

SOUTHWEST PORTLAND

WWW.SWPLL.ORG

Managers Guide

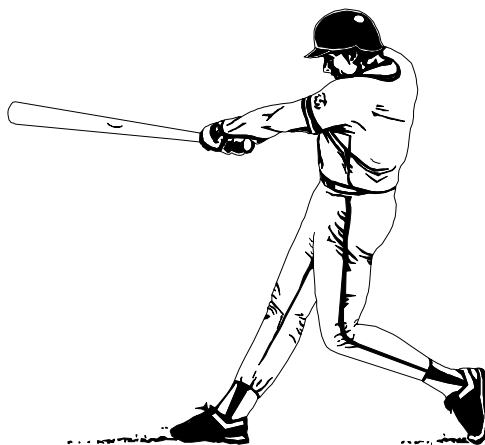


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I. Introduction

A. How to use this Handbook

Use this handbook as a guide to manage your team. This book contains just about everything you will need to be a successful manager. It is an attempt to answer your questions, as well as give you suggestions and tips on how to manage your team. Read it before you the season starts. Additionally, many resources can be found at our leagues website www.swpll.org.

B. What is Southwest Portland Little League?

SW Portland Little League (SWPLL) is a non-profit provider of baseball and softball programs in SW Portland, Oregon. SWPLL is chartered by Little League International. SWPLL is also part of Oregon District 4, an administrative unit of several Little Leagues west of the Willamette River. Our league boundaries are the entire Wilson High School feeder areas, including the new addition of Bridlemile Elementary. SWPLL welcomes players that either live within our boundaries or go to school within our boundaries.

C. Where do we play and practice?

The number of games and practices is determined by level. Tee ball has one practice and one game a week (game is usually Saturdays). A baseball, AA baseball and Softball Launch League have one practice a week and two games. AAA, Majors and Juniors have two practices and two games per week. The games are generally on Saturdays plus one day a week. Practices and game schedules are based upon field availability with the city and are assigned to the upper divisions first, then lower levels. Field locations can be found [HERE](#).

D. Roles and Responsibilities

The following describes the roles required to operate a successful team:

Team Manager: The Team Manager is responsible for the team and has the additional responsibilities of a Team Coach discussed below. Team Mangers communicate and enforce our League's philosophy, goals, Codes of Conduct and rules. They are also responsible for the equipment that is distributed at the beginning of the season. They organize practices and get everything coordinated for games. Team Managers work with their Team Coaches to ensure the above is executed. They are also the main contact between their team and the VP of their division for any communication of events, information, concerns, questions, etc. For each practice and game, the Team Manager is responsible for ensuring that all of the players' medical forms are at the game in case of any injuries. The Manager also ensures that players are rotated through the fielding positions to ensure that all children participate pursuant to International Little League Rules, along with our local rules discussed more fully below. Each manager should read and familiarize themselves with both the International Little League Rules and our Local Rules covering their division.

Team Coach: The Team Coaches are responsible for helping organize and conduct the team practices as well as the games. They are the principle means through which players will learn how to play the game of baseball during practices and games. It is critical that the Team Coaches keep in mind that the game of baseball is for the kids and is meant to be FUN. Therefore, the role of the Team Coach

will require a lot of patience and willingness to work with the kids in helping them to learn the rules of baseball and good sportsmanship.

Team Scorekeeper (Upper Divisions Only): The Scorekeepers are responsible for pitch counts and scorekeeping. The role of the scorekeeper (and specifically the home scorekeeper) is to accurately record everything that happens in a game. This includes the batting order, pitch count, the count during an at bat and everything that goes on during each inning. A Scorekeepers Manual is located at Appendix A.

Head Team Parent: The Head Team Parent helps coordinate the efforts of the Team Parents. They act as the main contact between the Team Parents and the Team Manager. The Head Team Parent coordinates the supplying or drinks/snacks for your teams after each Saturday game. The Head Team Parent also coordinates the end of year party for their team. The Head Team Parent should recruit some parents to help them with the above. The Head Team Parent also manages who runs the concession stand for games played at Alpenrose.

Team Parent: By default, everyone else is a Team Parent. The Team Parent will supply drinks/snacks for your teams after each Saturday game at least once during the season, based on a schedule determined by the Head Team Parent. Some Team Parents may also be asked to help coordinate the end of year party for your team.

Division VP: Each divisions VP shall work with other officers and committee members in administering all preseason and in-season activities that involve or impact their division. In addition, the VP shall be responsible for organizing and supervising the managers and coaches for their division. The responsibilities of each VP include:

- Recommend appointment of managers and coaches;
- Work with the Coaches Coordinator to recruit, train and coordinator managers;
- Work with the Coaches Coordinator to organize preseason skills clinics;
- Assist in setting up teams (lower divisions) or the draft;
- Assist in scheduling of games and practices;
- To be present at meetings, try-outs, and other important League functions;
- To work with the Umpire in Chief to assist in the establishment and administration of the umpire program (AAA level and above only);
- To advocate for proper conduct of parents, managers, coaches or other fans and enforce accountability measures if needed.

Player Agent: The player agent is the person that a player, parent or Manger contacts if they need help resolving a problem between the Manager and the player. The Player Agent is also in charge of recruiting and signing up players and assists the VP's in conducting tryouts and the player selection process.

Coaches Coordinator: The Coaching Coordinator is responsible for training all managers and coaches for all divisions in the fundamentals of baseball/softball so that all volunteer

managers/coaches are instructing all players participating in the same division the same playing techniques. The Coaching Coordinator works with each Vice President in scheduling coaching clinics and winter skills clinics.

E. Important Dates and Events

November

SWPLL Annual Meeting and Monthly Board Meetings: At the end of Fall Baseball, one season ends and planning for the next season begins. Each year in November we hold our annual meeting where we take inventory of our league, elect new board members, and implement major policy or procedural changes. This is your opportunity to learn about plans for the year and to set the direction of each division. Thereafter we hold monthly board meetings on the second Sunday of each month. **These meetings are the appropriate place and venue to raise concerns or suggest policy or procedural changes for the League. If you have suggestions that will enhance the experiences of our community, then please attend these meeting, especially the annual meeting in November. Please don't raise these types of issues right at the beginning or during the season with your VP.**

December

Storybook Lane Volunteers needed for Alpenrose: Each year Alpenrose dairy hosts a holiday event that is supported by volunteers from the baseball organizations that use their fields in the spring and summer. Our ability to play games at Alpenrose is directly connected to supplying volunteers for this event. We need to supply 104 volunteers every December or we will lose the privilege of playing games at Alpenrose.

January

Spring Registration Opens: Volunteers (returning coaches/managers) and players can register for the upcoming season. If you are a returning manager, you should send an email to your previous team asking them to register now. You should also recruit your coach and each of you should complete the online concussion training, application process and background checks. Upper division managers (AAA/Majors) will be selected at the February Board meeting and lower divisions at the March meeting.

Manager and Coach Recruiting: The Coaches Coordinator and VP's will start recruiting managers and coaches for the upcoming season. The Coaches Coordinator will keep a list of potential managers/coaches and will send an updated list to the VP's. The VP's will contact potential managers/coaches to confirm their commitment for the upcoming season.

Winter Player Skills Clinics: The Coaches Coordinator and the Division VP's will schedule and organize winter skills clinics for the players. The division VP's are responsible organizing the managers and coaches to run the clinics and the Coaches Coordinator is responsible for securing winter facilities. These clinics may not begin until the League has purchased insurance for the new year and players attending must sign a Liability Waiver.

Winter Coaches Clinics: The Coaches Coordinator will schedule and recruit incoming managers and coaches to attend coaches' clinics offered in February (Friends of Baseball and NW Baseball Coaches Convention).

Field Procurement: Fields will submit the necessary applications for field procurement from the City and Schools.

February

Approve Upper Level Managers: The VP's will nominate every person who has requested to be a Manager to the Board. The Board will vote on and approve managers in the upper divisions for the upcoming season.

Winter Coaches Clinics: All potential and approved Managers and Coaches from all divisions will attend the Coaches Clinics organized by the Coaches Coordinator.

Spring Registration Closes for Upper Divisions: Registration closes for the upper divisions right before tryouts.

Upper Division Manager/Coaches Applications Due: Pursuant to International Little League Rules every year all adults helping with the league must obtain a concussion certificate, complete the online application process and pass the background check before they can participate in any league function. Upper division Manager/Coaches who have not completed this process cannot participate in tryouts or the draft.

Tryouts: Managers and Coaches will assess the players' baseball skills. The kids will go through throwing, hitting and fielding drills. The managers/coaches will assess their skills. This is done so that the teams will be balanced and so players are placed in a division where they will be safe. This is covered in more detail later in this manual. To be eligible for upper division play, players must attend tryouts.

Draft: All players will end up in a team. The objective of the tryouts and the draft is to ensure that the teams are balanced as much as possible. This is covered in more detail below.

Purchasing Agents: The Purchasing agent will inventory our equipment and purchase any needed equipment for the upcoming season.

March

Spring Registration Closes for Lower Divisions: Registration closes for the lower divisions. Because younger players haven't learned that we start playing baseball when it is snowing, we hold registration open for as long as possible. As long as possible is the last day that we can order uniforms and have them delivered on time for our first game in the first week of April. At A Baseball and Tball we will set the teams with the lowest number of players possible in anticipation of late signups.

Lower Division Manager/Coaches Applications Due: Pursuant to International Little League Rules every year all adults helping with the league must obtain a concussion certificate, complete the online

application process and pass the background check before they can participate in any league function. Lower division Manager/Coaches who have not completed this process cannot participate in any league activity, including practices and games.

Approve Lower Level Managers: The VP's will nominate every person who has requested to be a Manager to the Board. The Board will vote on and approve managers in the lower divisions for the upcoming season.

Rosters Finalized: All division VP's will finalize their rosters and the rosters will be submitted to the Uniforms Coordinator so that uniforms can be ordered.

Local Rules: Each VP will review with their Managers the current version of the Local Rules and make recommendations, if any, for changes to be approved by the board. AAA and Majors need to set the rules that they will follow for selecting the All-Star manager. The Board shall vote on and approve the Local Rules to be used for the upcoming season, including the criteria recommended by the Managers for selecting the All-Star Manager.

Managers meeting: All managers will get together with the VP's, President, Coaches Coordinator, and Umpire Chief to review rules, codes of conduct and goals for the season. This is a good opportunity for Managers to ask questions and get informed about details of the season.

Safety Training Meeting: One Manager or Coach from each team shall attend the Safety Meeting scheduled by the Safety Coordinator.

Filed Assignments: Fields and the VP's will set practice slots and game schedules for each team.

Team Letter: The manager will send each player an introduction letter. It is strongly suggested that the Manager use the form letters attached at Appendix B. Some managers will also elect to have a team meeting with the parents. This is the time that the roles of Coaching, Umpiring, Scorekeeping, Head Team Parents and Team Parents should be finalized. The manager will review the league's philosophy, roles, responsibilities, rules, etc.

Equipment: The purchasing agents will work with the VP's to distribute equipment to the Managers.

Fields Maintenance: The field's maintenance committee will organize volunteers for our annual "fields day" to repair and get our fields ready for the season.

Practices: Teams begin practicing.

April

Games Begin: Games will start in the first week of April. Tball will start the second week of April.

Opening Day at Alpenrose: If Alpenrose is available we will hold a Spring Kick Off in the beginning of April. The Coaches Coordinator and VP's are responsible for organizing the on-field events. Typical activities include:

- Pancake Breakfast;

- Gear Exchange;
- Team Pictures;
- Opening Ceremony;
- Coaching Clinics for players;
- First games for lower divisions on the main field; and/or
- A Jugs tournament for older players.

May

All-star and Honors Registration: Post season registration opens for All-Stars and Honors. Registration is only open for a few weeks and closes before the end of May. Both Honors and All-Stars are discussed in Appendix C. However, managers at the upper divisions need to send a letter of invitation to their players that they believe qualify for an All-star nomination or who should consider participating in an Honors tournament.

All-star and Honors Team Selection: All-Star and Honors teams should be selected on June 1st. VP's need to start the selection process early in the month. See Appendix C for more details. VP's need to coordinate with Fields to secure practice fields for all the teams.

AAA & Majors Tournament: The VP's of Majors and AAA baseball need to schedule their yearend tournaments. Regular season win/loss record determines seeding for end-of-season AAA tournament. The end of the season tournament will determine the AAA or Majors League Champion.

Nomination Game: The VP's of Majors, AAA and AA baseball need to select the coaches for the Nomination Game on Alpenrose day and to collect the names of two players from each team that will play in the nomination games. See more below on Alpenrose Day.

June

Alpenrose Day: This is a great opportunity for all of the parents and players get out to the ball field and enjoy many social and athletic events. There are typically many events including a pancake breakfast, raffle, skills competition, food and baseball games. This is a chance for our kids to feel a real sense of pride, accomplishment and excitement as they are being watched by their community. VP's are responsible for organizing the on-field activities, including:

- Informing managers about team picture registration;
- The skills competition (Two players from each team – Run, Hit and Pitch);
- Getting each Manager to appoint two volunteers to work with the Alpenrose Coordinator on the off-field activities; and
- Organizing the nomination game (remember an umpire).

Fall Baseball Registration Opens:

Season Ending Letter: Before the last game the manager should send her players an end of the year letter asking them to take the League's year end surveys, informing them about fall baseball and asking them to come back next year.

End of Season: Last game. The manager should take the time to talk with each parent about moving up are staying in the same division next year.

Team Parties: At the end of the year, it is appropriate to hold a team party. The Head Team Parent along with the other Team Parents should coordinate this party. This is a nice way to wrap up the season.

Equipment Return: Managers are responsible for returning all of their equipment to the VP's before school lets out.

Honors All-Stars: See Appendix C for more specific information, but the Honors, 9/10 All-Stars and the 10/11 All-Stars start their tournaments before the end of June. If a team qualifies, then state takes place at the end of July.

July to October

10/11/12 All-Stars: Tournament starts about July 5th and, if a team keeps winning, ends in August at the Little League World Series.

Fall Baseball: Registration closes in mid-August and the games begin in September and end by November 1st.

F. Where can I get schedule, contact info and other information?

SW Portland Little League has a website that lists schedules, teams, team managers, board members, contact information, rules, park locations, etc. The address is <http://www.swpll.org/home>. You should check this website for the latest contact information, schedules, etc.

II. Coaching Expectations & Player Skill Development

Spring 2019 is the first year that we have issued a Managers Handbook. This is a work in progress. The primary resource that we are providing to Managers is access to the Coach Baseball Right website. 2019 is our first year using this service and we are going to work together throughout the season to develop a plan for maximizing this resource in the future. Subsequent versions of this handbook will have a detailed section on using the website, but you will get more information on this resource in an email from the Coaches Coordinator. However, with your subscription you will get:

- Access to 250+ video drills
- Access to 30+ video practice templates
- Access to "Build your own" Practice Builder
- Access to Swing Like a Pro Hitting Program
- Access to Coach's Guide to a Winning Season (The Right Way!)
- Access to Fun Games for Practice
- Access to Drone Video Pre-Game Setup Guide
- Share Template Access to Assistants and Parents
- Invitation to private Coaches Group
- Access to Coaching Academy and Clinic.

A. Defensive Practice Checklist

The Manager should keep track of what is being accomplished at each practice session so that she is sure that she covers every aspect of defensive play. The amount of sessions devoted to each fundamental and the time spent on each is depends entirely on the experience level of the team along with the individual position players. Introducing these plays even briefly will benefit players in the long run.

Catchers

Skill	Tball	A	AA	AAA	Majors
Proper Shifting Technique			X	X	X
Handling Low Balls in Dirt			X	X	X
Handling Pop-ups			X	X	X
Tag Plays at the Plate			X	X	X
Delayed Steal Home				X	X
Force Plays at the Plate			X	X	X
Dropped 3 rd Strike					X
Fielding Bunts				X	X
Backing up Bases				X	X
Giving Signs to Pitcher					X
Pitchouts					X
Intentional Walks					X
Framing the Ball			X	X	X
Double Steal Plays				X	X
Bunt Defense Plays				X	X
Rely of signs from dugout					X

First Base

Skill	Tball	A	AA	AAA	Majors
Suicide Squeeze Defense				X	X
Pick-off Plays					X
Dropped 3 rd Strike					X
Bunt Defense				X	X
Throwing to Second Base			X	X	X
Throwing to Third Base			X	X	X
Using Cut-off Man			X	X	X
Rundowns				X	X
Throwing From Backstop				X	X
Fielding Low Throws				X	X
Holding Runners on Base				X	X
Cut-Off Responsibilities				X	X
Double Steal Plays				X	X
Fielding Bunts With Throw				X	X
3-6-3 Double Play				X	X
Playing Fence on Fly Ball				X	X
Throwing to Pitcher – 1 B					
Following Up Runners					X
Back Up Responsibilities				X	X
Ground Ball Communication	X	X	X	X	X

Second Base and Shortstop

Skill	Tball	A	AA	AAA	Majors
Holding Runner on Base				X	X
Preventing Delayed Steal				X	X
Back Up Throws from Plate			X	X	X
Covering 2B on Steals			X	X	X
Cut-off Responsibilities			X	X	X
Double Steal Plays				X	X
Bunt Defense Plays				X	X
Pick-off Plays				X	X
Double Play Situations			X	X	X
4-6-3			X	X	X
6-4-3			X	X	X
5-6-3			X	X	X
3-6-3			X	X	X
1-6-3			X	X	X
Making Tag Plays			X	X	X
Tandem Relays				X	X
Decoying Runners				X	X
Rundowns				X	X
Fly Ball Communication	X	X	X	X	X
Inside Pick-off				X	X
Daylight Pick-off				X	X
Throwing Behind Runner				X	X
Ground Ball Communication	X	X	X	X	X

Third Base

Skill	Tball	A	AA	AAA	Majors
Holding Runner on Base				X	X
Back Up Throws From 1 B			X	X	X
Covering 3 rd on Steals				X	X
Cut-off Responsibilities			X	X	X
Double Steal Plays				X	X
Bunt Defense Plays				X	X
Double Play Situations			X	X	X
Making Tag Plays	X	X	X	X	X
Rundowns				X	X
Fly Ball Communication	X	X	X	X	X
Throwing Behind Runner				X	X
Ground Ball Communication	X	X	X	X	X
Tandem Communication		X	X	X	X

Outfielders

Skill	Tball	A	AA	AAA	Majors
Using Cut-off Men	x	x	x	x	x
Using Relay Men	x	x	x	x	x
Throwing to Bases	x	x	x	x	x
Ground Balls	x	x	x	x	x
Fly Balls	x	x	x	x	x
Throwing to Plate				x	x
Playing the Fence				x	x
Fence Communication				x	x
Fly Ball Communication	x	x	x	x	x
Fly Ball Responsibilities	x	x	x	x	x
Backing up Bases	x	x	x	x	x
Rundown Responsibilities				x	x
Pick-off Responsibilities				x	x
Bunt Responsibilities				x	x
Throwing Behind Runner				x	x
Ball at Fence			x	x	x
Using Sunglasses	x	x	x	x	x

Pitchers

Skill	Tball	A	AA	AAA	Majors
Bunt Defense Plays				x	x
Suicide Squeeze Defense				x	x
Curve Ball					x
Double Steal Plays				x	x
Signals from catcher					x
Pick-off Plays				x	x
Inside Pick-off				x	x
Daylight Pick-off				x	x
Double Play Situations			x	x	x
1-6-3			x	x	x
1-4-3			x	x	x
3-6-1			x	x	x
1-2-3				x	x
Holding Runners on Base			x	x	x
Backing up Bases			x	x	x
Backing up Plate			x	x	x
Covering Home Plate			x	x	x
Fielding Ground Balls			x	x	x
Delayed Steal Defense				x	x
Covering First Base			x	x	x
Fly Ball Communication	x	x	x	x	x
Ground Ball Communication	x	x	x	x	x
Rundown Responsibilities				x	x
Intentional Walks					x
Pitchouts					x

B. Tball (Ages 4-7) Pre-K to 1st Grade

T-ball is geared toward first year players in Kindergarten and 1st grade, as well as a few older pre-K players. Teams are formed with a maximum of 15 players per roster. Team formation is based first on proximity to elementary school attended by players and other considerations may apply to fill a roster. Teams are expected to play and/or practice 2-3 times per week. Generally, players are ready to move to the next level after one year of T-ball, but some younger players may need two years of T-ball.

Tball is designed to provide a foundation and introduction to baseball that is grounded in fundamentals, teamwork, and having fun. Emphasis is on the basics of catching, throwing, hitting, and learning a few basic rules of baseball. Softer balls are used, and hitters hit off of a rubber tee with the help of a coach.

Your T-Ball player will learn the following basics during their season:

- How to follow instructions
- Baseball safety rules with bats and balls
- How to properly grip the ball
- How to rotate your body and take a rhythm step toward the target
- How to catch the ball when thrown
- The “ready position” on defense
- How to set-up for a ground ball
- The general idea of getting the out at first base
- To run on and off the field between innings
- How to properly swing the bat and hit off a tee
- How to run through first base, and stop at the others
- The difference between force out and a tag out
- How to be a supportive teammate
- How to treat coaches and opponents with respect

C. Coach Pitch (Single A) Ages 6-7

Coach Pitch (Single-A) is a developmental Division and is comprised of children ages 6 - 7 years old. This is a no-draft Division. Team formation is based first on proximity to elementary school attended by players and other considerations may apply to fill a team’s roster. This Division is for those who played T-ball or skipped T-ball but know how to hit, catch, throw, and run bases.

Coach Pitch is not a competitive Division, and coaching emphasis is upon player instruction and development. Children hit from a pitcher who is a Coach so they can begin to learn to hit off live pitching. Each child should anticipate playing a minimum of three innings in a game. Division rules are in-place to encourage player rotation in a variety of positions. Ten players are assigned to field positions each inning, and all rostered players bat whether assigned to a field position or not. There is no post-season tournament for Coach Pitch Division and regular season results are not maintained. Teams are dissolved at the end of the regular season.

Skill Goals:

- Learn the fundamentals of batting with emphasis on proper stance, grip and swing.
- Learn the fundamentals of how to hold, aim and throw a ball.
- Learn the fundamentals of fielding ground balls with emphasis on proper stance, glove and hand position.
- Learn the fundamentals of catching fly balls with emphasis on moving to the ball location with proper glove and hand position.
- Learn the fundamentals of base running.
- Learn the importance of respecting the Umpires (as representatives of the rules, order and fair play necessary for fun and sportsmanship).
- How to see the ball out of the pitchers (coaches) hand and hit the ball on a regular basis.
- Understand how outs are made; including groundouts, force outs, tag outs and fly outs.
- Understand that when you are put out you must go sit on the bench with your teammates.
- Fielders will be in a ready position during the pitch and run off and on the field between innings.
- Learn to love the game of baseball and come back next year!

D. Kid Pitch (AA) Ages 8-10

Kid Pitch (AA) is considered a developmental Division with an increased level of competitive play, compared to the Coach Pitch Division, to aid player development. This is a no-draft Division. Team formation is based first on proximity to elementary school attended by players and other considerations may apply to fill rosters.

Similar to Coach Pitch Division, coaches are again encouraged to emphasize player instruction and development. Players' ages range from 8 – 10 years old. Live kid pitching is introduced with amended Little League rules to encourage development and participation of each player. Each player must play a minimum of four innings in a six-inning game. Nine players are assigned to field positions each inning, and all rostered players bat whether assigned to the field or not. Game scores, pitch counts and standings are recorded. Teams are dissolved at the end of the regular season.

Skill Goals:

- Develop batting skills through proper stance and determination of pitches to swing at.
- Develop fielding skills (infield and outfield positions, making the play at the correct base, backing up plays at the plate and in the field).
- Develop base running savvy (when to run and listening to the 1st and 3rd base coaches).
- Develop proper sliding technique.
- Develop tracking skills for catching fly balls.
- Develop pitchers teaching proper throwing mechanics (including balance and squaring the shoulders to the target).
- Develop good sportsmanship and respect for umpires.
- Develop catching skills at the catcher position.
- Introduce and teach stealing bases.

- Learn basic baseball rules and strategy and how to apply the in offensive and defensive situations.
- Hitter will know the proper way to move out of the way of a pitch, and time their swing to the pitch speed.
- Catcher will know how to provide a proper target for the pitcher and throw the ball back to the pitcher accurately and timely.
- Runners must know how/when to run through first base and/or take a turn towards second base.
- Fielders will have a fairly good grasp of where to go for the easiest out.
- Fielders will be in a ready position during the pitch and run off and on the field between innings.
- Fielders should know how to run a relay on balls hit to the outfield.
- First baseman should have a good grasp on how to move around the first base bag.

E. AAA Division Ages 9-11

Minors (AAA) is the highest level of competition in the Minors Division and follows all rules in the Official Little League Rule book. Players range from 9 - 11 years old. Managers draft players based upon evaluation ratings. All players on the team bat. Each player must play a minimum of three innings in a six-inning game. Coaches focus on developing individual and team skills to field a competitive team and prepare them for the Majors Division. Game scores, pitch counts and standings are recorded. Teams are dissolved at the end of the regular season.

A primary focus of this division is to develop pitchers and catchers. The catcher position becomes very important at this level as stealing is not only allowed, **but also encouraged**. Catchers will learn how to block a pitch in the dirt, and proper mechanics of throwing a base stealer out.

This is a draft only Division and players are selected to teams based on evaluations at assessments. Attending a scheduled draft tryout is mandatory for this Division. Team requests are not granted, and players are selected to teams based on draft results (special considerations for siblings may apply if requested in advance of draft). Not all players registered for AAA will make a AAA team. Teams will be expected to play and/or practice 3-4 times per week. Teams are dissolved at the end of the regular season. Please note it is recommended players play two years in AAA and before moving to the Majors level

Upon completion of the regular season, players may be eligible to be selected to the Little League All-Star Tournament team.

Skill Goals:

- Continued focus on good sportsmanship and team play!
- Batting skills development including bunting, pitch selection, and reading signals from Manager/Coach.
- Increased development of catchers (signals, blocking, pass balls, making the throw from home to second, good throwing back to pitcher on the mound and when pitcher is covering

home plate) as the importance of position increases at this level.

- Pitching emphasis on good mechanics, injury prevention, and development of pitching variety (fastball, change-up, location).
- Develop base running skills for situational play.
- Proper positioning and movement of players between pitches. Including, “ready position” during the pitch, backing up the pitcher, covering a bag in anticipation of a steal and outfielders moving into back up position.
- Fielding emphasis on getting behind the ball and setting up the throw, getting ball to the correct position for the out or to keep the runners from advancing.
- Using a “cut off” relay on hits to the outfield.
- Arm strengthening through practice (long toss).

F. Majors Division Ages 10-12

Majors is considered the most competitive Division and represents the most advanced players in SWPLL that are age eligible. Majors follows all rules in the Official Little League Rule book. Players typically range in age from 11 to 12 years old. With very few exceptions, all 12-year old’s must be drafted to a Majors team.

Manager’s focus is on developing individual and overall team skills to field the most competitive team. Each player must play a minimum of six consecutive defensive outs. All players on the roster bat. Game scores, pitch counts and standings are recorded.

Upon completion of the regular season, a post-season playoff tournament is held, and seeding is based on regular season results.

All Majors players are eligible to be selected to the Little League All-Star Tournament.

This is a draft only Division. Attending a scheduled draft tryout is mandatory to be eligible to play in this Division. Team requests are not granted, and players are selected to teams based on draft results (special considerations for siblings may apply if requested in advance of draft). Teams are dissolved at the end of the regular season.

Skill Goals:

- Develop batting mechanics (bunting, driving, adjusting speed etc.) and pitch selection.
- Develop accurate throws from outfielders to proper cutoff person.
- After fielding the ball knowing where to make the throw and getting it there.
- Develop fielding strategies based on skills. Rhythm step throws.
- Reading signals from Coach/Manager and implementing directives.
- Arm strengthening and accuracy thru practices (long toss).
- Working as a team to get outs.
- Pitching emphasis is to continue developing pitch variety with good mechanics (fastball 2 seam/4 seam, change-up.) and injury prevention/arm care.
- Catcher skills include developing pitch calling skills, accurate throws to all bases, minimize pass balls, etc.

- Hitters will understand the game situation, receive signs from the third base coach, and be able to bunt correctly.
- Fielders should be able to catch a fly ball and have a good grasp on the angles needed to back-up a teammate.
- Teams should know how to handle a run-down.
- Players should be able to make a proper slide into a base.
- Proper defensive positioning between pitches.
- Good Sportsmanship!

G. Juniors Division Ages 13-14

This division is an extension of the SWPLL Little to accommodate players League ages 13 and 14 that still would like to play in Little League sanctioned baseball. The Juniors Division will host a separate tryout for players who think they would like to step up into a more challenging division of baseball. This division can be viewed as additional team in addition to their select club, a way to prepare for Middle School or Junior High School ball teams, or those players that just want to keep playing baseball.

III. Recruiting

All Managers and Coaching assignments will be reviewed by the division's Vice-President and approved by the League Board. All volunteers, coaches and parents who help at practice, must complete the concussion certification, online application and the online background check.

A. Coaches

As Manager, you'll need to recruit at least 2 coaches. It is highly recommended that you recruit your coaches before the player draft or rostering of your team at the lower divisions. If you do not have 2 coaches before the draft or team formation at the lower levels, contact the divisions VP as a number of parents express interest in coaching at signups.

At the upper levels, by little league rules and a "gentlemen's agreement", coaches' kids will be protected so that they will be on your team (see The Draft section for draft rules). Once your team is formed (after the draft), you'll want to recruit a few more coaches to help you manage all the kids. It would be preferable if the assistant coaches know the basic skills and the rules of the game but if they know how to catch and throw, recruit them.

At the lower levels, most kids will need one on one/two attention. They are learning how to catch and throw so they will need special attention from the adults in order to master these basic skills. Get all the help you can even if a parent doesn't have much of a baseball background.

B. Head Team Parent (Snack duty, EOS Ceremonies, etc.) and other volunteers

You'll need to recruit one Head Team Parent to organize the snack schedule and the end of season team party. Majors and AAA also need to recruit a scorekeeper and a backup scorekeeper. Attached at Appendix A is a Scorekeepers manual.

Also, you should also recruit two to three parents to help get the fields ready before and after games.

IV. Building Your Team

At the lower division's teams are formed based upon coach request, friend request and school attendance. A perfect number is 11 players and teams should not be more than 13 players.

A. Tryouts (Skills Assessment)

AAA and Majors form teams based upon a tryout and friend request and coach request, although considered, play a small role in team formation. Tryouts (or Skills Assessment) are necessary in order to make the teams as fair and balanced, in regard to skill level, as possible. Each team's manager will evaluate each player's skills. Four skills will be assessed (hitting, fly balls, throwing and catching grounders). Managers will score the kids based on a 1 to 10 rating for each skill. Majors All-Stars are a 10, an average majors' player is 7-8, an average AAA player is 3-4 and a beginning player is 1-2. Points will be added for each player and the total will be the player's rating.

B. The Draft

- 1) Player Selection at Majors and AAA shall be made by the Draft method.
 - a) All teams shall consist of as many players as required until all eligible candidates are placed on a team.
 - b) Draft order shall be determined by a blind draw among the managers prior to the start of the draft.
 - c) The rounds will alternate first to last and last to first (1st round 1,2, 3,...,12; 2nd round 12,11,10.....1; 3rd round 1,2,3,...,12; etc.)
 - d) Draft Attendance shall be limited to the following:
 - i) Each team manager and approved coaches
 - ii) League President
 - iii) Player Agent
 - iv) League Registrar
 - v) Vice President
 - vi) Other approved Board Assistants selected by the Player Agent
- 2) Protected Players.
 - a) Manager/Coach(es)
 - i) The manager has the option to protect his child.
 - ii) Up to two approved coach(es) may exercise the option to protect his/her child
 - iii) Protected players option(s) shall be exercised before the appropriate round (Where the player ranks);
 - b) Brother/Sister Option.
 - i) All brother/sister options must be declared before the draft begins.
 - ii) If drafting two eligible siblings - Option must be taken in the next round after the first brother/sister is taken.

C. Team Rules

Work with your coaches to develop the team rules. Rules should include:

- Parents/kids should be at practice on time.

- Any parent helping must have a concussion certification, filed the online application and passed the background check.
- Kids shall not touch equipment (think bats and heads colliding) unless told so by coach.
- Kids shall pay respect to coaches, umpires, managers, scorekeepers, parents and other parents.
- Kids who do not show respect or disrupt practices/games get a warning. If they repeat, they get to sit on the bench for a few minutes.
- Kids who come to practices may get preferable positions/playing time over those who do not attend practice.

D. Required Equipment

The uniforms (cap and shirt) are provided by the league. You need to tell your kids to buy grey pants and whatever color of belt and socks you choose. The league provides helmets, catcher's gear, bats and balls for practices and games. Kids should always bring their gloves and wear cleats. It's a good idea if the kids write their name and phone number on their glove, bat, uniform, etc. in case any of it is left behind. **Every male player needs to wear athletic supporters** as they may play the catcher position at practices and games. If a player can't afford equipment get ahold of our President and they will take care of it.

E. Team Letter and/or Meeting

The manager will send each player and parents an introduction letter. It is strongly suggested that the Manager use the form letters attached at Appendix B. Some managers will also elect to have a team meeting with the parents. This is the time that the roles of Coaching, Umpiring, Scorekeeping, Head Team Parents and Team Parents should be finalized.

The manager will review the league's philosophy, roles, responsibilities, rules, etc. State how you are going to run the team, your philosophy and goals. Communicate the Team Rules and the division goals discussed above. Let them know how you are going to distribute playing time; how are you going to determine who plays where; and what skills and values you are going to emphasize. Let them know what time you expect them and their kids at practices and games, what they need to bring, etc. Ask them to let you know when the kids will not be at practices or games at least 2-3 days before. Keep them in the loop. Let parents know how their kids are doing. Review practice and game schedule.

F. Teamsideline

After the teams are formed our Communications Coordinator (communications@swpll.org) will create a TeamSideline account for you and your team. Get your Team Letter ready right away because you will be invited to join your team page by the website at the same time as your team. The parents will bury you with questions if you don't get the letter out ASAP. Everything you need is at your fingertips:

- Team roster will be in this site.
- All of the field scheduling will be done in this tool, so when an update is made in the tool you as the manager will know immediately to share with your team.
- Each game or practice will have automatic Reminder Emails sent with Attendance Polls making it much easier to manage the team and communications and track player attendance.

- Email and text distribution lists are automatically created so Roster members can easily send Communications to any or all roster members. Click on the yellow ‘send communication’ button on the top right of your screen.

You can add people to your roster, personalize the reminders, add events to the calendar, and much more. There is an app.

Just as important, for our upper divisions (Majors and AAA), after each game Teamsideline will send you an email asking you to verify the score and to report your pitch counts. You are required to respond to this and to verify the accuracy of the reported pitch counts after they have been posted by the opposing team.

V. Practices

The key to running a productive season is to plan ahead and get organized. You cannot have the kids stand around while you talk about what you are going to do next. Get them into a fast flow and keep it moving. Have a well-defined master plan for your practices, including goals and objectives. The master practice plan should be your road map as far as developing the kids’ baseball skills. Write your master practice plan and share it with your coaches before the season starts. How do you develop your master practice plan? See the sections below...

Some other tips:

- The most important part of your practice is when the kids are warming up throwing to each other. This is when you and your coaches should be working with them on proper throwing mechanics.
- Learn the kids name as quickly as possible. Use name tags for the first few practices. This will help you and your coaches.
- Avoid waiting time. Often, kids are waiting for their turn and the mind starts to wonder. Make use of every minute. This can be accomplished by dividing your team in smaller groups when performing drills. Assuming that you’ll have one baseball field for practice, split the team in groups and have your coaches help you with the drills. For instance, have one group work in the infield, another in the outfield, another in the batting net, etc.
- Keep it fun. Make a game out of the drills. If the drills are fun, the kids will not lose interest, they will learn quicker and they will enjoy themselves. Make it boring and you lose them. Break practice up with small competition drills.
- Don’t feel like everything has to be even. For example not all your hitters will benefit from live pitching. If they are still learning proper hitting mechanics then keep them in the tee and toss hitting stations and let your more advanced hitters see more live pitching. By the end of the year this will even out but in the beginning give each kid what they need based on their skill level.
- Spend most of your time on the basics but pepper in as many skills as you can throughout the season. In the long run kids will pick up on the finer points of the game even if they have only gone over them a few times during the season.
- At the older levels develop 3 catchers and 5 to 7 pitchers (half older kids and half younger kids for next year). Have one coach spend most of their time having the pitchers throw during practice in the bull pin. All your pitchers should throw around 30 pitches each practice, unless they pitched the day before. This is why you need 3 catchers – you will have

a bullpen going most of the practice. Every practice 2 or 3 of your pitchers should pitch their 30 pitches to a batter. This should take about 20 minutes.

A. Plan Objectives

The first thing you'll want to do in developing your Master Practice Plan is to prioritize your objectives:

- 1) Decide which skills (from section II) you'd like to accomplish and when you'd like them accomplished.
- 2) Organize practices to achieve skills based on your timeline. Do this by creating a chart that lists the practice dates horizontally and the skills vertically (see Appendix D for sample practice chart)
- 3) Plan each practice based on accomplishing the skills goals. How? See next section.

B. Design practice around objectives (skills)

Plan ahead. This is the best advice we can give you. Design the practice ahead of time. How? First off, you should develop a standard practice template. A practice template is an outline of your practice. For example, a template I like to use is:

- Goals / Skills to be covered are 1) _____ 2) _____ 3) _____
- Practice Starts: Team Pre Practice Talk (5 min)
 - Review rules (at least for the first few practices)
 - Review today's goals
 - Review some hot topics, key concepts, etc.
- Stretches (good time to take attendance)(5 min)
- Warm up throwing – Rhythm step and long toss included (15 min)
- What skill should be covered in the clinic? (Coach 1)
- Drills A (2 x 20 min)
 - Group A (Coach 2)
 - Group B (Coach 3)
- Drills B (2 x 20 min)
 - Group A (Coach 2)
 - Group B (Coach 3)
- Scrimmage (20 min)
- Team Post Practice Talk (5 min)
 - Review what was learned
 - Team Cheer
 - Next game? – when? Against who? Where? What time the kids need to be there, who's coming, who's not, who's umpiring?
- Practice ends
- Coach Post Practice Talk (10 min)

Plug in your objectives for the practice from your master practice plan (chart). You should also include any parts of the last game that did not work as well as you would have liked. Plug in the drills that will help you achieve the practice objectives.

Plug in the clinic that will help you achieve the practice objectives. Plug in which coach which run with drills/clinic.

C. Coaches – Pre/Post

Part of the practice plan should include what you want your coaches to do. Which coach will run the clinic? Which coach will run which drills? It's always nice to get volunteer coaches but if they have baseball skills, even better. Try to get the coach that has the best skills for the drills/clinic.

A few days before each practice, assign drill and clinic responsibilities to your coaches and email them to your coaches so they can prepare and ask you questions before the practice. This way you can iron out any issues with your coaches before the practice rather than during practice (you want to make good use out of every precious practice minute).

Your coaches should come to the practice 10-15 minutes before practice so you can review the practice plan with them (aka Pre Practice Coaches meeting). Review the drills and clinics with them and see if they are comfortable running these drills/clinic.

After the practice, review the results with your coaches... what worked, what didn't, suggestions for next practice, kids feedback (who did well, who needs further guidance, etc.).

D. Pre/Post Team Talk

Keep the Pre Practice Meeting short, i.e. less than 5 minutes. Cover some of the game's key concepts so that the kids memorize them (e.g. the bases, aim for the chest when throwing, listen to the coaches when running, positions, etc.). Briefly cover what skills you're going to cover. For the first few practices, you'll want to go over the team rules with the kids and parents.

As for the Post Practice Meeting, again keep it short. Briefly review what you learned. Talk about the next event (game or practice), i.e. who you're playing against, when and where. Take a minute and have a brief meeting with the parents about the next game...review where the next game is at, what time they should be there, who's umpiring, etc. Always end the practice with a team cheer.

Start introducing your kids to all the coaches clichés that mean something to you. My favorite – Hard work beats talent when talent doesn't work. Talk with them about team work, adversity, leadership, doing well in school, learning to enjoy hard work and all of the other life skills that they will need to be successful.

E. Drills

As mentioned, the drills selected for your practice should help you achieve your goals. For example, if one of your goals is to cover throwing techniques, your practice should cover drills that cover step / throw and lateral shuffle / throw techniques.

In order to take advantage of every precious minute of practice time, divide your team in smaller groups and assign each group to a specific drill. Have each coach responsible for the drills. Start the drills by carefully reviewing what you would like the kids to do. Take your time, repeat yourself loudly, make sure your drive the message through. Once the drills begin, ideally, your job should be to monitor the time and the groups, ensuring that the skills are being taught and followed properly and lend a helping hand to your coaches. When the time is up, rotate the groups.

For example, assign group A to infield drills and assign group B to outfield drills. Assign coach 1 to the infield drills and coach 2 to the outfield drills. Another example, assign group A to base running drills in the infield and group B to hitting skills in the outfield. Assign coach 1 to the base running drills and assign coach 2 to the hitting skills.

F. Clinics

Clinics are specifically designed for one-on-one time between the coach and the player. Clinics are ideal for practicing hitting, catching, throwing, catcher, fielding grounders and fly balls. You may want to use clinics for kids who are having trouble with these basic skills. For example, if a child has difficulties catching, assign them to the clinic for a portion of the practice and have a coach work with the child on basic catching skills. For example, at AAA if you have kids that cannot play catch very well then they should be out in the outfield throwing to each other while you are running more advanced drills. Explain to them that they need to master this skill before they can start learning other skills. Most kids will be up and running in a few weeks.

G. Scrimmage

The purpose of scrimmage play is to put to use what the kids learned at practice. Kids usually enjoy scrimmage. Keep it fun, fast moving and have the kids play different positions. Don't just play a game. Modify everything and make everything a competition. For example, start the batters with two strikes or with 3 balls to add pressure to the situation. Start with the bases loaded. Play a game with a tee – the rule is that the ball cannot be hit on a fly to the outfield. This creates lots of defensive opportunities and teaches the batters to hit hard on the ground into the gaps. There are a thousand variations. Use this time to have your best pitchers face your best batters.

H. Game Situations

There may be game situations you would like to go over and practice with your team, especially if it was a real game situation that occurred and your team was unprepared for. For example, force outs situations. At this age, learning the basic skills is priority one. Once the basic skills have been mastered, you can move on to game situations. Therefore, I wouldn't spend too much time on game situations. You may save this for the second half of the season.

I. Sample Practices Plans

See Appendix E for a Sample Practice Plans and an Sample Letter from a Manager to his coaches setting goals and implementing a practice plan.

VI. Games

A. Local Rules

Each division has our Local Rules we follow. The International Little League Rules allows us to modify certain rules. Each division VP should review and update, if necessary, their division's local rules. If a change is made to the in game rules, not procedural things, then the rule change needs to be approved by the Board. Below are some suggestions as to game play at all levels of play.

B. Track and Plan (positions, batting line up)

Set up your batting order and positions before the game. It can get tricky if players don't show up for the game so be prepared to make quick adjustments. Also, track the positions the kids play. Generally, kids should learn two positions – I like to have kids learn one side of the field before I switch them to the other. For example, it is easier to get a kid to back up third from left when he is also a third baseman. After a kid learns the left side of the field you can switch them to the right side of the field. Left handed players should play left handed positions – first base, pitcher, outfield or arguably catcher.

At the younger levels kids should rotate evenly throughout the game.

At AAA and Majors we continue to rotate players but at the same time many coaches start to acknowledge that some kids have worked harder or are more talented and reward them for their efforts or talents with more playing time. Most coaches tend to play older players more, with less bench time. All players should see playing time in the infield, but it is not unusual for some coaches to limit newer developing players to one to two innings of infield play and rarely have an older accomplished player sit the bench.

C. TeamSideline

For our upper divisions, after each game, Teamsideline will send you an email asking you to verify the score and to report your pitch counts. Both Managers are required to respond to this and to verify the accuracy of the reported score and pitch counts after they have been posted up on the website.

- After games complete, managers will receive an email from TeamSideline to enter game scores. Either team can enter the score.
- Click the "Score This Game" link. This will take you to the "Score This Game" page.
- On the "Score This Game" page, type in the scores.
- Click the Score button.

D. Umpires

Game Schedule Changes/Cancellations/Field Changes/Make-Up Games

Email the Umpire Coordinator and let them know of the cancelation or change right away. umpires@swpll.org We pay them if they show up so this is important.

Rules and Game Protocol Questions

If there is concern about umpire safety, attitude, or appropriateness, send e-mail with as much detail as possible. Send e-mail to Umpire Chief Dave Petersen umpires@swpll.org. If a protest is requested, send e-mail and copy league president. Specifically state the rule being protested and provide as much detail as possible to support your position.

Adult Volunteer Umpire

An adult (18 years of age or older) is required to oversee the game as the official umpire in charge if there are no umpires at least 18 years umpiring the game. The scope of his/her duties are:

- Appointed before the game and be present for the duration of the game.
- Participate in the plate talk to monitor appropriate discussion and understand rules.

- Position themselves behind the backstop and with the scorekeepers. The goal is to be in ear shot of any and all comments directed towards the plate umpire and to be in a position to engage inappropriate behavior.
- Do not jump into anything immediately. Allow the umpire time to think and react. If that doesn't happen, conflict erupts, or behavior becomes grossly inappropriate then engage the situation as necessary.
- Youth umpires will have clear instruction to ask for assistance if overwhelmed with a situation. Engage when asked. Be an active listener and allow the umpire to reach his/her own conclusion.
- Knowledge of game rules is **not** important to fulfill this role. The adult volunteer **must not** participate in making calls on the field. It is appropriate to get the young umpire to verbalize what they saw and to ask questions to help focus the decision on observed facts. "Did you hear anything abnormal?" "Did you see chalk kick into the air?" "Did the ball change direction unexpectedly?" "Why?" These are all examples of appropriate questions to help focus.

Important Things to Remember

- Umpires get reimbursed when they come to a game, whether the game is played or not.
- If all umpires present for the game are under 18 years of age **AND** an adult volunteer umpire is not appointed, the umpires are instructed to leave the game. They will be reimbursed because they met their obligation.
- Real life happens to all of us. Schedules prevent some games from being covered. Managers should be prepared to umpire their own games or appoint a qualified parent to call the game from behind the pitcher.
- Judgment calls belong 100% to the umpire. They cannot be argued or protested.
- Remember to show respect to all game participants and fans. Expect the same in return.
- Some umpires are learning their responsibilities, just as players are learning. Give umpires the same consideration you would a player making a physical or mental error on the field.
- Expect umpires to show up on time, in uniform, and pay attention to the game.

E. Parents

Encourage parents to show good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice. Though they will cheer for their child during games, remind them to keep from yelling instructions to them. Remind them that this is the kids' opportunity to enjoy playing the game. Much of the fun is lost if their Mom or Dad is always yelling instructions.

F. Rescheduling Games

Besides letting the Umpire Coordinator know right away that your game has been canceled, you also need to email the Field Scheduler know of the cancellation (fieldschedule@swpll.org). The Local Rules address the procedure that need to be followed in rescheduling your game. However, you must contact the Filed Scheduler for filed availability and after a field has been set you need to request an umpire from the Umpire Coordinator (umpires@swpll.org)

G. Rules for Alpenrose

We are privileged to play at Alpenrose as frequently as we do. Here are some points to remember so we can retain those opportunities in the future. On the main field our games will include live scoreboard and live PA (announcers) provided by the home team. Each team on main field must supply a parent volunteer for **snack bar duty**. That's two parents per game.

SWPLL will show appreciation for field time by being good stewards of the facility and its grounds.

Rules that must be followed:

- Everyone must remain in the baseball field areas.
- No trespassing on other parts of the dairy including western town and outbuildings.
- No sunflower seeds on field or in dugouts.
- Home team will rake / cover field after game.
- Take down flags and return to concession stand.
- Take microphone to concession stand.
- Close press box window and lock.
- Lock press box door.
- Take keys to concession stand.
- Turn off field lights if necessary (located to right of concession stand).
- Start no new inning after 9:30 p.m. The Alpenrose staff and neighbors expect games done and quiet as close to 9:30 p.m. as possible.

H. Common Little League Rule Misconceptions: What Parents Need to Know

Throughout the season, in almost every set of bleachers at Little League® fields everywhere, there will be discussions about certain rules and regulations that parents and other spectators have questions about. Here are some of the most common rule misconceptions and answers to help provide clarity.

Must a runner slide into home plate?

No. Little League does not have a “Must Slide” rule for a runner sliding into home or any other base. However, any runner is out when the runner does not slide or attempt to get around a fielder who has the ball and is waiting to make the tag.

How many batters does a pitcher need to hit in an inning to be removed?

There is no rule in Little League Baseball® or Little League Softball® that specifies the number of batters a pitcher hits before they are removed. Also, there is no specific rule that mandates a warning be given.

What is the rule when a player runs out of the baseline to avoid a tag?

Any runner is called out when running more than three feet away from the baseline to avoid being tagged, unless such action is to avoid interference with a fielder fielding a batted ball. **A runner’s baseline is established when the tag attempt occurs** and is a straight line from the runner to the base to which he or she is attempting to reach. It is important to note that in order to enforce this rule, the defense must attempt to tag the runner. The key here is that the base path is not established until an attempted tag occurs. A base runner can run out to center field and stand next to the center fielder and he is not out (College teams run this play). He can run circles around the center fielder and he is not out. Now if someone goes to tag him then he is required to run straight to the base, give or take three feet, because “a runner’s baseline is established when the tag attempt occurs.”

Who “owns” first base – the runner or the Little Leaguer® playing first?

Neither. The defense has the right to attempt a put-out and the runner has the right to attempt to possess the base.

Is it a balk/illegal pitch if a pitcher drops the ball on the mound?

In the Little League Intermediate (50/70) Baseball Division and above, it is a balk if runners are on base. In the Little League (Major) Baseball division and below, with runners on base, it is a ball to the batter. **Runners do not advance a base on a balk in majors or AAA and it is only a ball if runners are on base.** In all divisions of Little League Baseball, if there are no runners on base, there is no penalty. In all divisions of Little League Softball, a ball is declared on the batter and the ball remains live and in play.

Can pitchers wear long sleeve shirts and/or sleeves under the uniform?

Baseball and Softball: Any part of the pitcher’s undershirt or T-shirt exposed to view must be of a solid color. Baseball: The pitcher’s undershirt sleeves, if exposed, cannot be white or gray. Neoprene sleeves, if worn by a pitcher, must be covered by an undershirt. Softball: Neoprene sleeves are

approved for play unless the umpire determines them to be distracting and must be of a solid color. Pitchers may not wear sweat or wrist/play-calling bands.

Does the batter need to avoid being hit by a pitch?

A player must make some type of attempt to avoid being hit by a pitched ball. Determining if an attempt was made is determined by the umpire.

Are hands part of the bat?

No. The hands are part of the batter's body. Should a ball come in contact with the batter's hands, an umpire must judge if the ball hit the bat or the batter first; determine if the pitch was in the strike zone, and make the appropriate ruling.

Are sunglasses allowed on hats?

Yes.

Do all males need to wear an athletic supporter?

Yes. Male catchers must wear the metal, fiber, or plastic type cup.

How many bases does a runner get on ball thrown out of bounds?

Players advance one base for balls thrown out of bounds. One base is defined as the base the player is headed towards **plus** one more. So, if a player is running towards first, he gets to go to second. If a player has rounded first base and is heading towards second, then he gets to go to third and if he has rounded second base and is running towards third then he gets to score.

Now pretend that you are an NFL prospect who found the \$100 at the end of the play book. Seriously, if you have any suggestions or edits that you think will help, then shoot me an email or call. Thanks for reading and have fun.

Huntley Morrison

Coaches Coordinator

Huntley@claytonmorrison.com

503-756-2009

Appendix A- Score Keeper Guidelines

Southwest Portland Little League

Scorekeeper Guidelines for AAA and Majors Baseball and Softball

This scorekeeping manual is intended as a guide to assist scorekeepers in scoring RWLL games. The umpires are responsible for knowing and calling the rules of the game. Redmond West, Little League rules, and umpire rulings shall prevail over any information in this document.

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Scorekeeper Responsibilities & Guidelines

Scorekeeper Role

The Scorekeepers are responsible for pitch counts and scorekeeping. The role of the scorekeeper (and specifically the home scorekeeper) is to accurately record everything that happens in a game. This includes the batting order, pitch count, the count during an at bat and everything that goes on during each inning. Managers are responsible for reporting game scores and pitching reports on the web site.

General preparations and tips

Plan on arriving at the field 30 minutes prior to game time.

- Make sure you have your team's Scorekeeper Notebook – everything you need to score a game will be found in this notebook

- If you are the home team, you are the “official scorekeeper” for the game and are responsible for recording the game on the official score sheet. If you are not the home team you are not required to keep a score sheet, however most teams do keep a score sheet for their records.
- If you are the visiting team and keeping score, then be sure to communicate frequently with the home team scorekeeper to verify that your pitch count numbers match.
- Remember to bring a watch to record start and stop times – the scorekeeper is the “official timekeeper”.
- Get a completed line up from both team managers.

All Managers must provide the scorekeeper with a lineup 15 minutes prior to the start of the game. This line up must include:

- Date of last game
- All players’ names (first and last)
- Jersey numb
- Batting order
- Fill out BOTH sides of the score sheet BEFORE the game starts.
 - Name of visiting team
 - Name of home team
 - Completed batting line up with name, number,
 - Identify date of game, scheduled start time
 - List starting pitchers
 - Ask and record the names of field and home plate umpires

Primary Responsibilities of the Scorekeeper

- The scorekeeper is the official timekeeper for the game.
- During a game, the primary responsibility of the scorekeeper is to keep a written score sheet which tracks:
 - Balls and strikes of each batter
 - How each batter gets on base
 - Runs and outs for each team
 - Identify “RBI”s – runs batted in”
 - Trips to the mound by the coach
 - Innings pitched by individual pitchers
 - “Pitch Count”- or number of pitches thrown by individual pitchers

Scoring the Game

- **Record Start Time.** Remember to record the exact time the game starts (umpire declares “Play Ball” or indicates the start of game to you) on the score sheet.

Recording Each Batter

- **Confirm the batter.** As each player comes to bat, be sure it is the correct player by checking his/her uniform number against the lineup. If it is not the right batter, ask the umpire to stop the game and let him/her know the wrong batter is up to bat, and who the batter should be.
- **Record pitches.** Mark each pitch on the score sheet as called by the umpire. Strikes are recorded in the vertical boxes, from top to bottom. Balls in the horizontal boxes, left to right.
 - **Strikes** – mark a letter **C** if the umpire “calls” the strike. Mark a letter **S** if the player “swings”. Some managers may be comfortable with just using a “/” to track both strikes and balls. Mark a letter **F** if it is a foul ball (It’s OK to mark outside the boxes if there are multiple fouls.)
 - **Balls** – Mark by writing a number that corresponds to the pitch count.
- **Record the ‘pitch count’** (number of pitches thrown to each batter) in the box in the upper left/right side of the score sheet.
- **Record how the batter gets on base.**

1. Circle the “play” that best fits the situation from the list of abbreviations on the right side of the score box.

HR – home run

1B – single

3B – triple

FC – Felder’s choice (see Majors only section)

2B – double

BB – base on balls (walk) (See note in AAA section)

(**Note:** if a batter is hit by a pitch, they automatically advance to first base; please write in **HP.**)

2. Draw a line on the diamond that corresponds to the base that the batter has reached
3. As the base runner (and/or any other runners) advance to other bases be sure and mark the advance with a line on the diamond
4. If any player advances on a steal, write an **SB** next to the line.

Recording Plays

- **Recording outs.** Outs are recorded in the oval in the lower right corner of the score box. Write the number of the out (**1, 2, or 3**) in this oval.
 - **There are several types of outs and ways to record them.** The notation for the out is marked within the diamond shape in the middle of the score box.
 - **Strike out** – Strikeouts are marked with a large capital **K**. If the K is right reading (forward) it indicates that the batter swung on the third strike. Mark a backwards “K” if the batter did not swing and the umpire “called” the third strike.
 - **Fly ball** – Write a capital letter F and the number of the field position of the player who caught the ball. For example, if a fly ball was caught by the center fielder, it would be written as **F8**.
 - **Fielded ball** – When an out is made by players who field the ball, record the number(s) of the player position(s).

(**Note:** Record the out for the runner who actually is out. For example: if the batter makes it to first on a Fielder’s Choice (FC), because the shortstop threw out the runner going to 2B, then mark the out on the runner with the play **6-4**)
- **Unassisted Play** – If one person is involved in the play, i.e. if the first baseman retrieves a ground ball and makes the out, this is considered an unassisted out. This would be marked by a **3 U**.
- **Multiple players** – If the batter hits a ground ball to the second baseman (position 4) who throws it to the first baseman (position 3), who makes the out, then this would be recorded as a **4-3**.
 - **Double Play** – If the defensive team makes a double play score the out for each runner and mark **DP** with the notation. For example, if fly ball was caught by the left fielder and thrown to second base because the runner at second did not tag up, it would be **F7-4 DP**, for the batter, then **7-4 DP** for the runner on second and marking the out for that runner.
- **Recording runs scored and ‘RBI’s’**
 - One run shall be scored each time a runner legally advances to touch first, second, third and home base before 3 players are put out to end the inning.
 - A run is not scored when a runner advances to home plate and the third out occurs:
 - Before the batter/runner touches first base
 - By any runner being forced out
 - By a proceeding runner who is declared out because that runner failed to touch one of the bases (appeal play)
 - When a base runner crosses home plate, it will complete the line that you will have drawn along the diamond as they advanced around the bases. After they cross home plate you will need to record the run by lightly shading the entire diamond.

(this makes the “runs scored” easy to identify when looking at the score sheet as a whole)

- When a run scores, be sure and quickly note who was at bat. This batter will be credited with an **RBI** (run batted in). Record the uniform number of that batter in the lower left corner of the runner who crossed the plate.

(Note: if a run is forced in as a result of the batter walking, that batter will get credit for an **RBI**.)

- **Trips to the mound**

Record the number of trips to the mound by the defensive manager to confer with his/her pitcher. Write **TTM** at the top of the score sheet on the line next to the inning number. On the third trip to the mound in one inning, notify the umpire. The pitcher must be removed at that time. Visiting the mound for an injury does not count as an official trip.

End of Each Inning

At the end of each inning, take the time to record the following information before the next inning begins.

- **Clearly define the last batter of the inning.** Put a diagonal slash line at the bottom of the last batter’s score box. You may also put a vertical squiggle line down the rest of the column to help you remember not to score in that inning column again.

(**Pay special note:** if the third out is made on a base runner during a batter’s turn at bat and the batter is NOT responsible for the out – that same batter will be up first the following inning, starting over with no balls and strikes. This might happen if a runner is tagged out while stealing).

- **Record the statistics from the inning.** At the bottom of each „inning” column there are 4 boxes for recording the stats from that inning. Mark the number for each of the following:

- R (Runs)

- H (Hits)

- LOB (the number of players left on base when the last out was made)

- SO (strike outs)

- BB (base on balls/walks)

- E (errors; these are only recorded in Coast or Majors).

- **Recording pitcher information.** Because Little League rules place limits on the number of innings AND the number of pitches that pitchers may pitch, it is important to accurately record the innings and number of pitches that are pitched by a pitcher. When pitchers are replaced in the middle of an inning, it can be difficult to track who pitched to each batter.

- Write the pitchers initials in the upper right corner of the first batter he/she faces.
 - Be sure and record the pitch count and innings pitched.
 - Write in the inning that each pitcher starts and ends.

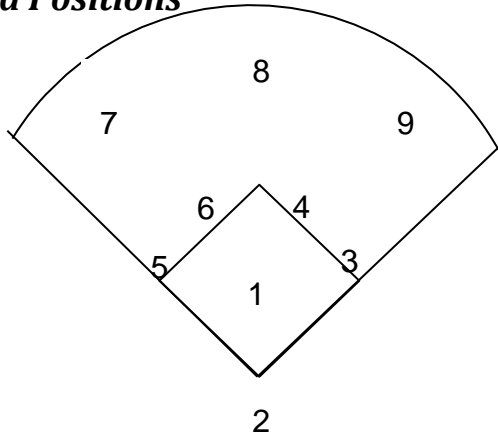
- In determining days rest required the first pitch of the pitchers last batter determines his or her pitch count. For example, if a pitcher starts his last batter with 19 pitches and take five pitches to strike the batter out, then his pitch count is 24. However, his pitch count for determining days rest is 20.
- At the end of each inning, record the total number of pitches for each pitcher in that inning at the bottom of the column, to keep a “running pitch count”. Then, verify this number with the number on the pitch count clicker. If there is a discrepancy, both scorekeepers should work together to find the correct number of pitches thrown that inning, and then align the clicker number with the total on the score sheet.

Additional Information, Terms and Definitions

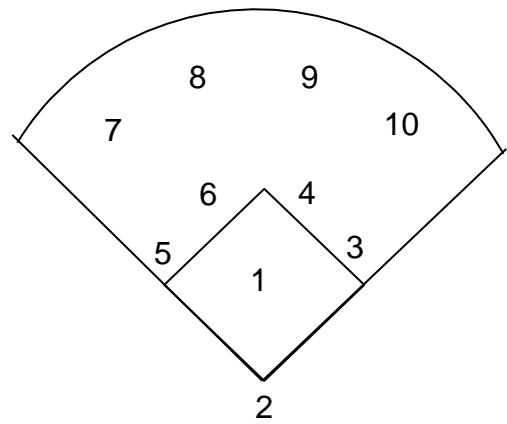
- **Fielder’s Choice** – After a ball is put into play by the batter, the retrieving fielder has a choice of where to play the ball. He/she may choose to throw to the appropriate base in order to catch the batter OR if there is already another runner on base, he/she may instead attempt to get out the lead runner. This is called a fielder’s choice (the fielder chooses where to play the ball). This is NOT a hit for the batter. Write FC in the score box.
- **Sacrifice** – A sacrifice fly, or sacrifice bunt is an intentional play achieved by the batter with the intent of advancing a base runner. The defensive out is made on the batter; however, his/her team benefits by advancing a runner or possibly scoring. An out is recorded in the circle (1, 2, or 3) and write **SAC** on the right side of the score box for that batter. Be sure and credit an RBI if it applies.
- **Errors** – If it is obvious that a fielder has mishandled a throw or catch, you may charge an error. When a batter reaches a base because of an error by a fielder, mark the base path line with an **E**. Errors do not count as a hit for the batter.
- **Wild Pitch** – A wild pitch is recorded when a pitch is so high, low or wide that a catcher is not able to stop or control the ball by ordinary effort, thereby permitting base runners to advance. This is a call against the pitcher. Note a **WP** on the score sheet.
- **Passed ball** – A catcher is charged with a passed ball when he fails to hold or control a legally pitched ball which should have been held or controlled with ordinary effort, thereby permitting a runner or runners to advance or score. Record as **PB** on the score sheet.

Quick Reference

Field Positions



Positions for a 9 player team



Positions for a 10 player team

1 = Pitcher (P)	6 = Short Stop (SS)
2 = Catcher (C)	7 = Left Fielder (LF)
3 = First Baseman (1B)	8 = Center Fielder (CF) or Left Center Fielder (LC)
4 = Second Baseman (2B)	9 = Right Fielder (RF) or Right Center Fielder (RC)
5 = Third Baseman (3B)	10 = Right Fielder (RF)

Score sheet Notations

Pitching	Hitting	Fielding
S – Swinging Strike	BB – Base on Balls	F8 – Fly Center Field
C – Called Strike	K – Struck out swinging	3-U – Unassisted play by 1B
F – Fouled Strike	✕ – Struck out watching	6-4 – Throw from SS to 2B
B – Ball	FC – Fielder's Choice	CS – Caught Stealing
WP – Wild Pitch	HBP – Hit by Pitch	E – Error
TTM – Trip to Mound	1B – Single 2B – Double 3B – Triple HR – Homerun	5-4-3 DP – Double Play by 3B to 2B to 1B. F7-5 DP – Double Play, Fly LF to 3B
	RBI – Runs Batted In	

Appendix B – Parent’s Sample Letters

Sample Tball Letter

Dear SW T-Ball Parents,

My name is Huntley Morrison, and I am managing the SW T-Ball team this year. We are looking forward to a fun season where the kids will learn and improve their skills as well as the values of teamwork, sportsmanship and fair play. Our goal is to create a positive, supportive environment so that every player, regardless of ability, has a great experience. Our team will be successful, if at the end of the season every player is excited to return and play next year.

I have a lot of information I’d like to cover. This letter is lengthy, but please read it through.

Attendance:

We will practice every Tuesday from 6:00 to 7:30 PM. All practices will be held at Hayhurst Elementary School. The season ends on August 21st.

Games are on Thursdays starting at 6:00 pm. Games are played at both Hayhurst and Bridlemile Elementary School. I am including with this letter a game and practice calendar. Our first game is this Thursday at Hayhurst.

Please try and arrive at games 15 minutes before game time so we have ample opportunity for a team meeting and warm-up. Be at each practice 5-10 minutes prior to start time. If your child can not make it to a practice or a game, then please notify me by email, text or phone.

There are only two teams. Because we have a large group and the other team has only seven players, we are going to loan some of our players to the other team.

Equipment and Apparel:

The league provides each player with a shirt and cap. I should have these by the first practice. I’d like our players to wear shorts or baseball pants (any color) and rubber cleats (prefer baseball cleats but soccer cleats are OK if you already have them). Wearing a uniform is fun and the kids can wear them to practice and games.

Your player should also bring a glove and a water bottle. I will have a large orange water cooler for refills. The key to a glove is control. Gloves around 9 inches will be your best bet and I wouldn’t recommend anything over 11 inches. It is just as important that they are able to close the glove with their hand, so try finding a used glove that has been worked in (Play It Again Sports), buy a pre-oiled glove or work hard at breaking a new glove in.

If you would like your child to bring a bat, that is fine. The bat needs to be a Little League approved bat. There is a list of approved bats on the league website <http://www.swpll.org>. However, if a bat is brought to a game or practice, it must be available for any player to use and it belongs to the coaches until the end of practice. This is a safety issue that I will talk about more below. Please label all items.

If there is any problem with getting any equipment, pants or cleats contact me privately and we will take care of it.

What we’ll work on:

At practices and games, we will be working on a few things:

- Skills: Obviously, we want them to all improve at fielding, catching, throwing and hitting by the end of the season.
- Rules: We’d like them to know more about the rules of the game so that they can play more effectively at the next levels.

- Safety: Baseball can be a dangerous game if safety rules are not followed. I will be diligent in making sure no one puts another player at risk. This means no throwing balls or picking up bats at any time, unless one of the coaches say it is OK. We will be very strict about this.

Expectations:

The emphasis in this division is not on winning, but on player development and having fun. My primary goal this season is to make sure every player wants to come back and play again next year. With that said, all players will play most positions and bat in various positions in the lineup. I will take safety into account when positioning kids at pitcher and first base. I plan to treat all players fairly and reward positive attitude, hustle and improvement. I hope to find the perfect balance between allowing each of them to find success and challenge at the same time. Building confidence is the key.

Team Rules (Please go over these rules with your player):

1. All bats belong to coach at practice and stay with the team equipment.
2. Never pick up a bat unless instructed to by a coach.
3. Never go near a player who is holding a bat.
4. Only swing a bat after a coach says “ready – hit.”
5. If you have a bat in your hands then you have to have a helmet on.
6. Only throw a ball to someone who is looking at you.

I am expecting to have a great season and know I will enjoy coaching your children. My contact information is as follows:

Sample A Letter

Dear Reds Parents,

My name is Huntley Morrison, and I am managing the Reds single A team this year. My dad, Clayton Morrison and Kip Reynolds (parent), are helping out as assistant coaches. I am hoping to get as many of you on board as I can to help out as well.

We are looking forward to a fun season where the kids will learn and improve their skills as well as the values of teamwork, sportsmanship and fair play. Our goal is to create a positive, supportive environment so that every player, regardless of ability, has a great experience. Our team will be successful, if at the end of the season every player is excited to return and play next year.

I have a lot of information I’d like to cover. This letter is lengthy, but please read it through.

Expectations:

The emphasis in this division (Single A) is not on winning (we do not keep score), but on player development and having fun. My primary goal this season is to make sure every player wants to come back and play again next year. With that said, all players will play most positions and bat in various positions in the lineup. I will take safety into account when positioning kids at pitcher, first base and catcher. I plan to treat all players fairly and reward positive attitude, hustle and improvement. I hope to find the perfect balance between allowing each of them to find success and challenge at the same time. Building confidence is the key.

Assistant Coaches:

We need help. <list your assistants> are on board and hopefully they will agree to help again this year. If you are interested in helping at practices and games, please come see me at our first practice or send me an email. I believe in getting as many parents involved as possible and will probably be able to find something you can do to contribute.

Punctuality and Attendance:

We will practice every Wednesday from 6:00 to 7:30 pm. Our first practice is Wednesday April 1, 2015. All practices will be held at Markham Elementary School 10531 SW Capital Hwy. The season ends in the middle of June about the same time we get out of school.

Games are on Thursdays starting at 5:30 pm (game start at 6:00 pm) and Saturdays. I am sending with this letter a game schedule that includes start times and locations of all games. I list the start time as one half earlier than the time that the game will start. I need everyone there a half hour before game time so that we can warm up. If your child can not make it to a practice or a game, then please notify me by email, text or phone.

Team Rules:

1. All bats belong to coach at practice and stay with the team equipment.
2. Never pick up a bat unless instructed to by a coach.
3. Never go near a player who is holding a bat.
4. Only swing a bat after a coach says "ready – hit."
5. If you have a bat in your hands then you have to have a helmet on.
6. Only throw a ball to a player who is looking at you.

Practices:

Practices are going to follow this basic routine:

- Start: We will start by warming up. This will be the time that we are going to give individual attention to throwing and catching mechanics, so it is very important that you arrive on time. We will then break into a five-minute team demonstration on various skills. This should take about 15 minutes.
- Middle: I would like to run three stations, two fielding stations and one batting station with two hitters. How successful we are with this will depend on the number of parents I can get to help me out. Ideally, besides my dad, Kip and me, I will have at least two parents at each practice who can pitch whiffle balls to the batters at the batting station. By having two parents pitch this will free up Kip to watch the batters and give them individual instruction. The kids not hitting will be broken into two groups to work on fielding, catching and throwing skills. This should take about a half hour.
- End: In the beginning we will end with a scrimmage. However, towards the end of the season I hope to start working on developing an infield and outfield warm up routine to be used before games. This should take about 30 minutes.

Games:

Games are Thursdays and Saturdays. Games are either 4 innings or one hour and thirty minutes.

There are no strike outs, but runners are called out and an inning ends after the defensive team makes three outs. This means that chances at bat will not be even.

Hitters have five swings to hit the ball. The fifth pitch is treated like a third strike. Meaning, if the ball goes foul, they will get another pitch but if the ball is missed then the at bat is over and the player goes back to the bench. A coach will pitch to his own players and act as umpire.

Runners will be called out. However, a runner cannot advance to another base if there is an over thrown ball. For example, if the defensive team throws the ball to second base and the ball gets by the second base player, then the ball is dead, and the runner must stay on second base.

On defense we will have a player on each bag, one player positioned at shortstop, one player where the second base player usually lines up, a catcher and a pitcher. The rest of the players will be positioned in the outfield.

Catcher:

This is the quarterback of baseball. I am only planning on having two, maybe three kids play this position. The catcher will catch pitches from the coach during the game. If you want your player

to learn the catcher position, then let me know. Otherwise, I am going to talk to a one or two of you about starting to develop your player at this position.

Team Parent:

We are looking for a Team Parent (or parents) to assist this season. Our Team Parent will be responsible for creating a snack schedule for the games and for acting as a liaison between the leagues volunteer coordinator and the team. The Team Parent will also be responsible for coordinating our season-end party. This is not an extremely time-intensive job, but it is extremely important, and will help free me up to do a better job coaching.

League Opening Day/Picture Day:

Saturday April 18, 2015 all league games will be held at Alpenrose. Here is the schedule for the day:

- 8:15 – 9:15 Single A Baseball Clinic
- 9:30 Team Picture
- 10:20 Game versus Red Sox

Equipment and Apparel:

The league provides each player with a shirt and cap. I'd like our players to wear grey baseball pants (available at any sporting goods store) and rubber cleats (prefer baseball cleats but soccer cleats are OK if you already have them). If a player cannot wear baseball pants, then sweat pants or shorts will work, but please, no jeans. Wearing a uniform is fun and the kids can wear them to practice and games.

Your player should also bring a glove and a water bottle. The key to a glove is control. Gloves around 10 inches will be your best bet and I wouldn't recommend anything over 11 inches. It is important that they are able to close the glove with their hand, so try finding a used glove that has been worked in (Play It Again Sports), buy a pre-oiled glove, or work hard at breaking a new glove in.

I love the gloves made by Shoeless Joe <http://www.shoelessjoeballgloves.com/>. This link is to the manufacture's site and you have to buy the glove from an online dealer. These gloves come pre-oiled and broken in. The 10 inch Shoeless Joe 1000 JR is a perfect size glove for most kids. It runs about \$110. <http://www.ballglovewarehouse.com/product/shoeless-joe-joe-junior-series--1000jr-youth/14602/>. The ten inch will defiantly work through AA baseball and it should work in AAA for infielders. If your child becomes an outfielder in AAA, then they may need to move to a bigger glove at that time.

If you would like your child to bring a bat, that is fine. The bat needs to be a Little League Baseball approved bat. There is a list of approved bats on the Little League Baseball website http://www.littleleague.org/assets/forms_pubs/2014licensedbatlist.pdf. However, if a bat is brought to a game or practice, it must be available for any player to use and it belongs to the coaches until the end of practice. This is a safety issue that I will talk more about below. Please label all items.

Bat control (proper technique) is one of the most important skills for your player to learn at this level. Oversized bats lead to poor technique. For the next two years, all of the pitches thrown to your player will be in their hitting sweet spot. Because of these easy pitches, your player can use a big oversized bat that will allow them to hit the ball further and at the same time cause them to develop bad hitting habits. Three years from now, the pitchers will start throwing the ball to areas where it is difficult for your player to hit and any bad habits developed now are going to impede your players' ability to be a successful hitter in the future. The triple A level is when a lot of kids stop playing baseball and one reason is that this is when hitting the ball becomes hard. Remember, baseball is a game where a man who is successful hitting the ball 30 percent of the time earns millions as a professional.

With the above in mind, please do not buy your player an oversized bat. Size a bat by having your player hold the bat in their non-throwing hand. They should be able hold the bat with their hand at the knob and the other end of the bat pointed straight up to the sky. Their arm should be extended straight out, and they should be able to hold this position for ten seconds without the bat moving.

If there is any problem with getting any equipment, pants or cleats contact me privately and we will take care of it.

I am expecting to have a great season and know I will enjoy coaching your children. My contact information is as follows:

Sample AA Letter

Hello Everyone,

Welcome back. My name is <insert name>, and I am coaching our AA team. My assist coaches are <insert names>, is also an assistant coach. <insert other parents names> also agreed to help out with some of the drills we have planned for practices.

Our primary goals remain the same -- create a positive, supportive environment so that every player, regardless of ability, has a great experience. Our team will be successful, if at the end of the season every player is excited to return and play next year.

For all of the kids who turn 9 next year, this is their last year of non-competitive baseball, so I am adding the goal of preparing all our players to be a starter next year in AAA. 9 year olds are required to play AAA baseball.

Expectations:

The emphasis in this division (AA) is not on winning, but on player development and having fun. However, we will be keeping score. All players will play most positions and bat in various positions in the lineup. I will take safety into account when positioning kids at pitcher, first base and catcher. I hope to find the perfect balance between allowing each of them to find success and challenge at the same time. Building confidence is the key.

I am adding a few new expectations. We are only allowed 10 players on the field (everyone still bats in the lineup). Since we have 11 players, one player will have to sit on the bench each inning. In positioning players, I am going to place a greater emphasis on attendance, positive attitude, hustle and improvement. Also, I am going to have a shorter string when it comes to not paying attention. I plan on implementing discipline by requiring a player to sit on the bench (not by their parents) for a few minutes or an inning.

We need to start developing catchers. I am going to limit two maybe three kids to that position. Please, let me know if your player is interested in spending half of his time behind the plate.

Punctuality and Attendance:

We will practice every Thursday from 6:00 to 7:30 pm. Our first practice is Thursday April 7, 2016. All practices will be held on Field 3 at Markham Elementary School 10531 SW Capital Hwy. The season ends in the middle of June about the same time we get out of school.

Games are on Tuesdays starting at 5:30 pm (game start at 6:00 pm) and Saturdays. I list the start time as one half earlier than the time that the game will start. I need everyone there a half hour before game time so that we can warm up. If your child can not make it to a practice or a game, then please notify me by email, text or phone.

I should have a game schedule soon. But I do know that our first game is April 12, 2016 at Alpenrose for opening day. We have to attend an opening ceremony starting at 10 am so I would like everyone to be there by 9:45 am. It is also picture day and our game will take place sometime between 11:30 and 2 pm. We probably won't play a full game because we have a one hour limit.

Team Rules (I have added 2 new rules):

1. All bats belong to coach at practice and stay with the team equipment.
2. Never pick up a bat unless instructed to by a coach.
3. Never go near a player who is holding a bat.
4. Run on and off the field.
5. If you have a bat in your hands then you must have a helmet on.
6. Only throw a ball to a player who is looking at you.
7. No pouting after your strikeout. Hustle back to the dugout.

Practices:

Practices are going to follow this basic routine:

- Start: We will start by warming up. This will be the time that we are going to give individual attention to throwing and catching mechanics, so it is very important that you arrive on time. This should take about 15 minutes.
- Middle: I would like to run three stations: 1) Pitching, 2) Fielding and 3) Batting with two hitters hitting whiffle balls.
- End: In the beginning we will end with a scrimmage/live pitching. However, towards the end of the season I hope to start working on developing an infield and outfield warm up routine to be used before games. This should take about 30 minutes.

Games:

Games are Tuesdays and Saturdays. Games are 6 innings with a two-hour limit if there is a game scheduled to take place after our game. We keep score with a 5 run limit per inning. This is regular baseball with strikeouts and 3 outs per inning. In the beginning of the year coaches will pitch and a strike is only called on a swing. By the end of the year we hope to have kids pitching with called strikes.

I am attaching the AA rules. We are working out the details with the other coaches and I suspect that we will playing a different version each game. However, I am going to prepare our kids to play the toughest version.

Catcher:

This is the quarterback of baseball. I am only planning on having two, maybe three kids play this position. The catcher will catch pitches from the coach during the game. If you want your player to learn the catcher position, then let me know. Otherwise, I am going to talk to one or two of you about starting to develop your player at this position.

Team Parent/Score Keeper:

Christina Bongen has taken responsibility for creating a snack schedule for the games and for acting as a liaison between the leagues volunteer coordinator and the team.

Stephanie Auerbach is our scorekeeper.

If your player is pitching, then I am going to ask you to help keep the pitch count. We are going to limit pitchers to 50 pitches.

Equipment and Apparel:

All of the boys need to start wearing a cup both at practice and in games.

The league provides each player with a shirt and cap. I'd like our players to wear grey baseball pants (available at any sporting goods store) and rubber cleats (prefer baseball cleats but soccer cleats are OK if you already have them). If a player cannot wear baseball pants, then sweat pants or shorts will work, but please, no jeans. Wearing a uniform is fun and the kids can wear them to practice and games.

Your player should also bring a glove and a water bottle.

If you would like your child to bring a bat, that is fine. The bat needs to be a Little League Baseball approved bat. There is a list of approved bats on the Little League Baseball website http://www.littleleague.org/assets/forms_pubs/2014licensedbatlist.pdf. However, if a bat is brought to a game or practice, it must be available for any player to use and it belongs to the coaches until the end of practice. This is a safety issue that I will talk more about below. Please label all items.

Bat control (proper technique) is one of the most important skills for your player to learn at this level. Oversized bats lead to poor technique. For the next year, all of the pitches thrown to your player will be in their hitting sweet spot. Because of these easy pitches, your player can use a big oversized bat that will allow them to hit the ball further and at the same time cause them to develop bad hitting habits. Next year, the pitchers will start throwing the ball to areas where it is difficult for your player to hit and any bad habits developed now are going to impede your players' ability to be a successful hitter in the future. The triple A level is when a lot of kids stop playing baseball and one reason is that this is when hitting the ball becomes hard. Remember, baseball is a game where a man who is successful hitting the ball 30 percent of the time earns millions as a professional.

With the above in mind, please do not buy your player an oversized bat. Size a bat by having your player hold the bat in their non-throwing hand. They should be able hold the bat with their hand at the knob and the other end of the bat pointed straight up to the sky. Their arm should be extended straight out, and they should be able to hold this position for ten seconds without the bat moving.

If there is any problem with getting any equipment, pants or cleats contact me privately and we will take care of it.

I am expecting to have a great season and know I will enjoy coaching your children. My contact information is as follows:

Sample AAA Letter

Dear Parents:

We want to take this opportunity to put in writing our coaching philosophy and the goals we have set for your child and the team this season. As you read through this letter please make sure that our philosophy fits with your expectations of what you want for your child and how you believe the team should be run. If not, this is your opportunity to let us know.

<insert name> is the team's manager and the coaches are <insert names>. I will also ask some of you to help when we need it.

Generally: 1) <insert name> will be responsible for pitching; 2) <insert name> will be responsible for fielding; 3) <insert name> will focus on hitting; and 4) <insert name> when he has time, will work with catchers.

Baseball is a never-ending process of learning. Some of our kids are transitioning from the beginning stage of baseball where the focus was teaching them basic fundamentals of baseball to a stage where they understand the basic fundamentals and are in the process of refining their skills. Our overall goal is to help the boys to transition from requiring specific instruction and feedback regarding their skills to a stage of learning where they are able to refine their skills on their own. All the boys are entering the stage of baseball where if they are going to continue to be competitive, then they are going to have to dedicate themselves to refining their skills outside of practice.

Our goal is that every player returns next year to play.

In terms of development we will focus on each player's individual skill level. This means that instruction, practice participation and game participation will not be distributed evenly. Instead we will focus on where each player is in their development. Baseball is a process learning sport and each player needs to become proficient at one step before they move to the next step. For example, some of our players are at a point where they will benefit from lots of live pitching. Others are at a point where they will benefit from tee and toss work and practice participation will be conducted based on these needs.

For everyone, I want to point out that warm ups at the beginning of practice is our most important part of practice. This is when we focus on proper throwing mechanics. It is important to be on time.

COACHING PHILOSOPHY

- Your Child will only go far if they love baseball. Our kids will gain confidence and love for the game through positive feedback. Skills will develop at different rates, but effort and having fun can always be achieved. We will teach the boys to have fun through hard work. With positive feedback, we will help them to see that they are improving, which will motivate them to continue to get better.
- We believe in trying to make practices as fun and entertaining for kids as possible while balancing the need for teaching them to work hard and providing them with the instruction that they need to improve. We have found that kids expect and respond well to structured and organized practices.
- Teamwork and developing friendships are an important part of any team sport. We will emphasize how important it is for them to support each other and to always be positive towards their teammates.
- Competition is an important element and our kids are at an age where they are naturally becoming more competitive. We will not talk to the kids about "needing to win a game" or "how important it is that we win." Our role both as coaches and parents, is to help our kids develop the ability to deal with competition in a healthy way. Effort and attitude will be our focus.
- We will work on teaching fundamentals and skills during practice, but we believe that the game is the player's time. We will only give instructions during a game, if we feel it will help their performance during that specific game, but in general we will try to let our boys enjoy the game. Telling a player what they did wrong during a game, generally will not help their performance. The boys will all put pressure on themselves to compete and they don't need the added pressure from parents or coaches telling them what they should or should not do during a game. The best thing that we can do for our boys is to tell them how much we love them and how proud of them we are for their effort and having the courage to step up and compete.

PLAYING TIME AND POSITIONS

AAA baseball is a developmental league and our focus will be on developing our player's skillsets. We are going to start rewarding kids for the skills that they have developed and playing time in the field will not be evenly distributed among the players. Little League Rules provide that each player hits in the hitting lineup, regardless of whether they played in the field. We will strive to put each player in positions where we feel they have the best chance of being successful and we will attempt to put them into positions where they must push themselves. Finding a balance between success and challenge will be our goal. We will also begin to develop players at specific positions. Generally, we will divide kids between the left and right side of the field.

TEAM RULES AND DISCIPLINE

Generally, we are going to require the boys to work hard, follow instructions and stay focused at practice. Specific rules may be added during the season if necessary. We will use a “penalty box” for kids when they are not behaving or break a team rule. This will take a player away from the team and they are not allowed to participate in practice for a few minutes. When a player is in the “penalty box” we ask that parents not engage that child.

PLAYER EXPECTATIONS

1. Have fun and always give your best effort.
2. We expect players to always show respect for umpires, parents, coaches and other players.
3. Spend time outside of practice playing baseball.

PARENT EXPECTATIONS

1. Help out with team volunteer opportunities.
2. Get involved in playing baseball with your child outside of practice. Repetition is critical for skill improvement and there isn't enough organized practice time for kids to develop the skills required for them to become successful.
3. Please encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice. Cheer and encourage your child both at games and at practice but refrain from providing them with specific instructions both at games and during practice. Please do not coach your child during the games or practice.
4. Show up for games and practices on time. We will require that the boys show up for games at least an hour before game start time. We will strive to have a coach at each game approximately one hour before start time, so that we can run the boys through some throwing and hitting stations to warm them up. We understand that on weekday games this may not be achievable for everyone.
5. We will use Team Sideline for communications -- <http://go.teamsideline.com/> This is a new tool for the league but seems to be a lot like Teamsnap. I will make sure all parents and players are entered the site and ask each of you to reply to an email so that I know you are getting notices through the site.

OFFICIAL PRACTICE SCHEDULE

Practices start next Tuesday March 20, 2018. Official practices are every Tuesday and every Thursday throughout the season.

Tuesday practices are at Markham Elementary School, 10531 SW Capitol Hwy, Portland, OR 97219, from 5pm to 6:30pm on field 2.

Thursday practices are at Hitchen Baseball Diamond in Gabriel Park, 6892 SW 45th Ave, Portland OR 97219 from 6:30pm to dark or 8:00pm. This is the baseball diamond next to SW Community Center. The Team Sideline link does not take you to this park.

In the begging of the season we will try to practice as much as we can. On practice days where it is wet we will try to find places where we can still practice. I have to scout out some areas and I will update you with changes in location as soon as possible. I will do this through Team Sideline.

GAMES

We will have two games a week between Fridays and Sundays. Our first game will take place the 1st week of April.

We do not have a game schedule, but I will post it to Team Sideline as soon as it becomes available. As stated above, we need each player to try to arrive at each game 1 hour before game start time. Of course, this may be difficult on Friday's, but we will use our best efforts to be there an hour early.

INFORMAL PRACTICE

This Saturday March 17, 2018 we will have an informal practice from 3 to 5 pm at St. Andrews Church, 3328 SW Sunset Blvd 97239.

I will also be around spring break and will try to practice as much as possible and I am willing to take as many kids as I can to the batting cages at Batting A Thousand --- <http://batpdx.com/> -- on Sundays from 10 am to 11:30ish. I will send out a separate notice asking for interest about both of these informal practices.

Finally, please let any of us know if you have a problem with any of our coaches, or anything that is happening with the team. The same holds true if your child isn't happy about something. We want to know if there is a problem right away. With this age group, very small things can cause a player to become upset. These problems can be fixed very easily if we know about them. Also, safety is a primary concern for us. Unfortunately, we can't watch every player every second. If you see any situation that you believe is a safety concern, please step in and help. Please make sure that you follow up with any of us so that we know what has happened.

We really look forward to a fun and rewarding season. If you have any questions or concerns, please do not hesitate to call or email any of us.

Appendix C – All-Stars and Honors

When do you set the rules for the Manager and Players selection process?

Technically, any age eligible player may register for Honors baseball. The All-Star team is made up of players who have been selected through a selection process. My purpose here is outline the tasks that should be completed in order to achieve a smooth and transparent All-Star and Honors selection process. It is not to define the rules governing that process because there are many different routes that the league may follow in establishing its post-season teams and the best route will depend upon all of the different factors that are present in any particular year.

Most important is that the VP's of Majors and AAA, along with their Managers, should reach a consensus before the season starts as to how the All-Star Manager will be selected and as to how the players will be selected to the team. The Board has ultimate authority and can do whatever it deems best, but will generally follow the consensus of the groups.

What is All-Stars and/or Honors post- season baseball?

The All Star and Honors programs offer an opportunity for selected players to gain valuable practice and game experience, facilitates unique skill development opportunities, and provides higher level competition. The programs also provide players a chance to make new friends and strengthen already established relationships. It is also important to understand the All-Star and Honors programs are different and unique, when compared to the regular season, in that it embraces national Little League tournament substitution rules focused on pure merit-based play and winning. These teams play in elimination tournaments and the expectation is that a manager will strive to produce a team that properly represents SWPLL's goals of good teamwork, good sportsmanship, and excellence on the field.

The rules for mandatory play in the all-star tournaments are governed by Little League International. The rules are substantially different from those that govern SWPLL regular season play. The rules are as follows: *If a tournament team has thirteen (13) or more eligible players in uniform at a game, then every player on a team roster shall participate in each game for a minimum of one (1) at bat. If a tournament team has twelve (12) or fewer eligible players in uniform at a game, then every player on the team roster shall participate in each game for a minimum of six (6) consecutive defensive outs and bat at least one (1) time.*

Many players will play the minimum amount of playing time. For this reason, it is important to convey this fact to potential team members and their families before they make what amounts to a significant time commitment.

What is the timing of the important actions that need to be taken?

Set Selection Process Rules

As stated above, set the rules for how you are going to establish the All-Star Manager and pick the players before the season starts.

It is important for the Managers to agree upon the player criteria that will be considered when evaluating the player nominees. Are you going to rely upon purely subjective evaluations of managers who watched a kid pitch or hit in a few games during the season? Are you going to factor in the type of player that a kid was in AA baseball? Are you going to require the nominating manager to supply a player batting statistics or pitching statistics?

Below is a string of emails outlining what the AAA managers did for the selection process in 2018.

When do you need to start?

Honors and All-Star teams can be selected on or after June 1st. Because some of these teams will finish their tournaments by the end of June you should have most of the logistics in by the end of May. This includes: 1) Manager and Coaching staffs in place; 2) Practice fields secured; 3) Relevant information from District 4 passed on to the Manager and Coaching staffs; and 4) Scheduling practice games with neighboring leagues (you need umpires and fields).

For most of the teams the uniforms are going to have to be ordered by as early as June 3rd, so you will only have a few days to shore up your teams. Usually we have about 3 All-Star teams and 4 Honors teams.

Kids need to register to be eligible for either Honors or All-Stars. Registration should open May 1st. The goal of the managers should be to get our best players to sign up. Below is a sample letter that Managers should send to the players that they feel will achieve good teamwork, good sportsmanship, and excellence on the field. Managers who know that they will be working with a particular team should recruit the players that they want to work with.

For both Honors and All-Stars there is a player verification process that must be met in order for the players to be eligible.

All-Star verification can be complicated if you are trying to do it after the school year ends. Players are eligible if they live or go to a school in our district. The easiest way is to establish that they go to school in our district and this is accomplished by getting their principal to sign a form. The principal has to sign the form, not the school secretary. You will have a hard time tracking down the principal after the school year ends. This will need to be done right before the Tournaments start around the 3rd week in June.

Honors requires filling out a form and having it signed by our League President and Player agent verifying that the players listed either go to school or live in our district. Around the middle of June, the Honors Tournament will hold a mandatory Managers meeting where the form must be handed in and the fee paid. Make sure that you get the date of this meeting early as possible so that you have time to get the form filled out, signed and a check written. This will need to be done by the Second week in June.

2018 Emails Related to Honors/All-Star Process

Sent 5/2/2018

Dear AAA Managers,

Please take the time to read through this email and just as important it is imperative that you timely respond with the requested information.

We need to start preparing for post-season baseball, both Honors and All-stars. We don't have the specific dates for the tournaments, but I can give you a very close approximation

of the time commitment for both. District 4 is holding it's meeting this Sunday so we should have specific dates next Monday.

All-Stars Tournaments: The tournament will start June 25th. It begins with pool play and if you win enough you make it into the bracketed portion of the tournament that will take place the 1st or second week of July. We have also signed up for two warm-up tournaments – 1) Sunday June 10 and 2) the weekend of June 23/24. Bottom line, if you as a manager/coach are interested in working on the All-star team then you have to be available starting in the beginning of June and for sure through the second week of July. Kids who want to play should be available during this time with some flexibility prior to June 25th, but they have to commit 100% between June 25th and the second week of July.

Honors Selection and Tournament: The Honors Tournaments (there will probably be two that run at the same time) will probably, based on last year, start in the middle of June and end by July 4th. It follows a pool play format and if you win enough games you make it into the bracketed portion of the tournament. Last year we had two teams – 1) An older team made up of kids who are moving on to Majors (they won their tournament) and 2) A younger team made up of returning AAA players. I managed the younger team and it was fantastic. It was a great opportunity to put this group into the key roles and let them shine. As a division we are stronger this year because of this group. Honors is open to anyone, but I encourage you to inform your kids that it is not a development league and I encourage you to recruit your better players to play Honors.

Managers Interested In Honors/All-Stars: We need any of you who are interested in managing any of our post season teams to shoot me an email and let me know what team you want – All-Stars, Honors Older Group, or Honors Younger Group. If you are interested in just coaching let me know as well but right now, I am just trying to put together the potential managers list.

All-Star Selection: We are going to meet and make the manager's selection to the All-Star team on Friday June 1, 2018, 6:00 pm at IBU. As a group we can pick up to 8 players and the person who ends up managing the team will fill in the rest. Before this meeting, by May 31, 2018, each manager must send me nominations for kids to be considered either as an All-Star or Honors. You can nominate players both from your team and other teams. Last year we didn't have any information on the nominations when we selected the kids and we are going to avoid this problem by compiling some information before we meet on June 1st. Here is what I need from each of you:

- 1) **Right away** send me an email letting me know if you want to manage either the All-Star team or any of the Honors teams (Older or Younger). If you are interested in Managing the All-star team then you should schedule a time to go and watch the two ten-year old's in Majors play. I will get their names and teams.
- 2) **By Monday May 18, 2018** send me an email with the following information:
 - A. For any kid on your team that was drafted or ranked in the 3rd round or higher give me the following batting statistics for **innings 1 through 3 only** of all your games (We only want statistics on the 1st three innings when it is more likely that they were facing better pitchers): 1) **At Bats:** Number Of At Bats; 2) **OB:** Number of times they reached base; 3) **Strike Outs:** Number of times they struck out; 4) **Contact:** Number of times they made contact into the field (either made it on base or where thrown out – contact); 5) **Hits:** Number Hits (actual hits on base – include errors if you are scoring that way); 6) **Scores:** Number of times they scored (Not RBI but times they crossed home plate). Below is a template you can use.

Player Name	Team	AB	OB	SO	Contact	Hits	Scores

B. Do the same as A above for any kid that you think you are going to nominate for All-Stars (**not Honors**) who was ranked or drafted after round 3.

C. Send me the names of 3 to 6 kids on a team besides your own who you think should pitch on the All-Star team.

D. Send me the names of 2 to 3 kids on team besides your own who you think should catch on the All-Star team.

3) **On May 31, 2018 send** me the names of the kids you are nominating for All-Stars and Honors. State specifically if you think the kid is All-Star or Honors. For All-Stars nominate kids from yours and other teams and provide a short description of their role that you see them filling on the team. For the All-Star kids provide their parents name and contact number. For Honors just nominate from your team. **In that same email provide me with updated batting statistics that you did under 3(A) and 3(B) above for your All-Star nominations.**

By Wednesday May 20, 2018 I will combine all your statistics and recommendations on the pitchers and catchers and send it out. For the pitchers and catchers, I will not add up the number of recommendations that each received. I will just create a list of every name mentioned. We can then use this list to help us evaluate players in the last part of the season.

Last year we formed the All-star and Honors teams by consensus, and we should be able to do this again this year. As stated above on May 31, 2018 I will take everyone's nominations and statistics and get one list back to you right away. When you come to the meeting have the kids ranked as follows: 1) Pitchers 1 through whatever; 2) Catchers 1 through whatever; and 3) Everyone else 1 through whatever. If you don't know a kid, then don't rank them. Thus, the purpose of putting a list out On May 20th, so we know who to start watching and can avoid not knowing most of the kids.

Finally, if you have any suggestions on any of this let me know.

Sent 5/15/18

Hey [AAA Manager].

I have a couple of questions that have to do with post season play. There is some urgency because the teams must be set by June 3rd to have the uniforms ready for the tournaments. This is earlier than usual, and we just got the dates from District 4.

First, are you throwing your hat in as manager for either the All-Star team or the Honors team? I am trying to figure out what we need to do to meet this new deadline. We are not going to be able to wait until the end of AAA tournament to set the full line up, so depending on who is interested we can select the manger by June 3rd and he can fill the manager selections on the All-Star team or we are going to have to select the whole team as a group.

Second, can you please send me the stats on your players along with your nominations on pitchers and catchers from other teams? The All-Star kids will pretty easy to verify availability, but the application\verification process is tedious, and we need to get started on it sooner than later. Also, we have planned to have two Honors teams and they start playing June 16th. We may need to reach out to individual kids to get them to sign up on time.

I appreciate it.

Sent 5/22/2018

Hello:

I had to change the All-Star/Honors selection meeting to Friday June 1st at 8:30 pm at IBU. We will meet after the Friday night games. Please confirm whether or not you or someone from your staff will be attending.

Here is what I need from each of you by Thursday May 31st 12:00 noon:

1. Your nominations for the All-Star team. If you are nominating a player from your team you need to confirm that they are available to play and that they have signed up for post season play by 5/31. When you submit your nomination please confirm their availability. If you nominate a kid from another team, then I will confirm their availability or have their manager do it. I will send out the nominations list on the afternoon of June 1st.
2. If you have kids who you want to play honors, then reach out to them and get them to sign up prior to 5/31. After we put together the All-Star team, we will put together the Honors team. Jordan Carter has taken on a team and I know that he has been reaching out to kids to come play. I will show up with a list of the kids who have signed up to work off at the meeting. We should have at least one more team.
3. Please submit the names of your two players for the Alpenrose AAA Nomination Game. Each team places two players and you can pick them any way you want. Most coaches will have their kids vote the two players on to the team.

I am attaching an updated stats sheet with some late additions from the teams who hadn't responded.

Finally, this is a friendly reminder about treating the umpires, coaches and everyone else with respect. A softball coach was recently suspended for un-sportsperson type behavior.

Please let me know if you have any questions or if I can help in anyway. AND thank you for your efforts on this stuff. Worst case is that now we all have a pretty good cheat sheet for next year's draft.

Sent 5/31/2018

Hello Everyone:

Attached is an Excel with three sheets.

The first sheet is a compilation of the names and statistics that the AAA managers previously sent regarding their players.

The second sheet is a list of the players that have been nominated for All Stars. Please look at the list and make sure that I didn't miss your nomination. I have a ton of emails for baseball and it is hard to go through all of them. I know that I missed a few and some of you still have not responded. Please reply to this email if you want to add a nomination. You also can nominate at the meeting.

The third sheet is a list of honors players that were either mentioned by you coaches or are kids who have signed up

We do not need any more players to sign up. Right now, we have 40 kids signed up. It is likely that the All-Star team will take 14 kids so that leaves 13 kids to split between two teams and 13 is a good number for Honors. <insert name> can correct me if I am wrong but we will eliminate kids based on who signed up the latest. So there is a good chance that any kids who sign now will not be placed on a team (Coach Black – Get _____ to sign up now and sign _____ up ASAP).

As a reminder we will meet on Friday at 8:30 pm at IBU to make the 3 teams.

Take care.

2018 Sample Letters Inviting Selected Players Sign-Up for Honors/All-Stars and First Letter To All-Star Team

RE: Post Season Baseball – All-Stars and Honors

Hello:

I am sending you this email because I need to know if your player is interested and available to play on a post season 8 to 10 All-Star or Honors team.

The All-Star team will be made up of up to 8 players nominated and voted on by the AAA managers. The rest of the team will be selected by the Manager of the All-Star team. A final date for selecting the All-Star team has not been set. Right now, the league is trying to compile a list of players who are available to participate. Here are the requirements:

1. The player must commit to participating in the District 4 All-Star Tournament and the State Tournament should the team win the District Tournament. Practices should start on June 9th. The team will participate in a pre-tournament on Sunday June 10th and another pre-tournament June 23rd and June 24th. The District 4 Tournament begins June 25th and ends July 2nd. It is mandatory that the player is available starting June 25th, but the player also must be available for most of the practices and pre-tournaments starting June 9th.
2. The player must be nominated by one AAA manager and selected to the team either by vote or as a selection by the All-Star manager.
3. The player and family must only commit to participating if they will be happy if their player ends up playing the minimum required innings in right field. This is a purely competitive team and playing positions and time will be at the Managers discretion. The most important element is support of the team and the league wants to select players and families who will be happy to participate no matter what role they play.

4. You must register prior to June 1st when the AAA managers will meet to start putting together both the All-Star and Honors team. Register here <http://www.swpll.org/current-programs>

The Honors Team(s) will play a District 4 tournament starting June 16th that ends by June 26th. We anticipate that we will have enough interest to field two Honors teams. We have also registered for one Honors team to participate in a pre-tournament on Sunday June 10th. Honors participation is open to any player. We encourage players who can perform the basic skills of AAA to participate. These will be competitive teams.

Please reply to this email and let me know if you are interested and available to play either or both All-Stars and/or Honors. The All-Star selection process is confidential. But when we are selecting the All-Star team, we will also start penciling together the Honors team.

2018 All Star Parent/Player Information and Commitment Letter

Congratulations for making the 2018 Southwest Portland Little League 8/9/10 All Star Team! You should be very proud of this accomplishment. Participation on an All-Star team will enhance player skills, but also requires time and dedication. Because participation in All Stars is a significant commitment, not only for the players but also for their parents and families, we want to ensure that you enter this commitment with complete understanding. If after reading this letter you decide that playing on the All Star Team is not right for you or your family then please let coach Huntley know and we can place you on an Honors team.

Please review the following information carefully, as we can only allow players and families on the team who have agree to support our coaching philosophy.

Objectives

The All-Star program offers an opportunity for selected players to gain valuable practice and game experience, facilitates unique skill development opportunities, and provides higher level competition. The program also provides players a chance to make new friends and strengthen already established relationships. It is also important to understand the All Star program is different and unique, when compared to the regular season, in that it embraces national Little League tournament substitution rules that are, as explained in greater detail below, more focused on pure merit-based play and winning.

We will compete first against teams from the other leagues that make up our district. If we are fortunate enough to win at the district level, then we will move on to the State tournament. The district tournament concludes July 2nd. We plan on wining our District tournament and playing in the State tournament at the end of July.

Mandatory Play

The rules for mandatory play in the all-star tournaments are governed by Little League International. The rules are substantially different from those that govern SWPLL regular season play. The rules are as follows: *If a tournament team has thirteen (13) or more eligible players in uniform at a game, then every player on a team roster shall participate in each game for a minimum of one (1) at bat. If a tournament team has twelve (12) or fewer eligible players in uniform at a game, then every player on the team roster shall participate in each game for a minimum of six (6) consecutive defensive outs and bat at least one (1) time.*

Our goal is to produce a team that properly represents SWPLL's goals of good teamwork, good sportsmanship, and excellence on the field. This latter goal has more meaning in the All-Star program. All Star tournament play is the one SWPLL activity where winning takes a very high priority. This focus on success, when coupled with the national mandatory play rules noted above, can result in players who, while dominant on their regular season team, suddenly find they spend significant game time on the bench, or they play unfamiliar positions. While these are excellent learning and emotional growth opportunities for players and parents, some are surprised and disappointed when it happens to them.

We anticipate having a set starting lineup of eight players, along with a pitching rotation, by the time we start tournament play. This means that at least four of our players will play a supporting role and are likely to see only one at bat a game. The success of this team will depend upon how the boys react emotionally to the role that they are assigned. We expect that players and their families will dedicate themselves to the success of the group, not the individual. Here is what we ask:

1. No matter your role, bring lots of energy to every practice and game;
2. Express positive body language;
3. Support your teammates focus;
4. Watch what our opponents are doing; and
5. Stay ready.

It is highly likely that not everyone will agree with the coaching decisions that we make, and it is likely that we will make coaching errors or decisions that can be second guessed using hindsight. If you or your player do not think that you can commit to placing the success of the group over the success of the individual, then we encourage you to decline you All Star invitation and elect to play Honors.

Immediate Action Required

1. **We have a mandatory parent meeting Thursday June 14th 7:00 PM at the IBU Public House.** We need to prove both your player's age and that they are a resident within our league boundaries. We are attaching a Little League Tournament Verification Form that needs to be filled out and signed by each parent and turned in with documents that prove both age and that your player is a resident of our league. Age is established with an original birth certificate. The easiest way to establish residency is to have your school principle fill out and sign the attached Little League School Enrolment Form. The other way to establish residency is by submitting the documents described below.

At the meeting you will need to bring the following documents which are necessary to establish your player's eligibility to participate in the All-Star:

- a. The attached filled out **Little League Tournament Verification Form; and**
- b. The attached filled out and signed **Medical Authorization; and**
- c. The Players **original Birth Certificate** (We will return it in about 10 days); **and**
- d. The attached **Little League School Enrollment Form; or in the alternative to d,**
- e. Documents containing the your full residence which includes: 1) parent(s) or guardian(s) name, street address, city, state and zip code information; and 2) dated or in force between February 1, 2017 (previous year) and February 1, 2018 (current year). We need one document from each of the three Groups outlined below:

Group One	Group Two	Group Three
<ol style="list-style-type: none"> 1. Driver's License 2. School records 3. Vehicle records (i.e., registration, lease, etc.) 4. Employment records 5. Insurance documents 	<ol style="list-style-type: none"> 1. Welfare/child care records 2. Federal records (Federal Tax, Social Security, etc.) 3. State records 4. Local (municipal) records 5. Support payment records 6. Homeowner or tenant records 7. Military records 	<ol style="list-style-type: none"> 1. Voter's Registration 2. Utility bills (i.e., gas, electric, water/sewer, phone, mobile phone, heating, waste disposal) 3. Financial records (i.e. loan, credit, investments, etc.) 4. Medical records 5. Internet, cable, or satellite records

Teamsideline – Action Required

Everyone should be signed up on Teamsideline. We will use this to communicate with the team and it has all of our practices and games listed. The website has a “Poll” feature that allows your player to confirm attendance at practices and games. Please respond to the polling feature so that we can organize practices based upon the kids available.

Practice Schedule

We will practice from 6 to 8 pm on Mondays, Wednesdays and Fridays, all at Markham. I am working on setting up some voluntary hitting days and hope to start this Sunday.

All-Star Tournament

All our games will be at West Lake Park in Lake Oswego. Our Pool play games are as follows:

- Tuesday June 26th versus Murray Hill. Arrive at 6:30 and game starts at 7:30.
- Thursday June 28th versus Cedar Mill. Arrive at 6:30 and game starts at 7:30.
- Saturday June 30th versus Tigard. Arrive at 4:30 and game starts at 5:30.

After we make it out of Pool play our next game is on Sunday July 1st at 2:30 or 5:30 and after we win that game the championship game is Monday July 2nd arrive at 5 pm and game starts at 6 pm.

We really appreciate you taking the time to read all of this and we should be able to answer all your questions at the parents meeting. Most important, we are super excited to compete with your kids.

Take care.

<insert names>

Appendix D – Practice Chart

	3/14	3/16	3/21	3/23	3/28	3/30	4/4	4/6	4/11	4/13	4/18	4/20	4/25	4/27	5/2	5/4
Throwing	D		D		D	C			C		C		C			
Catching	D		D		D	C			C		C		C			
Hitting	C			D	C	D	D	C	D	C	D	C	D	C	D	D
BR – know the bases	D	D			D			D		D		D		D		
BR – Coaches Instructions	D	D	D		D			D		D		D		D		
BR – Out of Box	D	D	D		D			D		D		D		D		
BR – Home to 1 st	D	D	D		D			D		D		D		D		
BR – Home to Home	D	D	D		D			D		D		D		D		
Br – 2 nd /3r to Home			D		D			D		D		D		D		
Infield – positions				D		D	D		D		D	D	D	D	D	D
Dead/Live Ball				D		D	D		D		D	D	D	D	D	D
Fielding ground balls				D		D	D		D		D	D	D	D	D	D
Cutoff/Relay							D		D		D		D		D	D
Force Out									D		D	D	D	D	D	D
Double Play																D
Outfield positions							D		D	D	D		D		D	D
Fly Balls							C		D	D	D		D		C	D
OF- Backup Plays							D				D		D		D	D
Catcher – Skills		C		C		D		D	D		D	D	D	D	D	D

D=Drills

C=Clinic

Appendix E – Drills and Clinics

Date: 3/13/04 Practice time: 4:30PM

Goals / Skills to be covered:

- 1) Basic Throwing (step / throw and lateral shuffle / throw)
- 2) Catching
- 3) Base Running
- 4) Fielding Grounders
- 5) Catcher
- 6) Hitting

Notes to mention:

Great effort by Jim on last game – ran hard to 1st base and beat a grounder to the pitcher.

4:15 PM: Coach Pre-Practice Meeting

Coach ABC covers Base Running skills in the infield and covers Throwing and Catching skills in the outfield

Drills to run are...

Coach XYZ covers Fielding Grounders in the outfield and Hitting skills in the infield

Drills to run are...

Coach 123 runs Catcher clinic with players...

4:30 PM: Team Pre-Practice Meeting

Review Team Rules

Today's goals are

- learn the proper mechanics on how to throw and catch
- learn the proper mechanics on how to run the bases
- learn the proper mechanics on how to field grounders
- learn the proper mechanics on how to play catcher
- learn the proper mechanics on how to hit
- Review some of the key concepts that they need to learn (what's a force out, where does a first baseman play, etc.)

4:35 PM: Stretches

4:40 PM

Clinic – Catching – Coach 123 (players- a,b,c,...)

GROUP A – Basic Throwing / Catching drills – Coach XYZ (outfield)

GROUP B – Base Running drills – Coach ABC (infield)

5:00 PM – SWITCH

5:20 PM - water break

5:25 PM

Clinic – Catching continued– Coach 123 (players- a,b,c,...)

GROUP A – Infield grounders drills – Coach XYZ (outfield)

GROUP B – Hitting drills – Coach ABC (infield)

5:45 PM
Clinic ends
SCRIMMAGE

6:05 PM Team and Parents Post-Practice Meeting
Next game
Cheer
6:10 PM Coach Post-Practice Meeting
6:20 PM Cleanup

Notes:
Drill 123 worked well
Drill 789 did not work well... it confused the kids.

Attendance:
<insert names not there>

Carl, Chris, Clay and Paul.

Thanks to all of you for agreeing to coach. We all are on the same page and we are going to work great together. Carl, Clay (my dad) and I have all worked together the last few years and we have started to develop a system that seems to work. Chris and I have spent some time talking and we have come up with some really good ideas on running practices. Chris and I also had what we believe to be great draft night. I reached out to Paul to help and after a short conversation he likes to run practices along the lines of what we have done in the past. Paul and my dad clearly have the experience of running kids through competitive baseball and are going to be a really valuable source when it comes to things like pitch counts and making sure that we are covering all the strategies our kids need to know like covering bunts, backing up and so on. It sounds like we are all flexible and like to stay as organized as possible.

Below is a roster of coaches, players and kids. I am still waiting for practice assignments and a game schedule. After we get these dates from the league, I wanted to get out a parent letter covering things like expectations and giving them an idea of our goals for the year. I will draft it and then run it by you for suggestions. Generally, I know that our first game will be April 5th and opening day at Alpenrose is April 8th. Games are Wednesday and Saturday and we will have two practices a week. One will start at 4:30 to 6:00 and the other at 6:00 to 7:30.

Here are my goals and I would be interested in each of you to share your goals as well so that I can incorporate them into our team letter and practice plan:

- Long term we are successful if all our kids come back and plays next year. Every one of our 10-year-olds should make majors next year and we should have the goal of all our 9-year-olds getting drafted as well.

- I want our kids to have fun, but I also want them to work hard and understand that the satisfaction that you get from working hard is something to be valued. Working hard is a different type of fun and if we do it right, they should want and expect us to provide them with an environment where they can work hard.
- I want to start rewarding kids for their ability by giving our better players more playing time and playing them in key positions. We hit through the lineup and all of our kids will play at least 4 innings on defense, but I don't want to divide playing time evenly. I think that this ties in with developing a work ethic. Also, we are at the point where ability is starting to have something to do with players putting in work outside of practice and the season. They should be rewarded for their efforts.
- I want our kids to start doing things without a coach's direct involvement. By the end of the season we should be able to send them out before a game and they should be able to run themselves through their hitting warmups and throwing drills.

I suggest setting practices up as follows, but nothing set in stone and all of you should make suggestions on what you think we should be doing:

- 6:00 to 6:15 --- Hitting Stations (All Coaches) (SKLZ Hit away, whiffle ball pitch, tees, whiffle ball toss, big/heavy ball power hitting, etc.) I want to start practice with this and run all the kids through each station quickly so that kids will show up on time and be motivated to start working hard right away. Also, I want the kids to do some of these stations by themselves so they can start learning how to do things without a coach. This way we as coaches can step back and watch and just coach rather than being tied down with the mechanics of running the station. Don't forget to teach bunting.
- 6:15 to 6:30 – (All Coaches) Have all the kids go through a specific set of throwing drills/warm up. I really want to all our kids to learn good form and to become very comfortable with a three step throw or rhythm step. First, a wrist drill (10 throws) focusing on grip, snapping the wrist, pointing the fingers at the target and getting a good back spin. Second, a drill (10 throws) that focuses on aligning the shoulders to the target and getting a good long stretch when pulling the ball back behind the head and making sure the back of the hand is towards the sky (get rid of cupping and short arms). Third, an upper body drill (10 throws) that focuses on #2 above but adds pulling the glove hand to the chest/arm pit. Fourth, putting it all together (10 throws). Last, three step throws both front and back (10 throws).
- 6:30 to 7:00 – Fielding (Paul, Clay and Chris). Break the kids into two groups (We will break the kids into two groups of 4 made up of infield positions, 1st base, 2nd base, short and 3rd) – Outfield (one group) and infield (second group) 15 minutes each. This is where we work on fundamentals. Outfielders (One coach 4 kids) -- catching fly balls, catching grounders with no runner, catching grounders with a runner and hitting the relay man. Infield (2 coaches – one coach hitting and the other catcher and 4 kids) -- just give them a situation and have them start making plays. For example, yell out runner on first and then hit them a grounder. Don't forget bunt defense. Also, you will

have to work in some situational stuff with pitchers by switching a kid to the mound. When working on bunts pull the short stop to the mound.

- 6:30 to however long it takes to get all the pitchers through (We should try to identify 6 kids as pitchers) – Pitching station (Carl). Carl is going to pull one kid out at a time and start working on pitching – about 20 pitches max each kid. Because of the numbers he is going to have to do this without a catcher. He should start with a kid from the group that Syllas/Julian are in and then at 6:45 switch to the other group. What he does with each kid will depend upon each kid. For example, if a kid just pitched a game or is going to pitch the next day then the kid should not throw hard or much and just work on mechanics. If the player has some time between games, then he can work on developing speed.
- 6:45 – 7:00 -- Catching Station (Huntley) -- I think that catching is one of our more important positions. Right now, I have identified ____ and ____ as our potential catchers. I think that both boys (all our kids) are too young to be pegged into this position. ____ wants to catch and ____ prefers infield. With that in mind, I am going to look at playing catcher as the same as playing in the outfield and sitting on the bench. Whoever ends up catching will probably get more playing time and will not spend much time in the outfield or on the bench. ____ and ____ will be placed in the same Fielding Station Group and their group will start in the infield. When their group switches to the outfield, I will take both boys and work them through some catcher drills. I am going to be flexible on this because I also, want them to develop outfield skills. We will find a 3rd catcher but right now I am thinking that we will have two split most of the time at the position with a focus on ____ since he prefers the position and I anticipate that ____ will be more consistent in the pitching rotation.
- 7:00 – 7:30 --- Play baseball. We can mix both live pitching by our pitchers and use the pitching machine. We should have 3 or 4 kids as batters and put the rest of the kids at their positions in the infield with a couple of coaches in the outfield. Carl can use this time to finish up with the pitchers at his station and the rest of the coaches can actively work on teaching the kids game specifics. If we have live pitching this is where we will switch our catchers in and out to learn the position and get them working with the pitcher to make plays on passed balls. This is also, where we will focus on teaching the kids that they always have somewhere to move to both when a ball is in play and in-between pitches and we can start teaching our pitchers what to do.

The above is just a guide and we are going to have to be flexible based on our strengths and weaknesses. Of course, if we are not hitting as a team then we will have to scrap our plan and spend a few days hitting. Also, as the year goes on, we are going to be able to spend more time just playing baseball and less time on the stations.