to throw the ball.
4. Regardless of whether a baserunner is called out or safe, he/she will remain on the base and will be allowed to run the bases when the ball is hit.
5. Each game will be three (3) innings or one (1) hour long. After one hour the game must end immediately.
6. All games will begin at 5:30pm or 6:30pm during the week and if Saturday games are necessary the times will be 9:00am, 10:00am and 11:00am.
7. Each team will bat all players in order each inning. The batting order does not have to be the same each inning. All players must play two (2) innings in the field each game.
8. Batters are allowed as many swings as necessary in order to hit the ball.
9. Nobody will play the catchers position. The offensive coach will put the ball on the Tee.
10. All players can play in the field if the coach wants. The coach will determine where the players play in the field. However, each team must have a regulation infield at all times (maximum of five (5) players). All players in the field in excess of five (5) must play the outfield and remain there until the ball reaches the outfield area. Coaches are encouraged to change infielders each inning.

MOUNT PLEASANT RECREATION DEPARTMENT

Youth T-Ball Game Rules Continued

11. Ten (10) games have been scheduled for each team. Each team is guaranteed at least eight (8) games if weather becomes a factor. The first two (2) games cancelled due to rain, etc., will not be re-scheduled. Games shortened by reason of curfew, rain, or other acts of nature shall be regulation games provided both teams have completed two (2) innings of the game.
12. **Rain or inclement weather:** Teams are not allowed to practice or play when lightning is present. If a game starts and it begins to rain, the game shall be delayed or stopped immediately at the facility supervisor's discretion.
13. Once any defensive infielder gains possession of a batted ball, the baserunner may not advance beyond the base they are running to. Once the baserunner stops his forward motion, he cannot advance to the next base. Infielder must be on the clay to be considered on the infield.

NOTE:

During the first half of the season, all players must hit off of the batting tee regardless of ability. Batting tees are used in all levels of Baseball and Softball as tools for improved hitting. Coaches should not, for any reason, pitch to their teams before the second half of the season.

Youth T-BALL

Second Half Rules

THE RULES OF THE GAME WILL REMAIN THE SAME UNLESS OTHERWISE NOTED BELOW. (Refer to rule in first half that is changed.)

1. Games during the second half of the season will have each coach pitch to his or her team. The coach may pitch underhand or overhand. The distance will be wherever the individual coach feels comfortable. (Refer to rules 2 and 9.)
2. Each player will get three (3) swinging strikes before having to complete the at bat off of the batting tee.
3. If a defensive player makes an out, that runner **must** come off of the base. (Refer to rule 4.)

MOUNT PLEASANT RECREATION DEPARTMENT

YOUTH COACH PITCH BASEBALL GAME RULES

NO SCORE OF GAMES WILL BE KEPT. NO LEAGUE STANDINGS WILL BE KEPT.

1. The game balls (incrediballs) will be given to the coach prior to the season. These balls will be used for the games and each team is required to provide acceptable balls for their game.
2. No umpire will be provided. The offensive coach will pitch either overhand or underhand to the batter, making adjustments as needed to assist the batter.
3. Each game will be three (3) innings or one (1) hour long. After one hour the game must end immediately.
4. All games will begin at 5:30pm or 6:30pm during the week and if Saturday games are necessary the times will be 9:00am, 10:00am and 11:00am.
5. All players will be placed in the batting order in every game. Each player must play in the field for at least two (2) innings in every game. Each batter bats in every inning.
6. Each batter will get six (6) pitches to hit. No walks will be issued. If the batter fouls, swings and misses, or does not swing at the sixth pitch, he/she must complete the at bat off of the batting tee.
7. A player will field the pitcher's position next to the coach.
8. The bases will be cleared after three (3) outs have occurred.
9. No stealing is allowed.
10. Ten (10) players may play in the field. A regulation infield (6 players) must be maintained at all times. Outfielders must remain in the outfield until the ball clears the infield.
11. No infield fly rule will be in effect.
12. Once the pitcher gains possession of the ball, the base runner may not advance any further on the bases.
13. Baserunners may not advance on any overthrows at any base.
14. **Rain or inclement weather:** Teams are not allowed to practice or play when lightning is present. If a game starts and it begins to rain, the game shall be delayed or stopped immediately at the facility supervisor's discretion.
15. Ten (10) games have been scheduled for each team. Each team is guaranteed at least eight (8) games. If weather becomes a factor, the first two (2) games cancelled due to rain, etc., will not be re-scheduled. Games shortened by reason of curfew, rain, or other acts of nature shall be regulation games provided both teams have completed two (2) innings of the game.
16. Helmet w/ facemask or side face guard required. Bats can be wood or metal, barrel no larger than 2 ¼

MOUNT PLEASANT RECREATION DEPARTMENT

A coach may hold a player out of the game for only the following reasons: injury, sickness or disciplinary actions. The coach must notify the opposing coach before the game begins and notify the coordinator if any players that are dressed out to play will not be playing or not meeting the minimum playing requirements. **All players should be allowed and encouraged to play all positions. Please keep in mind that this age group is more about learning the game than competition, so if a player approaches a coach and request to play a certain position, please allow the player that opportunity.**

VIOLATION OF THE PARTICIPATION RULE WILL BE A ONE GAME SUSPENSION FOR THE COACH. TWO (2) VIOLATIONS OF THE PLAYING REQUIREMENT WILL RESULT IN DISMISSAL OF THE COACH FROM THE PROGRAM.

MOUNT PLEASANT RECREATION DEPARTMENT

EQUIPMENT AND UNIFORMS

The complete uniform consists of game jersey, hat, pants, gloves, and shoes. The Recreation Department will provide game jersey and hat for all participants. It is **recommended** players provide their own batting helmets and bats.

Only those game jersey/hats issued by the Recreation Department will be allowed to be worn in the games. All players must have on a uniform or will not be allowed to play in the game.

The Recreation Department can issue additional equipment. Any broken equipment must be exchanged for good equipment as soon as possible.

All equipment will be collected immediately following the final game of the season. No coach will be allowed to keep equipment once the final game is played.

The Town of Mount Pleasant owns all equipment issued by the Recreation Department. During the games the coach must share the equipment with the other team if it is necessary.

SCHEDULES

All games must be played at the time, day, and location outlined in the schedule.

There will be ten (10) scheduled games, guaranteed eight (8) games. If more than two (2) games are cancelled, MPRD will reschedule. Make up games may be played on a Friday or Saturday.

The official team name is the sponsor's name. That name will appear on the game schedule.

AWARDS

All players will receive participation medals. Medals will be distributed to the coach before the last game. The coach will be responsible for handing out the trophies.

RAINEDOUT.COM INFORMATION

For snow, ice, fog or weather issues register on Rainedout.com by visiting www.tompsc.com and clicking the link. Notifications will be sent via rainedout.com no sooner than 4:30pm on the playing status of games. However, "when in doubt, dress out."

MOUNT PLEASANT RECREATION DEPARTMENT

TRAINING SESSIONS

No players are to be left unattended after training sessions have ended. An adult must stay until the last player has left the premises.

All training session schedules must be strictly followed. In the event a coach cannot make a scheduled session, the coach must notify all players and the Recreation Department.

More than one team will be scheduled to train on a field at one time. All coaches must share the space in an amicable manner.

Training sessions will be scheduled in one-hour increments. After the allotted time is up, the session must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice or play when lightning is present. Refer to the MPRD Athletic Division Policy, AO-400.01, **Lighting Safety Procedures**, for further information regarding lightning safety. This policy is located in front of the manual right after Infectious Disease Guidelines.

MOUNT PLEASANT RECREATION DEPARTMENT

CONDUCT

All players must remain in the dugout during the game except when batting or batters on deck.

One coach per team will be permitted on field.

At no time during or after a game may a coach or player argue a call.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a coach or Recreation Department personnel.

Absolutely no fighting will be permitted by any coach or player. Violators will automatically be suspended from further league participation until a meeting is held with the Athletic Division Chief.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

Do not contact the sponsors for additional money.

Any coach, player and/or parent using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach who does not conduct themselves according to any of the above policies.

Any coach/manager allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

There shall be **NO SMOKING** on the fields by players, coaches, managers, or parents. Violators will be asked to leave or removed from the facility.

Players ordered off the field by the coach shall obey. The ejected player must leave the premises. Failure to comply will result in the player being given a minimum of a three (3) game suspension.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys being removed from the game and suspended for the next game.

All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sideline team area.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

<u>OFFENSE</u>	<u>1ST OFFENSE</u>	<u>2ND OFFENSE</u>
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 week suspension.	Current season suspension.*
2. Abusive/offensive language directed at coaches, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at coaches, staff players or spectators.	Suspension for current season plus 1 year probation.	During probation period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, from fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension all adult sports.
5. Defacing, damaging, or suspension destroying Town property or equipment.	1 game suspension up to permanent suspension	Current season depending on circumstances and repair/replacement costs

*If suspension occurs at last game of regular season, suspension will carry over into the next regular season that player participates in.

****3RD OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decisions.

FACILITY SUPERVISORS

There will be a Facility Supervisor at each gym identifiable by a purple T-Shirt or sweatshirt. They are Recreation Department employees, and as such, represent the final authority for each situation.

Please familiarize yourself with these people. If you have any concerns, suggestions, or information, please tell one of our Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

RELEASE OF CONFIDENTIAL INFORMATION

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chance of leaving a copy somewhere on the field becomes greater with the more copies that you have.

If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

THE COACH

He is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

He is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.

The coach has no place to hide. He cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can he even satisfy very many. Rarely can he even satisfy himself. If he wins once, he must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst profession – **unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and to hope that someday the world will learn to understand them.**

ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
4. If you are teaching something new, be sure to work it out on the field before going to practice. It is easy to get confused.
5. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
6. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
7. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
8. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
9. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

Communication – Including Parents as a Part of the Plan

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
 - a. **Player expectations and team rules.**
 - b. League rules.
 - c. Practice and game schedules.
 - d. Injuries – procedures, etc.
 - e. Your philosophy of coaching the team.
 - f. Role of the parent.
 - g. Transportation problems and organization.
 - h. Parents Code of Conduct
3. **Some general tips:**
 - a. **Be congenial, courteous, and communicative.**
 - b. Let them know you are the one who is in the position to make team decisions.
 - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
 - d. Make parents your supporters, not your adversaries.

Points of Emphasis

Proper Throwing Mechanics:

- 1). Feet should be shoulder width apart with hands together at chest level.
- 2). Step towards your target, and at the same time break your hands.
- 3). Extend the throwing arm directly behind, while using the glove arm as a cursor for your target.
- 4). Tuck front elbow while also rotating the torso and bringing the throwing arm through.

Basic Fielding Mechanics (Ground balls):

- 1). Feet should be a little more than shoulder width, while standing on the balls of your feet.
- 2). When the ball approaches, bend the knees and place glove on the ground with palm facing up.
- 3). As the ball enters the glove, use the throwing arm hand to secure the ball in the glove.

Basic Fielding Mechanics (Fly balls/Line drives):

- 1). Feet should be shoulder width, with the glove side foot slightly ahead of the throwing side foot
- 2). Glove should be extended high above your head, but at an angle in front of the body.
- 3). When the ball enters the glove, use the throwing hand to secure the ball in the glove.

Basic Hitting Mechanics (Stance):

- 1). Feet should be more than shoulder width apart with knees slightly bent.
- 2). Hands should be together on the bat (knuckles lined up in a comfortable fashion).
- 3). Hands brought back behind the top hand side of the body (again in a comfortable position).

Basic Hitting Mechanics (Swing):

- 1). Hips should begin to rotate as the arms/hands swing the bat down towards the contact point.
- 2). Shoulders should stay level through the swing and the head shouldn't move too much.
- 3). After contact, the back foot should swivel and the bat should come all the way around.