



# 2025 COACHES GUIDE & HANDBOOK

HANDBOOK AVAILABLE ELECTRONICALLY AT THIS QR CODE:



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# WFYBS BOARD OF DIRECTORS

Brian Doherty	920-209-0440	wfyouthbaseball@gmail.com	President
De Anna Volz	920-268-8926	vpwfyouthbands@gmail.com	Vice President
Julia Wohlt	920-246-4935	secretarywfyouthbands@gmail.com	Secretary
Trish Doherty	920-740-3877	treasurerwfyouthbands@gmail.com	Treasurer
Robbie Struck	920-740-7758	robbie@jacksmaintenance.com	Voting Member
Jenna Koneman	920-858-8836	Jennakoneman@gmail.com	Voting Member
Ben Selsing	920-229-6656	bsels618@yahoo.com	Voting Member
Jena VonFeldt	406-212-3293	willisj43@gmail.com	Member At-Large, Adult Softball Coord.
Trevor Wetzel	920-277-2655	twetzel@wfsd.k12.wi.us	Member At-Large
Becky Fields	715-250-2868	stickgirl22rz@yahoo.com	Member At-Large

## ORGANIZATIONAL OBJECTIVE

The objective of the League shall be to implant basic baseball and/or softball fundamentals firmly in the children of the community including, but not limited to, the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy, and trustworthy citizens. To achieve this objective the League will provide a supervised program under the Rules and Regulations of the Weyauwega-Fremont Youth Baseball and Softball, Inc. All Directors, Officers, and Members shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance. In accordance with Section 501(c)(3) of the Federal Internal Revenue Code, the League shall operate exclusively as a not for profit educational organization providing a supervised program of competitive baseball and softball games. No part of the new earnings shall insure to the benefit of any private shareholder or individual.

# RESOURCES

- WEBSITE <https://wfyouthsports.com>
  - HOME
  - GAME SCHEDULES
  - REGISTRATION
  - COMMUNICATION SIGN UP
  - TEAMS
  - RESOURCES
    - EQUIPMENT HELP GUIDE
    - COACH CENTER
    - UMPIRE CENTER
    - TEAM SIDELINE APP/HELP
    - DOWNLOADS
  - FACILITIES AND LOCATIONS
    - W-F FACILITIES
    - LOCATIONS (HOME AND AWAY GAME LOCATIONS)
  - CONTACT
- TEAM SIDELINE <https://teamsideline.com/Team/SignIn.aspx>
- TEAM SIDELINE TRAINING AIDS:
  - See RESOURCES tab on the website
  - COACH CENTER
  - TEAM SIDELINE APP/HELP
- RULES AND COACHING PRACTICE RESOURCES
  - COACH CENTER
  - LINKS TO HELPFUL VIDEOS, DRILLS AND TIPS
- GOOGLE DRIVE

# COACHES ROLES AND RESPONSIBILITIES

## **SAFETY AND EMERGENCY ACTION PLANNING**

Safety of all kids and spectators is always priority number one.

- All coaches, head or assistant, must register under Teamsideline.
- Background checks will be performed on all head coaches through Protect Youth Sports.

Coaches should have the following to be prepared for unexpected events such as injuries, severe weather or domestic violence, etc.:

- LOCAL LAW ENFORCEMENT CONTACT/911
- EMERGENCY CONTACT INFORMATION FOR ALL PLAYERS
- FIRST AID KIT (provided by WFYBS)

Coaches should contact a board member as soon as possible in the event of any safety or emergency situation, including head/neck/spinal injuries, broken bones, trips to the hospital, etc.

## **PLAYER and SPECTATOR SAFETY**

Coaches should teach safety at practice and prevent players from being in harm's way.

Important safety points include:

- Coaches should not leave the site before all of the players do. Ensure they are picked up and or have a safe way home.
- Always wear proper protective equipment.
- Always warm up and stretch properly.
- Keeping proper spacing between players swinging bats. Teach them to be mindful of their surroundings before they swing. Tell others to watch where they are walking when approaching a player who might swing.
- Limit the number of hitters waiting on deck to 1. The on-deck player should always be on the back facing side of the player up to bat.
- When throwing the ball, make sure your target is looking at you before you throw it.
- When running on and off the field, be sure to avoid running into the path of a swinging bat or flying ball, or the path of a throw.
- Avoid playing catch with spectators at risk in the background.
- Watch out for flying baseballs! Heads up! Call out to fans.
- Get off the field and take shelter in the event of hazardous weather, especially lightning.
- Teach proper sliding techniques, using feet first.
- Teach them to communicate while pursuing fly balls (I got it!)

## **COMMUNICATION**

Clear and timely communication to players and parents is essential to the success of your team and the program.

- Some families have children in multiple leagues. A consistent communication platform for all teams is necessary and limits frustration and confusion from the parent perspective.
- Beginning in 2024 we are requiring all coaches to use the TeamSideline platform for communication to their families. The mobile app can be downloaded for free by both coaches and parents. You are able to send out text messages or emails to your families. We strongly discourage coaches to use group emails and group texts.

TeamSideline login:

<https://teamsideline.com/Team/SignIn.aspx>



See our TeamSideline support page:

<https://www.wfyouthsports.com/content/32045/TeamSideline-AppHelp>

Tips for successful communication:

- Let parents know how you will be communicating.
- Ensure you are communicating the same message to all that need to know and ensure you are including everyone.
- Try to provide clarity and provide parents with a long-term practice and game schedule so they can plan accordingly.
- Communicate practice and game specifics such as time and location. We have multiple fields and away game locations, too.
- If practice or game schedules, times or locations change, communicate as soon as possible via TeamSideline.
- If weather issues are imminent, be prepared to make a decision and communicate the plan.
- Ask parents to communicate to you if their child cannot attend.
- Show up to the game with a line-up and game plan in mind, and let the kids know where they will be playing well ahead of the game.
- Communicate behavior and team etiquette expectations.
- Communicate with opposing team coaches to ensure alignment on any changes to games that may take place, home or away.
- Schedule a parent meeting before a practice at the beginning of the season to meet them and facilitate communication.

## **PRACTICE AND GAME SCHEDULING**

How do I schedule a practice?

How do I know if a field is open for use?

- 1) Reserve a field by adding your team and practice time to the W-F Baseball and Softball Field and Game Calendar which is located in a Google Sheet **-or-** send an email to [secretarywfyouthbands@gmail.com](mailto:secretarywfyouthbands@gmail.com). *Do not share the link to this sheet with any parents!*

[https://docs.google.com/spreadsheets/d/1VDC1hHCe7Wcz\\_KweF0jshpeRjMJNXp\\_9QqoUxVMCy4Y/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1VDC1hHCe7Wcz_KweF0jshpeRjMJNXp_9QqoUxVMCy4Y/edit?usp=sharing)

**Note: Do not schedule a practice without reserving a field in the calendar! >>>**



- 2) Communicate to the parents the time and place well in advance.

How are games scheduled?

- 1) Games are scheduled through a league-wide meeting that is usually held in April. Coaches can contact each other to cancel, move, or reschedule game dates...however any changes must be shared in the Field and Game Calendar.

- 2) Coaches can schedule additional games above and beyond the normal “league” schedule, but will need to first ensure field availability, and communicate to the board well in advance so that resources can be secured for umpires, concessions, and field prep.
- 3) Coaches can enter tournaments at their discretion but will need approval from the board of directors in order to be funded by the league. Typically, tournament entry fees for traveling baseball and softball are \$300-\$400. Most tournaments fill up quickly and are usually booked in December and January prior to the season.
- 4) Coaching contacts for opposing teams will be provided.

## **CONCESSIONS**

Coaches need to assist the organization by soliciting help for concession stands.

**Who works concessions?** Every family that has a child in a league is required to work at least one shift in the concession stand. This means if you have children in multiple leagues (for example, T-ball and 10U Baseball) your family would work one-two concession shifts for each league.

**What if it's my time slot but there looks to be enough help already?** Please always go into the concession stand and ask if you are needed. Oftentimes board members or people with other jobs (out of concessions) may be in the space, but that doesn't mean it's their responsibility to work.

**When do I work concessions?** The league automatically assigns families to certain dates at the start of the season. We will do our best to send reminder emails, but ultimately it's a team effort between the coaches and parents to remember.

**What if I cannot work my family's assigned date?** It is the responsibility of parents to find their own replacements. This is not on the coach or Club. You can message every family on your child's team through the TeamSideline app. Please do not notify your coach or the Club unless every effort has been made to find a replacement.

## **FUND RAISING**

Coaches will be asked to help facilitate fundraising events.

## **UNIFORMS**

### **T-BALL and LITTLE LEAGUE**

Shirts for T-Ball and Little League are sponsor-funded and supplied by the League. There are no requirements for bottoms.

### **TRAVELING BASEBALL & SOFTBALL (8U, 10U, 12U, 14U, 16U)**

Uniforms for Traveling teams are purchased directly by the parents during registration. The Club will then place the order through Fox Cities Embroidery and deliver to coaches once they arrive. Uniforms are not optional and must be purchased.

Required traveling team uniform components are as follows:

- Traveling Baseball: Jersey and Hat must be purchased through the website. White pants and accessories are also available but can be purchased elsewhere.
- Traveling Softball: Jerseys must be purchased through the website. Visors are optional. Black pants and accessories are also available but can be purchased elsewhere.
- Coaches Jerseys are optional and can be ordered through the website.

## **STATS**

- Coaches will be provided a scorekeeping book to track statistics.
- Coaches should keep basic stats at a minimum. For example: batting average, number of hits, runs batted in, and pitching strikeouts
- Ask a friend or parent to help with the scoring if needed.
- Stats are important because awards are given at the end of the year picnic based on coaches feedback and statistics.
- Coaches will need to provide stats for end of year awards.
- Typically awards are given out for the following:
  - Top batting average
  - Golden Glove - best defensive player
  - Coaches Award - punctual, uplifting, good attitude, etc.
  - Most Improved

## **END OF YEAR PICNIC AWARDS / SEASON CLOSE**

An end of year pot-luck style picnic is scheduled for all teams, parents and family members to get together at City Park on Thursday, August 7, 2025.

WFYBS provides the main course and beverages. Families are encouraged to bring a side or dessert to share.

Coaches are encouraged to attend to hand out awards to their team.

# **EQUIPMENT, GEAR AND SUPPLIES**

## **EQUIPMENT and GEAR**

- Coaches will be provided league owned equipment for season use.
- A list of equipment that is provided will be issued to each coach.
- Coaches will take possession of the equipment at the beginning of the season and return it at season's end.
- If a coach needs replacement or additional equipment, he or she should contact a board member with the request.



- General equipment and gear provided include:
  - Bats
  - Balls
  - Catcher's gear including mitts (does not apply to T-Ball)
  - Batting helmets

## **SUPPLIES**

Coaches will be provided necessary supplies to manage their teams including:

- Score books
- Line up cards
- First Aid Kits

# **TEAM OVERVIEWS AND OBJECTIVES**

## **T-BALL**

- Girls & Boys
- Must be 4-5 years old as of 4/30/2024
- Practice & Games on Wednesday evenings at Weyauwega City Park
- League provides team t-shirt
- Program runs approximately June 2-July 30, 2025, games start at 6:00 pm

### **KEY FUNDAMENTALS TO TEACH**

- BASIC RULES AND CONCEPTS
- HOW TO CATCH AND THROW AND SWING
- HIT OFF OF A TEE
- HOW TO RUN THE BASES
- LEARNING POSITIONS
- SPORTSMANSHIP

### **EXPECTATIONS**

1. Basic Skill Development: The focus is on teaching fundamental skills such as throwing, catching, hitting, and running. Coaches emphasize proper technique and create activities that make learning enjoyable.
2. Teamwork and Socialization: T-ball encourages teamwork and social interaction. Children learn to work together, share responsibilities, and communicate with their teammates.
3. Simplified Rules: Rules are simplified to suit the age group, making the game more accessible for beginners. The emphasis is on creating a positive and non-competitive atmosphere.
4. Safety First: Safety is a top priority. Players often wear protective gear, and coaches ensure that activities are age-appropriate to minimize the risk of injuries.
5. Parental Involvement: T-ball often involves active parental participation. Parents may assist as coaches, volunteers, or enthusiastic spectators, contributing to a supportive and encouraging environment.
6. Equal Playing Time: To foster a positive experience for all participants, our program focuses on providing equal playing time for each child. This helps build confidence and ensures that everyone gets a chance to participate.
7. Introduction to Team Sports Culture: T-ball introduces children to the culture of team sports, including concepts like sportsmanship, fair play, and respecting opponents and teammates.
8. Fun and Enjoyment: The primary goal of youth T-ball is to make the experience enjoyable for the children. Coaches often incorporate fun drills, games, and activities to keep the kids engaged while learning the basics of the sport.
9. No Scorekeeping: In our league, the focus is on skill development rather than keeping score. This approach helps reduce the pressure on young players and allows them to enjoy the game without the stress of competition.

10. Celebration of Progress: Coaches and parents celebrate the progress of each child, emphasizing improvement and effort rather than focusing solely on performance outcomes.

#### **T- BALL WELCOME PACKET:**

- [https://docs.google.com/presentation/d/1j\\_-n5U7EGQab6GRJ5QNzAWgvvG4D\\_JQx/edit#slide=id.p](https://docs.google.com/presentation/d/1j_-n5U7EGQab6GRJ5QNzAWgvvG4D_JQx/edit#slide=id.p)

## **COED LITTLE LEAGUE**

- Girls & Boys
- 6-8 years old as of 4/30/2024
- Coach pitch (some will still hit off the tee)
- Games on Monday evenings at Weyauwega City Park
- League provides team t-shirt
- Program runs approximately June 2-July 28, 2025

#### **KEY FUNDAMENTALS TO TEACH**

- BASIC TO INTERMEDIATE RULES AND CONCEPTS
- MECHANICS OF THROWING, CATCHING AND HITTING
- THROWING ACCURACY
- LEARNING THE STRIKE ZONE
- HOW TO SCORE
- HOW TO GET OUTS
- TEAMWORK
- SPORTSMANSHIP

#### **EXPECTATIONS**

1. Continuing Skill Development: The focus is on the advancement of skills learned in T-ball such as throwing, catching, hitting, and running. Coaches emphasize proper technique and create activities that make learning enjoyable.
2. Teamwork and Socialization: Little League encourages teamwork and social interaction. Children learn to work together, share responsibilities, and communicate with their teammates.
3. Simplified Rules: Rules are simplified to suit the age group, making the game more accessible for beginners. The emphasis is on creating a positive and non-competitive atmosphere.
4. Safety First: Safety is a top priority. Players often wear protective gear, and coaches ensure that activities are age-appropriate to minimize the risk of injuries.
5. Parental Involvement: Little League often involves active parental participation. Parents may assist as coaches, volunteers, or enthusiastic spectators, contributing to a supportive and encouraging environment.
6. Equal Playing Time: To foster a positive experience for all participants, our program focuses on providing equal playing time for each child. This helps build confidence and ensures that everyone gets a chance to participate.
7. Fun and Enjoyment: The primary goal of Coed Little League is to make the experience enjoyable for the kids. Coaches often incorporate fun drills, games, and activities to keep the kids engaged while learning the basics of the sport.
8. No Scorekeeping: In our league, the focus is on skill development rather than keeping score. This approach helps reduce the pressure on young players and allows them to enjoy the game without the stress of competition.
9. Celebration of Progress: Coaches and parents celebrate the progress of each child, emphasizing improvement and effort rather than focusing solely on performance outcomes.

## **8U BASEBALL**



- Boys 7-8 years old or completed grades 1-2,
- Away games will require travel to other towns
- Machine pitch with occasional coach pitch
- Games are held 1-2 evenings per week in June-July
- Practices 1-3 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents

#### **KEY FUNDAMENTALS TO TEACH**

- INTRODUCTION TO COMPETITIVE PLAY
- CONTINUED EDUCATION OF RULES AND CONCEPTS

- MACHINE AND COACH PITCH HITTING AND CATCHING
- INTERMEDIATE BASE RUNNING INCLUDING STEALING AND ADVANCEMENT
- INTERMEDIATE MECHANICS OF THROWING, CATCHING AND HITTING
- THROWING ACCURACY
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING AND RESPONSIBILITIES
- BASIC MENTAL APPROACH AND CONFIDENCE BUILDING
- BASIC PHYSICAL CONDITIONING
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling baseball team participates in the local **Wolf River Baseball League** and is a competitive program designed for players who are 8 years old and under. In this level, players typically have a foundational understanding of the game and are ready to participate in a more advanced and competitive environment. The "traveling" aspect implies that the team participates in games in the local league, as well as occasional weekends, often involving travel to different cities or regions. Coached by experienced individuals, the focus is on refining fundamental skills, strategic gameplay, and fostering teamwork. The 8U level is crucial for player development as they transition to higher levels of play while maintaining an emphasis on sportsmanship and enjoyment of the sport.

## **8U SOFTBALL** (no program in 2025)

- Girls 7-8 years old as of 8/31/2024.
- Size 11 softball.
- Player fastpitch with occasional coach pitch.
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May.
- *Note that our Club and League has chosen to follow the USA Softball age guidelines.*
- Uniforms must be purchased by parents.

#### KEY FUNDAMENTALS TO TEACH

- INTERMEDIATE RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- INTERMEDIATE BASE RUNNING INCLUDING STEALING AND ADVANCEMENT
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- PITCHING FUNDAMENTALS AND THROWING STRIKES
- THROWING ACCURACY
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- BASIC MENTAL APPROACH AND CONFIDENCE BUILDING
- BASIC PHYSICAL CONDITIONING
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling softball team participates in the local **Wolf River Fastpitch League** and is a competitive program designed for players who are 10 years old and under as of August 30, 2024. In this level, players typically have a foundational understanding of the game and are ready to participate in a more advanced and competitive environment. The "traveling" aspect implies that the team participates in games in the local league, as well as occasional weekends, often involving travel to different cities or regions. Coached by experienced individuals, the focus is on refining fundamental skills, strategic gameplay, and fostering teamwork. The 10U level is crucial for player development as they transition to a more competitive style of play while maintaining an emphasis on sportsmanship and enjoyment of the sport.

## **10U BASEBALL**

- Boys 9-10 years old or completed grades 3-4
- Player pitch with occasional coach pitch
- Games are held 1-2 evenings per week in June-July.
- Practices 1-3 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents

## KEY FUNDAMENTALS TO TEACH

- INTERMEDIATE RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- INTERMEDIATE BASE RUNNING INCLUDING STEALING AND ADVANCEMENT
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- PITCHING FUNDAMENTALS AND THROWING STRIKES
- THROWING ACCURACY
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- BASIC MENTAL APPROACH AND CONFIDENCE BUILDING
- BASIC PHYSICAL CONDITIONING
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

## EXPECTATIONS

Our youth traveling baseball team participates in the local **Wolf River Baseball League** and is a competitive program designed for players who are 10 years old and under. In this level, players typically have a foundational understanding of the game and are ready to participate in a more advanced and competitive environment. The "traveling" aspect implies that the team participates in games in the local league, as well as occasional weekends, often involving travel to different cities or regions. Coached by experienced individuals, the focus is on refining fundamental skills, strategic gameplay, and fostering teamwork. The 10U level is crucial for player development as they transition to a more competitive style of play while maintaining an emphasis on sportsmanship and enjoyment of the sport.

## **10U SOFTBALL**

- Girls 9-10 years old as of 8/31/2024.
- Size 11 softball.
- Player fastpitch with occasional coach pitch.
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May.
- *Note that our Club and League has chosen to follow the USA Softball age guidelines.*
- Uniforms must be purchased by parents.

## KEY FUNDAMENTALS TO TEACH

- INTERMEDIATE RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- INTERMEDIATE BASE RUNNING INCLUDING STEALING AND ADVANCEMENT
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- PITCHING FUNDAMENTALS AND THROWING STRIKES
- THROWING ACCURACY
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- BASIC MENTAL APPROACH AND CONFIDENCE BUILDING
- BASIC PHYSICAL CONDITIONING
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

## EXPECTATIONS

Our youth traveling softball team participates in the local **Wolf River Fastpitch League** and is a competitive program designed for players who are 10 years old and under as of August 30, 2024. In this level, players typically have a foundational understanding of the game and are ready to participate in a more advanced and competitive environment. The "traveling" aspect implies that the team participates in games in the local league, as well as occasional weekends, often involving travel to different cities or regions. Coached by experienced individuals, the focus is on refining fundamental skills, strategic gameplay, and fostering teamwork. The 10U level is crucial for player development as they transition to a more competitive style of play while maintaining an emphasis on sportsmanship and enjoyment of the sport.

## **12U BASEBALL**

- Boys 11-12 years old or completed grades 5 or 6
- Player pitch.
- Games are held 1-2 evenings per week in June-July.

- Practices 1-2 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents.

#### KEY FUNDAMENTALS TO TEACH

- ADVANCED RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- ADVANCED BASE RUNNING INCLUDING STEALING
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- CONTINUED PITCHING FUNDAMENTALS INCLUDING DIFFERENT PITCHES
- OFFENSIVE AND DEFENSIVE CONCEPTS
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- STRONG MENTAL APPROACH AND CONFIDENCE BUILDING
- CONTINUED PHYSICAL CONDITIONING CONCEPTS
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling baseball team participates in the local **Wolf River Baseball League** for players 12 years old and under who travel to different locations for games and tournaments. The games are typically higher-level competitions, providing players with a more challenging and competitive environment to further develop their baseball skills. The emphasis is on teamwork, skill refinement, and exposure to a broader baseball community.

## 12U SOFTBALL

- Girls 11-12 years old as of 8/31/2024.
- Adoption to size 12 softball.
- Player fastpitch. No coach pitch.
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents
- Practices and Home Games are played at the W-F High School softball field.
- *Note that our Club and League has chosen to follow the USA Softball age guidelines.*

#### KEY FUNDAMENTALS TO TEACH

- ADVANCED RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- ADVANCED BASE RUNNING INCLUDING STEALING
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- CONTINUED PITCHING FUNDAMENTALS INCLUDING DIFFERENT PITCHES
- OFFENSIVE AND DEFENSIVE CONCEPTS
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- STRONG MENTAL APPROACH AND CONFIDENCE BUILDING
- CONTINUED PHYSICAL CONDITIONING CONCEPTS
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling softball team participates in the local **Wolf River Fastpitch League** and is a competitive program designed for players who are 12 years old and under as of August 30, 2024. The games are typically higher-level competitions, providing players with a more challenging and competitive environment to further develop their baseball skills. The emphasis is on teamwork, skill refinement, and exposure to a broader baseball community.

## 14U/PONY BASEBALL

- Boys 13-14 years old or completed grades 7 and 8
- Player pitch
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May
- Uniforms must be purchased by parents

#### KEY FUNDAMENTALS TO TEACH

- ADOPTION TO LARGER DIAMOND/FIELD DIMENSIONS
- ADVANCED RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- ADVANCED BASE RUNNING INCLUDING STEALING
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- CONTINUED PITCHING FUNDAMENTALS INCLUDING DIFFERENT PITCHES
- OFFENSIVE AND DEFENSIVE CONCEPTS
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- STRONG MENTAL APPROACH AND CONFIDENCE BUILDING
- CONTINUED PHYSICAL CONDITIONING CONCEPTS
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling baseball team participates in the local **Wolf River Pony League** for players 14 years old and under who travel to different locations for games and tournaments. The games are typically higher-level competitions, providing players with a more challenging and competitive environment to further develop their baseball skills. The emphasis is on teamwork, skill refinement, and exposure to a broader baseball community.

### **14U SOFTBALL** (no program in 2025)

- Girls 13-14 years old as of 8/31/2024.
- Player fastpitch
- Size 12 softball
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents
- Practices and Home Games are played at the WF High School Field.
- *Note that our Club and League has chosen to follow the new USA Softball age guidelines.*

#### KEY FUNDAMENTALS TO TEACH

- ADVANCED RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- ADVANCED BASE RUNNING INCLUDING STEALING
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- CONTINUED PITCHING FUNDAMENTALS INCLUDING DIFFERENT PITCHES
- OFFENSIVE AND DEFENSIVE CONCEPTS
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- STRONG MENTAL APPROACH AND CONFIDENCE BUILDING
- CONTINUED PHYSICAL CONDITIONING CONCEPTS
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling softball team participates in the local **Wolf River Fastpitch League** for players 14 years old and under who travel to different locations for games and tournaments. The games are typically higher-level competitions, providing players with a more challenging and competitive environment to further develop their baseball skills. The emphasis is on teamwork, skill refinement, and exposure to a broader softball community.

### **BABE RUTH BASEBALL** (no program in 2025)

- Boys 15-16 years old or completed grades 9 and 10
- Player pitch.
- Games are held 1-2 evenings per week in June-July.
- Practices 1-2 times per week based on coach availability and start in April or May.
- Uniforms must be purchased by parents
- Practices and Home Games are played at the WF High School Baseball Field.

#### KEY FUNDAMENTALS TO TEACH

- ADOPTION TO LARGER DIAMOND/FIELD DIMENSIONS

- ADVANCED RULES AND CONCEPTS INCLUDING LIVE PITCHING and CATCHING
- ADVANCED BASE RUNNING INCLUDING STEALING
- ADVANCED MECHANICS OF THROWING, CATCHING AND HITTING
- CONTINUED PITCHING FUNDAMENTALS INCLUDING DIFFERENT PITCHES
- OFFENSIVE AND DEFENSIVE CONCEPTS
- LEARNING THE STRIKE ZONE AND HITTING DISCIPLINE
- POSITION SPECIFIC SKILL LEARNING
- STRONG MENTAL APPROACH AND CONFIDENCE BUILDING
- CONTINUED PHYSICAL CONDITIONING CONCEPTS
- SPORTSMANSHIP
- TEAMWORK, COMMUNICATION AND CHEMISTRY BUILDING

#### EXPECTATIONS

Our youth traveling baseball team participates in the local **Wolf River Babe Ruth Baseball League** for players 16 years old and under who travel to different locations for games and tournaments. The games are typically higher-level competitions, providing players with a more challenging and competitive environment to further develop their baseball skills. The emphasis is on teamwork, skill refinement, and exposure to a broader baseball community.

## COACHING BASICS

### COACHING FUNDAMENTALS

#### DO THESE THINGS

- Above everything, always think safety first. (Swinging bats on deck, errant flying balls, kid running into path of throw). Look after them as they are your own, every minute they are on site.
- Teach sportsmanship. (Respect, effort, be positive, teamwork)
- Teach fundamentals all the time (catch the ball, throw accurately, make contact at the plate, throw strikes, etc.)
- Teach "Mindset" (I will make the play, I want the ball, I will hit the ball, I will win, I can do it, I will be the best.)
- Make the kids believe in themselves.
- Communicate in a timely manner to parents about all things scheduling.
- Build team chemistry and include everyone. Make the kids pick each other up. Have the talented kids mentor the less talented kids. Your best team is only as good as your worst player.
- Challenge them to work hard. It's ok to command their attention and effort in practice. Practice as much as possible. Encourage them to practice at home.
- Focus on improvement over time.
- Treat all kids equally and fairly.
- Give them positive feedback but also let them know what they need to work on.
- Set kids up for success by playing them in a position they can succeed in.
- Tell them what position they will be playing and set your lineups! Show up to the ballpark with a plan.
- Be patient. There will be days that the kids show up not ready to play, listen or learn. You will need to keep your cool.
- Recognize great efforts, performances, attitudes and behaviors and call it out to the team to set an example.
- Tell them what they need to do to be great.
- Make it fun and keep it fun.

## DON'T DO THESE THINGS

- Give up on the kids or let the kids give up no matter the situation.
- Get into excessive arguments with the umpires.
- Allow bullying or clicks within the team.
- Leave the site before all your players do. Ensure they are picked up or have a way home.
- Favor your own kids.
- Bring personal conflicts with other parents into the mix. Be fair no matter what.
- Be afraid to ask for help, or let other parents assist you. If you have a conflict or unexpected event, arrange for help.
- Fail to communicate to parents.
- Have practices where kids are just standing around. Get them as many reps as possible. Keep them busy.
- Verbally or emotionally abuse your players. Do not belittle them in front of others. Instead, give feedback through encouragement.
- Be negative.
- Discount a player even if they are extremely skillset challenged, rather, support that child as best as possible.
- Continuously give more opportunities to some more than others. (Mix up your line up, especially if you have a lot of kids.)