

Herndon Optimists Youth Baseball

Team Handbook

Spring 2004
Machine Pitch League



Team website: www.ahlstrom6.com

Parents & Players Handbook

I. Team Roster

Player (Last, First Name)	Parents	E-mail	Home Phone
1. Ahlstrom, David	Patricia & Rex	patti@ahlstrom6.com	703-444-1126
2. Brock, Ashley	Ha & Christopher	habrock@reston.org	703-796-0112
3. Castro, Ryan	Ernie & Erika	ejc999@yahoo.com	703-464-0648
4. Collins, Christopher	David & Patricia	davecoll@verizon.net	703-476-4321
5. Lee, Khalil	Robert	robert.l.lee@lmco.com	571-643-0511
6. Linovitz, Brian	Marc & Rhaonda	lino@erols.com	703-391-9377
7. Malito, Michael	Tracy & Ken	malito2@aol.com	703-689-3393
8. miracle, nancy	michael & katherine	mkzmiracle@earthlink.net	703-435-9429
9. miracle, zachary	michael & katherine	mkzmiracle@earthlink.net	703-435-9429
10. Newsome, Grant	kim & leon	kahnnewsome@msn.com	703-709-5879
11. Nicholls, Austin	J. Scott & Karen	scottnicholls@cox.net	703-435-7866
12. Shapiro, Richard	Cyle & Jamie	cyle1@cox.net	703-787-4711
13. Sheron, Jeff	Daniel & Annabel	djsheron@hotmail.com	703-421-0992

Manager:

Name: Rex Ahlstrom
Home: 703-444-1126
Work: 703-873-4005
Cell: 703-346-7100
e-mail: rahlstrom@laborlogix.com

Coaches:

Name: Michael Miracle
Home: 703-435-9429
Work:
Cell:
e-mail: mkzmiracle@earthlink.net

II. Paperwork

Please read, fill out, sign and return the following forms:

1. Player code of Conduct
2. Parent code of Conduct
3. Coaches Code of Conduct (where applicable)
4. Authorization For Emergency Medical Treatment

No player will be allowed on the field until these forms are filled out and turned in!

III. Volunteers

Our volunteers!

Team Parent:

Publicity:

Score Keeper:

Bat-a-thon Coordinator:

Parent Coaches: Scott Nicholls, Robert Lee

Please let me know how you'd like to help in our practices.

IV. Schedule

Practice:

Pre-season practices will be held at the follow times and locations:

Saturday, March 13	2:30 – 4:30	Clearview Elementary
Wednesday, March 17	6:00 – 7:00	Clearview Elementary
Saturday, March 20	3:00 – 4:30	Clearview Elementary
Wednesday, March 24	6:00 – 7:00	Clearview Elementary
Saturday, March 27	3:00 – 4:30	Clearview Elementary

The season begins on Saturday, April 3. Once the season begins our schedule is as follows:

Wednesday practice	6:00 – 7:30	Clearview Elementary
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Games:

Schedule not yet available. Please check the team website at www.ahlstrom6.com

Remember that the Home Team sits on the 3rd base side and prepares the field before the game. Visiting team sits on 1st base side and rakes and cleans up field after the game

- Parents take back over once they leave the field
- ❖ Practices are important
 - At this age, some kids are totally into baseball, some are testing the water
 - It's tough to keep them interested but I will do my best by always having an organized practice schedule that keeps them going and some type of fun competition at the end of practice
 - It helps if parents can work with their kids at home on the basics
 - PLEASE BE ON TIME
 - Arrive at games 20 min. prior to the game start time for warm-ups
- ❖ All kids will get to play all positions
 - I will maintain a spreadsheet with counts for each kid at each position
 - At the end of each practice, the kids will be told what positions they will play at the next game
 - At home, try to discuss their upcoming positions. Who are some great players that have played in those positions? Watch a game together on TV or at the park to see how those positions are played.

VI. Equipment

Protective cups	Not required, but highly recommended for practices and games. Catchers are required to wear one.
Mouthpiece	Not required, but may save on dental bills.
Cleats	Optional, but recommended. Galyans, Sports Authority, Wal-Mart, Target, Modell's often have good sales. Modells provides discounts to HOYB. NO METAL CLEATS.
Socks	HOYB is providing socks this year along with the uniforms.
Gloves	Full leather gloves are best. They are more flexible and easiest to use as the game gets faster. Make sure that the glove size is appropriate for their age and playing level. "Hot Glove" is good for softening up new gloves.
Bats	Optional. Lighter weight for more bat control. League provides bats.
Batting Helmets	Team provided for games and practices. Players may use their own helmets.
Sliding Pants	This is optional, but highly recommended for players who are very aggressive on the bases, or like to be catchers. It can prevent injuries and pain. Most sliding pants have a built-in protective cup.
Uniforms	Uniforms should be worn only on game days. Do not alter the uniform in any way. These are the property of the HOYB and must be returned except for the caps. Baseball jerseys worn underneath the uniform must have dark sleeves.
Water	Please bring enough water to last the entire game or practice.

Baseball pants or sweat pants should be worn for practices. Shorts are not permitted.

Suggestion: write player's last name on **all** personal items.

VII. General Notes

Players Please Note:

Team rules

- Be a good listener
- Always hustle
- Never swing a bat unless instructed to do so by a coach
- SAFETY FIRST!

Team Goals

- Improve our baseball skills
- Learn to play as a team
- Learn more about the game
- Enjoy the lessons of baseball

Player responsibilities

- Work hard at improving your baseball skills
- Pay attention to coaches and umpires
- Behave properly and respectfully at practices and games
- Practice at least 15 minutes every day
- Call one of the coaches if you will be late or will miss a practice or a game
- Get schedules, messages, etc., home to parents
- Keep track of all personal equipment

Player behavior

- Players are expected to come to games and practices ready to play baseball. We are not there to goof off; the players can do that on their own time.
- No horseplay, rough housing, wrestling etc.
- No climbing on bleachers, playground equipment, trees, etc. during games or practices.
- Show respect to all coaches and teammates.
- No swearing or other bad language.
- No arguing with umpires.
- No temper tantrums (throwing equipment, kicking fences, etc.) for any reason.
- The only players that have a bat in their hands during practice or games are the batter and the on-deck batter. Only swing bats in designated areas (at the plate and the on-deck circle), and only when you have been instructed to do so.
- Players must stay in dugouts during the game. You never know when they may be needed in a game. Just because they are in the dugout doesn't mean that they are not in the game.

Sportsmanship

- We will always display sportsmanship on the field
- We will always pay attention and work hard
- We will play as a team, win or lose
- We will win and lose graciously
- We will learn from our own failures and mistakes
- We will respect others on and off the field

Coaches have the obligation to suspend players, or have them removed from the league for bad or

dangerous behavior.

Parents Please Note:

- Be sure your child is on time to all practices and games. Practices will start promptly. Be ready to leave as soon as the game is over. We often share fields with other teams and it is important to pack our gear and move out of the dugout area quickly.
- Make sure you are on time to pick up your child after practice.
- Arrive at games at least 30 minutes before game time to allow for warm-ups. Managers are required to turn in a lineup 10 minutes before start time. Please let us know if your son cannot attend or will be late to a game or practice. Children are placed at the end of the lineup if they arrive after the lineups are exchanged.
- Attend your child's games and cheer them on, but never make negative comments.
- ***Avoid confrontations with umpires and coaches.***

Sites that you should visit regularly for information:

www.herndonbaseball.com
www.baberuthleague.org
www.calripkenbaseball.org

Other good informational websites:

<http://www.ripkenbaseball.com/>
<http://www.baseball-excellence.com> (Great Tip-of-the Week Newsletter/Forums)
<http://www.juniorbaseball.com/parentsandcoaches/coaching.shtml>
http://mlb.mlb.com/NASApp/mlb/mlb/baseball_basics/mlb_basics_on_the_field.jsp
<http://www.momsteam.com/alpha/welcome1.shtml> (for Moms!)
http://members.bellatlantic.net/~vze28hbz/drills.html#01hitting_drills (Drills)
<http://members.aol.com/coachprieb/links.htm#Top>



The Sportsmanship Code of
Babe Ruth League

*Develop a strong, clean, healthy body, mind
and soul.*

*Develop a strong urge for sportsman-like
conduct.*

*Develop understanding of and respect for the
RULES.*

*Develop courage in defeat, tolerance and
modesty in victory.*

Develop control over emotions and speech.

Develop spirit of cooperation and team play.

Develop into real, true CITIZENS.

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