



JERICHO LITTLE LEAGUE BASEBALL ASSOCIATION

COACHES HANDBOOK

Hello Coaches and welcome to Jericho Baseball. Thank you for volunteering!

Your role as a coach and mentor is incredibly valuable to our community. Jericho Baseball will do everything we can, within our capacity, to support you as one of our leaders.

In this handout, you will find a Coaches Code of Conduct, some safety directives and a parent code of conduct that we recommend you copy and distribute to the parents and guardians supporting your team. We have also provided a link to Positive Baseball a Positive Coaching Alliance (PCA) and Proactive Coaching, which are great resource for understanding the psychology behind successful coaching.

You will also find the procedure for conflict resolution, an incident form, and resources to support your coaching role. Resources range from proper warm-up through skill building and drill suggestions that can support your practice flow. Finally, a blank evaluation form is included. The evaluation form should be filled-out by the coach and given to the player agent by June 10th, 2015.

Set yourselves up for success! We ask that you adhere to the Coach's Code. Also, please have a team meeting at the beginning of the season to draw your parents' attention to the Parent Code and create some ground rules about communication. Parent feedback is critical so consider their needs and their input in this discussion.

Furthermore, please be mindful of self-care. Life is busy and as coaches there are times when you will be frustrated. If you need support, please contact the Player Agent.

Also please attend the clinics; our professional coach is fabulous and has many tricks up his sleeve for teaching skills to kids.

Finally, check the Jericho web page and the listed links. There are many resources at your fingertips.

Above all, ***be reasonable and have fun***. It's a game, we "play" baseball, and these kids are 5-12 years old. You all have other careers and are not expected to make the big leagues – HAVE FUN!!!

Jericho baseball can best be summed-up by the following:
Jericho Little League is much more than bats and balls. It is a leadership training program that instills in youth, during their most impressionable years, the virtues of character, courage and loyalty. Our Little League program teaches children the rewards of teamwork, a respect for authority and the self-discipline that will enable the youth of today to become the leaders of tomorrow.

All the best,
Tomalene Evans
Volunteer Player Agent, on behalf of Jericho Little League.

Jericho Baseball Coaches Code of Conduct

Coaches play a critical role in the personal as well as athletic development of their players. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it.

Coaches must recognize that they are role models through which the values and goals of a sport organization are channeled. Thus how a player regards baseball is often dependent on the behaviour of the coach.

The following Code of Conduct has been developed to aid coaches in achieving a level of behaviour which will allow them to assist their players in becoming well rounded and self confident individuals who will enjoy playing baseball to their full potential.

In all activities at Jericho Baseball, players, coaches, parents and spectators must act at all times in a manner consistent with the following principles:

- Be aware that the real purposes of baseball competition in Jericho Little League are to have fun, improve skills, learn sportsmanship and teamwork, and develop a sense of responsibility and self-discipline.
- Engage in sportsmanlike conduct at all times. This includes playing by the rules and in the spirit of the game, no booing or taunting of others, no refusal to shake hands with the opposing team etc.
- Be respectful of umpires at all times. This includes never questioning an umpires call or otherwise speaking negatively to or about umpires.
- Use appropriate language at all times. This includes no use of profanity and no abusive language towards others.
- Resolve conflicts in an appropriate way, in particular, by having direct dialogue between the parties at the appropriate time, without abusive or otherwise inappropriate language. Hostility or violence are unacceptable.
- Do not allow or encourage any behaviours or practices that would endanger the health and well-being of any participants. This includes no throwing equipment, no fighting, no swinging bats when there is a risk of striking others etc.
- Be supportive of coaches and others who are volunteering their time for the league.
- Be respectful of others at all times and treat everyone fairly. This includes not making derogatory comments about others relating to

gender, ethnic background, sexual orientation, economic status, ability etc.

- Direct constructive criticism at the performance rather than the player.
- Jericho Baseball has a zero tolerance policy in regards to drinking alcohol when working with players and at League sponsored events where players are present.
- Abstain from the use of tobacco products while engaging in Jericho Baseball related activities that involve children.
- Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the players and educate the players as to their responsibilities in contributing to a safe environment.
- Consider the players' future health and well being as foremost when making decisions regarding an injured player's ability to continue playing or training. Player's physical and psychological wellbeing takes precedence over winning.

Safety Directives

- No games or practice can be held when weather or field conditions are not safe, or when lighting is inadequate. Please see the attached Jericho house rules for the appropriate step in discussing weather and cancelations.
- Playing area should be inspected frequently for proper base placement, holes, damage, glass and other foreign objects.
- Dugouts and bat racks should be in the designated dug-out areas. The "on deck" batter should be ready to advance on to the field with a bat when the current batter completes their "at bat" and no sooner.
- There should be one player at a time on the field with a bat.
- Only players, managers, coaches and umpires are permitted on the playing field during play and practice sessions. All players on the field and in the dugout should be alert and watching the pitch.
- Parents should not be in or distracting from the dugout at any point during the game unless there is a safety concern or a pre-determined agreement with the coaching staff.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- Batters must wear Little League approved protective helmets and athletic supporters during practice, as well as during games.

- Catchers must wear a catcher's helmet, with neck protection, and Little League approved chest protector during the game, this rule applies when catching for the pitcher during warming up (including between innings and in the bullpen).
- At no time should "horse play" be permitted on the playing field or in the dugout.
- Parents of players who wear glasses should be encouraged to use "Safety Glasses".
- Dugouts to be cleared of garbage after games and practices and rake and tarp the field as required by the park where you have been playing.

Jericho Baseball Parent and Guardian Code of Conduct

Parents and guardians play an important role in modeling positive behavior; children look to the parents and guardians and how they conduct themselves, to better understand how to implement successful behavior.

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship along with trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these elements.

Parents are reminded of the following successful behaviors that are expected in Little league.

- No child will be forced to participate in sports.
- Children participate to have fun and that the game is for youth, not adults. Parents are advised to promote the emotional and physical well-being of the athletes ahead of any personal desire to win.
- Advise the coaching staff of any physical disability or ailment that may affect the safety of the child or the safety of others.
- Learn the rules of the game and the policies of the league.
- Adults or guardians and their guests will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or sporting event.

- All adults at the field will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches, face to face, at an agreed upon time and place.
- Parents will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
- Parents will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.

Parents and guardians will encourage their children to play by the rules and to resolve conflicts without resorting to hostility or violence.

- It is required that parents demand that their child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- Support the philosophy that doing one's best is more important than winning, so that the child will never feel defeated by the outcome of a game or his/her performance.
- Parents and guardians should never ridicule or yell at a child for making a mistake or losing a competition.
- Parents need to understand that the goal of the league is to emphasize skill development and practices and how the children. It is critical to de-emphasize games and competition in the lower age groups.
- Parents will support a sports environment for children that is free from drugs, tobacco, and alcohol, and refrain from their use at all sports events. Jericho has a zero tolerance policy on drugs, tobacco and alcohol and any person engaging in consumption of the mentioned substances will be asked to leave the facility.
- Parent will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Jericho Baseball Conflict Resolution

If issues arise, it is advised by the league to let cooler heads prevail. Step away, take a breath and consider the context and the goal. All communication must be respectful and all language in the form of libel or slander will be considered threatening. If a conversation becomes threatening and an incident form has been submitted to the Player Agent, it will be investigated by the board and appropriate action will be taken.

Steps in managing a challenging situation:

Step 1: Time can heal. Allow for cooler heads to prevail and then arrange to have discussions face to face away from the kids and parties not involved. Avoid email or any other medium of communication that can easily be misunderstood and escalate unnecessarily. You are part of the solution and the intent of the discussion should be to find a reasonable outcome for everyone involved. If a reasonable outcome cannot be determined, please fill out an incident form and submit to to the Player Agent. Once an incident form is completed, the incident will proceed to step 2.

Step 2: Once an incident form is submitted to the Player Agent, the Player Agent will become involved to seek a reasonable resolution. The issue will be discussed with all parties, within a timely manner, in an effort to come to a reasonable conclusion or resolution supported by all parties. Once an agreement is reached, it is the responsibility for each party to engage respectfully and honour the resolution.

If a resolution between the parties is not accomplished with the assistance of the Player Agent (step 2) or if the resolution is not honoured by one or both of the parties named in the incident, the matter will be escalated to step 3 and reviewed by the Resolutions Committee appointed by the board of directors.

Step 3: The participants will be asked to submit a written explanation of the event to the Resolutions Committee. The Resolutions Committee will make a ruling on the course of action, which will be final.

Resources:

Coaches code:

<http://www.littleleague.org/managersandcoaches/coachrole.htm>

Parent code:

<http://jerichobaseball.com/images/1189269476353-3021.pdf>.

Baseball Positive:

www.baseballpositive.com

Positive Coaching:

<http://www.positivecoach.org/coach-course>

Coaching is more than teaching baseball

(<https://www.youtube.com/watch?v=d0MoHyG7Cx0>) An inspirational speech by the Little League Western Regional Umpire in Chief that speaks to little league as "a leadership program that uses the sport of baseball as a vehicle to teach young people the values that will make them better adults." That is what coaches are teaching their players through their behaviour and conduct.

Concussion Information Sheet

(<http://jerichobaseball.com/images/1328585414719-9709.pdf>)?

