

# Mahtomedi Fast Pitch Association

<http://www.mahtomedi.com/fastpitch>

## Coaches Guide & Information Sheet

### ***Fastpitch Softball***



## **Information to get to coaches:**

- **Code of Conduct from Mahtomedi Athletic Council for:**
  - **Coaches**
  - **Players**
  - **Parents/Spectators**
  - **Sportsmanship**
- **Background Investigation**
- **Rights as Volunteers**
- **Instructions for e- mailing scores into the Tri- County League**
- **Birth Certificate of Players**
- **Player Medical Forms**
- **Player Evaluation Form**

## **Who to Call**

- **Coaching Coordinator:**
  - **10U – Kari Rambo (651- 338- 7711)**
  - **12U – Ray Olson (651- 328- 2444)**
  - **14U – John Kieger (651- 324- 2127)**
  - **16U - Paul Edwards (612- 325- 9689)**
- **Field Coordinator: Paul Edwards (612- 325- 9689)**
- **Umpire Coordinator: Paul Edwards (612- 325- 9689)**
- **Equipment Coordinator: Paul DeWitt (612- 812- 2020)**
- **For First Aid Kit: Paul DeWitt (612- 812- 2020)**
- **For questions/issues/problems: Greg Eick (651- 260- 3930)**
- **For uniforms: John Kieger (651- 324- 2127)**
- **For information on tournaments: [www.fastsports.com](http://www.fastsports.com) & [www.MSF1.org](http://www.MSF1.org)**
- **For money for a tournament fee: Bill Putney (651- 398- 3995)**
- **Schedule a room for Parents Meeting – Community Ed: Nancy Schumacher (651- 407- 2018)**
- **Game cancellations due to weather**
  - Community Ed may cancel game up until 4:00 p.m. of game day due to poor field conditions from previous heavy rainfall. Call Community Ed hotline (651- 407- 2020). If nothing is posted, assume field is okay to play on.
  - If the game is cancelled early, you must contact the umpire coordinator and the other coach. Umpire Coordinators: Paul Edwards (612- 325- 9689)
  - Prior to game time, it is the mutual decision of the coaches whether or not to play, based on existing field and/or weather conditions.
  - Once the game begins, it is the umpire's decision to cancel if bad weather occurs during the game.

# Mahtomedi Fast Pitch Association

<http://www.mahtomedi.com/fastpitch>

## Coaches Guide & Information Sheet

- **Association President: Greg Eick (651- 260- 3930)**
- **Association Vice- President: Tom Moore (612- 834- 5728)**
- **Association Treasurer: Bill Putney (651- 398- 3995)**

## Tournament Expectations

- **Mahtomedi plays in the Tri- County league that schedules the games and puts on a tournament at the end of the season to determine which teams go to the State Tournament.**
- **It is expected that your team participate in the end of the season Tri- County Tournament. If your team cannot participate, please notify the Association President as soon as possible.**
- **When your team qualifies for the State Tournament it is an expectation that your team will participate. If your team cannot participate, please notify the Association President as soon as possible.**
- **Copies of the team roster and individual birth certificates are required at Tri- County and State Tournaments.**
- **The Association will pay for two additional tournaments per team. Participation in at least two additional tournaments is strongly encouraged.**
  - **The coach can determine which tournaments to participate in. Many of the more popular tournaments fill up fast. Register for the tournament and ask the Association Treasurer to provide funding.**
  - **There are web sites that list all the tournaments: [www.fastsports.com](http://www.fastsports.com) and [www.MSF1.org](http://www.MSF1.org)**
  - **Coaches can choose to participate in more tournaments at the team's expense. Funding can be requested from the board.**

## Coaching Expectations

- **Coaches should work at developing players and teaching the sport.**
- **Coaches should teach the sport in a consistent way. If a coach is unsure about a technique, ask another coach.**
- **Every attempt will be made to give each player at least 50% playing time (i.e. play 2 out of the 4 innings played). This will be based on participation at practice.**

# Mahtomedi Fast Pitch Association

<http://www.mahtomedi.com/fastpitch>

## Coaches Guide & Information Sheet

- **Provide opportunity for girls to play both infield and outfield positions (at lower levels).**
- **Coaches should work on skill drills for all the girls.**
- **Pitchers are encouraged to practice pitching on their own time.**
- **Encourage players to participate in clinics and use batting cages: Open Gym time at Middle School, Stillwater Rec. Center Batting cages (651- 430- 2601), Zappas in Hugo (Hwy. 61 and 120<sup>th</sup>, 651- 762- 1144), or Triple Crown (next to North St. Paul High School, McKnight Ave, 651- 770- 6487).**
- **Keep track of player participation (practice & games) and pass on to the Association for next year's coach.**
- **Questions or concerns about the league or state should be addressed through the Association President.**
- **Notify the Association President as soon as possible if your team cannot participate in the Tri- county end of the year tournament or State tournament.**
- **Complete season ending evaluation form for each player. The Association will collect the forms during the September Board of Director meeting.**
- **It is recommended that the coach holds 2 practices/week approximately 2 weeks before the first game**
- **It is recommended to practice a minimum of 1 practice/week during the season as necessary.**
- **If a game is cancelled, reschedule the game as soon as possible, as time is limited for make up games.**
- **If a player is benched for disciplinary reasons, it is the coach's responsibility to discuss the situation with the player and her parents prior to the game.**
- **You will be expected to report game scores by E- mail to the Tri- County League. Please follow direction provided by the league.**

## **Commitment to play**

- **Each parent must be informed about the coach's expectations of their children's commitment.**
  - **Practice schedule**
  - **Game schedule**

# Mahtomedi Fast Pitch Association

<http://www.mahtomedi.com/fastpitch>

## Coaches Guide & Information Sheet

- **Weekend tournaments**
- **Tri- County end of the year Tournament**
- **State Tournament**
  
- **The Association limits the number of girls on the roster so each girl gets playing time. The coaches need and expect each girl to be at the practices, games and tournaments.**
  
- **If a girl can only play on a limited basis, encourage the parents to inform the coach. If significant issues arise, contact the Association President to help resolve.**
  
- **Encourage girls not to participate in multiple traveling teams (i.e. soccer, hockey...) that will cause conflicts with Softball participation.**
  
- **Lack of player commitment based on the coach's end of the year player evaluations could affect placement on a team for the next year.**
  
- **If a player is benched for disciplinary reasons, the coach will discuss the situation with the player and her parents prior to the game.**

## Parents' meeting.

- **At the start of every season have a parents' meeting. Suggested topics:**
  - **Introduce yourself and ways of contacting you.**
  - **Fill out the League Roster form that all parents must sign.**
  - **Ask for a parent to help with contacting players when necessary.**
  - **Provide a written schedule of practices, games and tournaments.**
  - **Provide directions to games. Often this includes contacting the opposing coach to get directions.**
  - **Let parents know when their kids need to arrive for games and practices.**
  - **Provide Roster with phone numbers for players to arrange for car-pooling.**
  - **Go over the Parent and Player Code of Conduct forms and have them signed before the player can participate.**
  - **Talk about the bad weather policy. Ensure the player shows up for the game unless called by a coach.**
  - **Ask parents if they want to rotate bringing treats.**
  - **Discuss playing time policy. Every attempt will be made to give each player at least 50% playing time. Playing time will be based on participation at practice.**
    - **Player Discipline – Disciplinary Issue (i.e. benching) will be communicated to the parents and player by the coach prior each game that this will be implemented.**

## **Bad Weather**

- **Because of the short season games will be played in the rain. *NOTE: If there is lightning the game will be postponed or cancelled.***
- **The Community Ed may cancel a game up until 4:00 p.m. of game day due to poor field conditions from previous heavy rainfall. If this appears to be a possibility, call the Community Ed's hotline (651- 407- 2020). If nothing is posted on the hotline by 4:00 p.m. assume the fields are okay and show up to play the game.**
- **Before the game starts, it is the responsibility of the home team coach to initiate the discussion with the visiting coach to determine if the game should be rescheduled on account of bad weather.**
- **If a decision is made to cancel before the game starts, remember to cancel the umpire. This is the responsibility of the home team coach.**
- **If the game is cancelled, reschedule the game as soon as possible as time is limited for makeup games.**
- **Once the game has started, it is up to the Umpire to call the game.**
- **Don't rely on the umpire to see lightning during a game or make a decision to postpone or cancel. Many of the umpires are young and inexperienced.**
- **Reasons to cancel a game: Lightning or field is unplayable (e.g. large water puddles around or on the bases).**
- **Not a good reason to cancel a game: Rain, Cold, or Snow**

## **Safety**

- **Each team should have a first aid kit. The Association will provide these.**
- **Each team will be provided an extra uniform if a player gets blood on her uniform.**
  - **There are official rules not allowing players to participate when bleeding for the safety of others. Time is allowed to bandage an injury and then the player can continue to participate.**
- **Remember to have the first aid kits restocked as items are used.**
- **Keep the player health forms with your team during the season.**

# Mahtomedi Fast Pitch Association

<http://www.mahtomedi.com/fastpitch>

## Coaches Guide & Information Sheet

### **Insurance**

- **Our association has insurance coverage. This changes from year to year. Ask the Association about the insurance.**