



# NELL 2019 ASAP Plan

League ID#: 02381919

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This Safety Plan was prepared for the Newtown Edgmont Little League (NELL) located in Newtown Square, PA by the 2019 Safety Officer, Dan Schultz. The document was reviewed by the NELL Board in February of 2018 prior to submission.

This document was developed in accordance with the Little League "ASAP" or A Safety Awareness Program.

The 15 minimum aspects of an ASAP qualified safety plan are addressed below. Additional features of our NELL Safety Program are also summarized below.



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**1. Have active safety officer on file with Little League International.**

Dan Schultz began as our Safety Officer/Board Member in January of 2017 and will continue through the 2019 season and beyond. This information has been on file with Little League Administration since the beginning of 2017.

We note that according to LL guidelines a medical doctor is not required to be the Safety Officer. Rather, an emphasis on common sense, awareness and the overall philosophy that nothing is more important to us than the health and safety of our children guides our efforts at NELL.

**2. PUBLISH and distribute a paper copy of the applicable safety manual to volunteers.**

This document, which was prepared in January and February of 2019, serves as our Safety Manual. We will continue to update this plan throughout the course of the year as warranted.

This document will be shared with the NELL Board, Managers/Coaches, Umpires, and other Volunteers as well as Parents as we prepare for the coming season. For the 2019 season, we will post 2 copies of this document in prominent locations: 1) in our Snack Bar and 2) in our indoor practice facility, the Flanigan Center, which is used year-round.

A paper copy will be distributed to Managers/Coaches during a Safety Review Meeting which will be held prior to the start of the 2019 playing season. In addition to the full safety plan, we created an abridged version that provides safety rules, tips, and best practices for managers, coaches and parents, and is included in this report as Addendum D.

The plan was also reviewed with Snack Bar staff with a paper copy made available to them in the Snack Bar location as mentioned previously.

A paper copy of the plan will be available for review with the little league umpires.

Also, on the NELL website, there is a "Safety First" page where we post important information for managers, parents and others regarding the safety of everyone involved in NELL baseball.



**3. Post and distribute emergency and key officials' phone numbers.**

The following emergency contact list will be posted in the Snack Bar, Flanigan Center, and in the press boxes on Fields 1 and 2. It will also be distributed at the League General Meeting. Poster is Addendum A at the end of this report.

EMERGENCY Phone Number: 911  
Local Newtown Police: 610-356-0602

League Contact Info:

President	Daren Grande	610-633-3747
Vice President	Mike Ferry	610-212-2267
Majors Co-Director	Brian McTear	484-401-5056
Majors Co-Director	Pierre LaTour	215-715-4712
Secretary	Todd Murphy	484-437-0142
Treasurer	Ed Hanway	610-246-4504
Player Agent	Ashee Bhan	484-437-0142
Safety Officer	Dan Schultz	610-745-6535
Field Maintenance	Chuck Juliano	484-410-3772
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Director Challenger Division	Matt Catania	610-656-7565
NELL Tournament Co-Director	Brian Evans	484-431-0243
Equipment and Purchasing Manager	Jim Prendergast	610-812-0003
Corporate Fund Raising	Brian Quinn	215-808-2666
Information Officer	Michael Schultz	610.283.1367
Player Development	Mike McCalla	610.517.1321
Publicity	John Gonzalez	610.299.8868
Social Media	Jason Ellis	314.479.1632

**PLEASE REPORT ALL SAFETY RELATED ISSUES AND INJURIES IMMEDIATELY AND FILL OUT AN INCIDENT REPORT:** email [safety@nellbaseball.com](mailto:safety@nellbaseball.com) or call Safety Officer Dan Schultz at 610-745-6535 **ALL INJURIES MUST BE DOCUMENTED – Incident/injury forms in snack bar and on website**



#### **4. Use 2019 Volunteer Application Form and child abuse background check.**

NELL will use the official Little League Volunteer Application form to screen all of our volunteers. Additionally, in accordance with PA law, all volunteers will also be required to complete a Pennsylvania child abuse history check and a Pennsylvania state police background check. As of the writing of this document, this is already in process for known volunteers.

Anyone refusing to fill out the LL Volunteer Application or complete the background checks will not be permitted to volunteer at NELL.

#### **5. Provide and require fundamentals training, with at least one coach or manager from each team attending (fundamentals including hitting, sliding, fielding, pitching, etc.)**

NELL carries out a series of age-specific clinics beginning in December and continuing until the start of the season. We have an indoor facility and thus we are in a position to hold events in the winter.

We held a series of Clinics starting in December 2018 which were held on Sundays through February 2019. The clinics were free for all NELL players and were led by Philly Baseball Training which provides professional baseball training for youth players. The clinics focused on the fundamentals of catching and throwing, proper pitching techniques, and swing mechanics. At the younger levels (T through 8 years old), our Division Director runs clinics over a 3 week period on weekends in March that lead into the season beginning in April. He takes care to focus on the basics with the kids as well as educating the parents about little league goals. He does a great job involving the parents so they have a chance to learn good baseball teaching techniques.

NELL also has a Director of Player Development, Mike McCalla who focuses on curriculum for coaches based on players' needs in all the different age groups. With Mike's guidance, Philly Baseball Training held a coaches clinic on Sunday February 3, 2019 to introduce the fundamentals NELL wanted coaches to work on throughout the year. Mike provides a coach's packet (Addendum B) to the volunteer coaches and uploads it to our league website for



everyone, in addition to coaching links that the coaches can use on their own. In the beginning of April, NELL has the younger age groups incorporate pitching clinics into the first 1-2 weeks of the season before games start.

Every year on opening day, the coaches and players of the Marple-Newtown High School Varsity Baseball Team will come to our fields and lead clinics focused on proper form, teamwork, pitching, and general baseball fundamentals. We will rotate NELL players/teams into the clinics, thus allowing for an intimate atmosphere and the ability for a question and answer session.

This summer, NELL will be running multiple baseball camps with paid trainers coming in to discuss baseball fundamentals and player skill development.

**6. Require first-aid training for coaches and managers, with at least one coach or manager from each team attending.**

Our Safety Officer conducts our annual Safety and First Aid meetings with managers and coaches, parents, snack bar staff, and other volunteers.

**2019 Schedule General Safety/First Aid:**

January 30, 2019: Age group directors and Board members

February 3, 2019: Managers/Coaches of Farm, Rookie, Minors and Majors

March 23, 2019: Tee-ball coaches

March 30, 2019: Snack bar staff

The "Abridged Safety and First Aid Manual" is distributed to each Manager/Coach and they are encouraged to keep this with their equipment. We also go through the packet together and emphasize areas of concern. The meeting concludes with questions and answer between coaches and safety officer.

In 2016, our Lightning Pavilion was erected to provide safety shelter during a thunderstorm for players, coaches, parents and any visitors in the vicinity of fields 2, 3 and 4.

Thunder/Lightning Awareness posters are on Fields one through five. We blow an air horn from the Snack Bar when weather conditions are such that play must cease. The posters make it



clear that "Players and spectators go to enclosed building (Flanigan Center), the lightning pavilion or to cars with windows rolled up."

Our playing rules - distributed to all Managers - state in part..."It is required that an umpire delay or call a game when thunder is heard or there is visible lightning in the area."

Parents of players who wear glasses are encouraged to provide "safety glasses."

Proper warm up, looking for signs of heat exhaustion and general safety common sense are covered by the Safety Officer and information is provided to Managers/Coaches.

#### **7. Require coaches/umpires to walk fields for hazards before use.**

NELL coaches and umpires are required to walk the fields prior to practices and games, and this is reinforced in the Safety Review meetings. This is a part of our normal pre-game routine.

The 'Hey Coach' checklist will be emailed as a reminder during the first 2 weeks of the season.

Additionally, every Sunday, volunteers - from specified teams - come to our complex to pick up trash, clean the snack bar, and take care of/police our fields, among other matters. This process is ongoing and under the direction of our Board Member/Field Maintenance Director, Chuck Juliano.

During spring field maintenance, volunteers work to trim all trees around our fields, institute a new method to prepare our batting cages that reduce human intervention with pulley systems to hang the nets, all safety signs are reviewed and replaced where needed, etc.

Before the season starts in April, new safety posters are posted in the Flanigan Center as well as on the safety bulletin board located at the snack bar.

Each year our 3 AEDs are inspected by a professional from Team Life, Inc., an emergency health training and equipment company. One new AED was purchased in 2017 to replace one of our outdated AEDs and the other two were serviced with batteries and pads replaced. The 3 AEDs are located strategically around the NELL fields in the Flanigan Center, in the snack bar and in the field 2 equipment building. All board members watched an AED instructional video on



using the AEDs, and the link to the video is posted on our website for the coaches to watch as well.

In summary, a commitment to high quality, safe fields has been a legacy of our league and the current board knows we need to help maintain that legacy together with all members of the league. Game day inspections, awareness by parents/coaches prior to and during practice, and the work on Sundays cited above combine to keep our complex safe.

**8. Complete the 2019 Little League Facility Survey.**

Completed and attached.

**9. Have written safety procedures for concession stand; concession manager trained in safe food handling/prep and procedures.**

Our snack bar is being run by Nicole Cassia. A team of experienced snack bar parents assist in managing the snack bar when it is open and active. A large percentage of parents have served in the snack bar in previous years and are familiar with its operations. It should also be pointed out that some have a background in the food service industry and in the past has held certifications in this area.

The snack bar team's commitment and emphasis on hygiene, cleanliness, food quality, customer service and safety is well known in the NELL Community. The snack bar team is made up of the manager, volunteer parents, and staff hired by the manager and board.

On a daily basis, a member of the Snack Bar Management Team is present and provides oversight to all volunteers who work in the snack bar. The Snack Bar Management Team presence in addition to the experience of the selected volunteers ensures continuity of equipment operations, food handling, and policy enforcement. The snack bar operating policy calls for a minimum of one (two during weekend games) parent volunteers to work during each shift, the manager, and 1-2 hired workers. A member of the management team opens and closes the snack bar every day.





As a standard operating procedure, before the season starts a meeting is held by the snack bar director where all Team Moms and volunteers are instructed on the operations of the snack bar and its safety procedures.

The snack bar safety meeting will take place March 30, 2019. At the meeting, proper safety procedures will be reviewed in detail. A member of the Newtown Square Fire Company will review fire safety, equipment safety, fire extinguisher operation and first aid. Volunteers are instructed on safe operation of the grills and ovens, and proper precautions for using such as well as how to use fire extinguishers properly. The "PASS" method is taught. PASS = Pull the clip, Aim the hose, Squeeze the handle, and Sweep from side to side at base of fire. However, it is also stressed that volunteers should exit the building and call 9-1-1 if the situation warranted.

The snack bar manager will review first aid and treatment of burns and cuts. The locations of the First Aid kit and AED are reviewed.

With respect to operation of cooking equipment, it should be noted that this is restricted to the adult volunteers and those children 14 years and older who have worked in the snack bar for numerous seasons and are experienced and trained.

Additionally, documents covering "Roles and Responsibilities, Code of Conduct and worker agreement" are covered, and helpers sign the worker agreement (template attached). The documents to be used at our 2019 start of the year meeting are attached.

Safety, good hygiene and cleanliness are the hallmark of the NELL Snack Bar. All Snack Bar workers are constantly reminded to clean and wipe all counters and equipment. Disinfecting wipes are readily placed in multiple locations in the Snack Bar to allow for ongoing and easy cleaning and disinfecting. Hand sanitizer is in plentiful supply at all times as are appropriate cleaning supplies. This helps ensure the good hygiene of the overall operation.

The following little league suggested flyers are posted prominently in the Snack Bar: "Wash Hands", "Concession Safety Tips", and "Fight Back Germs".

In addition to day-to-day cleaning, the Snack Bar gets focus each Sunday as part of the overall field maintenance program cited in #7 above. A member of the management team is present from 9am to 11am to direct weekly major cleaning and restocking activities.



The Snack Bar is equipped with 4 freezers and 3 fridges to allow for safe food storage. All perishable foods are kept at the specified temperature.

Two fire extinguishers are prominently and conveniently positioned in the Snack Bar. We have an annual inspection performed by the local fire company.

Following local safety codes, there is no open food fryer, but rather a ventless/closed fryer has been in use for 9 years. The ventless fryer ensures that no operator comes in contact with the fryer oil during operation. Only manager approved snack bar volunteers who have been trained to use the ventless fryer are allowed to operate (and clean) the fryer at any time.

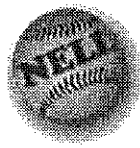
Safety policies call for one of the coaches playing on a given night to always stay behind until the snack bar operator/manager closes and locks the building at night, and is then escorted by the coach to her car. The Safety Officer and League President make a point to remind people of this policy during League General meetings.

#### **10. Require regular inspection and replacement of equipment.**

Our NELL Board Member in charge of Equipment and Purchasing is responsible for inspecting and renewing our League's equipment annually. Also, team Managers and Coaches are responsible for the monitoring of equipment. These topics are covered at the previously mentioned Safety Meetings. Specific topics pointed out to managers/coaches are proper fitting of catcher's gear, proper attachment of catcher's throat guard, and proper helmet fitting.

#### **11. Implement prompt accident reporting, tracking procedure.**

At the Safety Meetings conducted in February and March, the Safety Officer reminds all Managers that incidents are to be reported in writing to him within 24 hours of the incident. The Safety Officer's email and cell phone are provided to Managers and documented in the safety contact poster, as well as available on the website. Copies of blank forms are provided to each Manager as a part of the abridged safety document distributed and the document is published on the website.



At each Board Meeting, the Safety Officer provides an update to the entire Board. Incidents are covered as appropriate.

**12. Require first-aid kit at each game and practice.**

First aid kits are distributed to each team in the Manager's equipment bag.

There is a larger first aid kit also located in our Snack Bar, in the Field 4 equipment closet and in our indoor facility, The Flanigan Center. These kits are kept stocked by the Safety Officer. An AED is also available in our Snack Bar, our indoor facility The Flanigan Center, and in one of our equipment buildings next to field 2. All three AEDs are serviced each year by Team Life, Inc., an emergency health training and equipment company.

**13. Enforce Little League rules including proper equipment.**

These rules are enforced and documented to Managers and Coaches

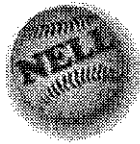
"You may only swing a bat if you are at home plate" is a common phrase at NELL. This gets repeated often, such as at General League Meetings, and of course in the Coaches Safety Meeting.

Lightning safety is reviewed and NELL strictly adheres to the "hear it, clear it", and "see it, flee it" policy.

All players have the proper equipment, as monitored by our board member/equipment manager, Jim Prendergast, as well as by all coaches and Division Directors.

An abridged version of the safety plan was created to ensure all managers, coaches, and parents have a quick reference to safety based rules.

All fields have bases that disengage from their anchors as required.



As of 2018, according to official Little League policy, the only bats approved for play at NELL will have the "USA baseball approved" sticker stamped on them. No other bats will be allowed for little league play.

#### **14. League Player Registration Data Or Player Roster Data, Coach and Manager Data**

This data will be submitted and finalized via the Little League Data Center by March 31, 2019 (NELL uses Blue Sombrero website for registration therefore our data is automatically uploaded to Little League international).

#### **15. Complete survey in Little League Data Center**

Completed in Little League Data Center February 2019.

#### **Addendums**

- A. Safety Poster Contact List
- B. Coaching packet
- C. Volunteer Application Form
- D. Coaches Safety and First Aid meeting handout
- E. Snack Bar Hire & Helper Responsibilities and Operating Policies
- F. Snack Bar Safety Posters
- G. Facilities Survey

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**NEWTOWN EDGEMONT  
LITTLE LEAGUE**

**COACHES CLINIC**



**Training tips for NELL coaches**

TOPICS OF DISCUSSION:

1. KEEPING THE PLAYERS IN BASEBALL
  2. PRACTICE ORGANIZATION
  3. 10 TALL TALES OF BASEBALL
  4. HITTING VERBIAGE
  5. THE BASICS OF HITTING, PITCHING, FIELDING, CATCHING
    - a. COMMON HITTING PROBLEMS AND SOLUTIONS
    - b. COMMON FIELDING PROBLEMS AND SOLUTIONS
    - c. COMMON PITCHING PROBLEMS AND SOLUTIONS
    - d. MISC. TOPICS (CURVE BALL, BODY LANGUAGE, TEACHING IN THE POSITIVE)
  6. IN-GAME ADJUSTMENTS FOR HITTERS and PITCHERS
  7. EVALUATING YOUNG PLAYERS
  8. SPORTS PSYCHOLOGY & MENTAL TOUGHNESS
-

- Notice of Promptness to Parents
- 90 Minute Rule
- Write it, clip it. Recruit volunteer coaches for station work.
- Announce the practice agenda; vary the order
- Special meeting place on the field
- Player eye contact / conduct during coach talks
- Early work / late work sessions
- Hustle transition to new drills
- Player notebook
- Talk vs. Shout; teach in the positive
- Game notes for practice topics
- Warm-ups: arm circles, partner arm stretches, neck twists, backwards running, forearm stretches, hitting twists, IF stretch, toe raises, power hops, skips, skaters
- Organized line of throwing with receive signal with daily throwing reminders and alternate (crow / shuffle) footwork
- Competitive relay lines
- 2<sup>nd</sup> catcher during IF
- Multiple balls during IF / OF
- Group BP with 4 rounds
- T hitting into field for points or in IF
- Game situations through lecture
- OF, turn call and go with double confirmations
- Proper running in infield and outfield
- Full line pitching mechanics (dry)
- Double confirmation on every ball
- Throw It vs. Hit It
- IF hangout position, ready call by fielding captain
- Tennis balls rapid toss / one / two hands
- Balance point hold contest for pitchers
- Accuracy, long distance contest
- BP point system 5-1
- Running bases, 1 and 2, 2 and 3, 3 and home
- Stick ball
- Scrimmages: deep counts, reverse base running situations
- Proper soft toss and tee positioning
- Encourage watching games on TV, extra practice, neighborhood games.
- Mom/Dad: Lessons/Camps additional times to practice



## 10 TALL TALES OF BASEBALL

Stop. Before passing on well-intended advice to your child or team, understand that just because you were taught something in your little league heyday doesn't necessarily make it right! Read what some of baseball's best teachers recommend to the next generation of players as they challenge the most popular misadvice!!

### 1. BEND YOUR KNEES AND CROUCH DOWN IN YOUR HITTING STANCE

Young hitters who bend their knees excessively and "sit" in their stance distribute their weight on their heels. This causes their front foot and eventually their head to turn out. Starting too low in a crouch also forces hitters to rise up to their natural height during the swing which explains why most young hitters are under the baseball in their missed swings. **Hitters should be slightly bent (or flexed) in their knees and lean over from the waist rather than sitting down in their stance. A slight lean in will distribute body weight to the middle of the feet making it easier for the front foot to "stay closed" during the swing.**

### 2. KEEP YOUR BACK ELBOW UP

Hitters are repeatedly told to keep their back elbow up in an attempt to avoid upper cutting.

Unfortunately, the elevated elbow causes shoulder tension, which inhibits bat speed. More importantly, most hitters quickly unlock the back shoulder and collapse the elbow into the body causing a more pronounced uppercut. The back elbow up also restricts a hitter's ability to properly "load" or move the hands slightly back before going forward in the swing. **Comfortable and relaxed are two important yet overlooked components of a proper batting stance. Position the back elbow at a 45-degree angle (midway between the shoulder level and the hitter's ribcage) to create a soft shoulder and room to move slightly back as the swing begins.**

### 3. STEP TO HIT

Hitters mistakenly believe that the bigger the step they take the more power they will have in their swing. The average stride length of most major league hitters is approx. 4 inches. Compare this to the typical youth level player with an average stride length of approx. 8 inches. The big step inhibits seeing the ball "smoothly" and forces premature weight shift. Hitters need to understand that the rotational force of the body creates bat speed. The big hitting muscles (back, thighs, stomach, and butt) can't turn if they are moving forward with a big step. **Hitters should use the stride as a small and slow timing mechanism to begin their swing. Most hitters will reduce their stride length**

and increase lower body torque by positioning their feet wider than shoulder distance apart similar to the stance taken by a blitzing linebacker or a basketball player defending the opposition. Remind hitters that the step starts the swing so that the turning of the body can finish the swing.

#### **4. KEEP TWO HANDS ON THE BAT AT ALL TIME**

Players are constantly chastised for removing their top hand from the bat during the swing. If the hitter takes the top hand off prior to or at contact significant power will certainly be lost. **However, many hitters find it easier to hit through the ball and can avoid turning their wrists over on contact by releasing their top hand once the bat has cleared the hitting zone. Many older players (high school and older) generate better bat speed and cleaner contact points with this approach. Hitters that constantly ground out or top the ball should be encouraged to swing through the ball and release. Name the five best hitters in baseball. One common trait they all possess is a swing with a high finish followed by a top-hand release.**

#### **5. KEEP YOUR HEAD DOWN AND NEAR YOUR SHOULDER WHEN HITTING**

The eyes, not the head should stay down and focused on the ball. Hitters that overemphasize chin on the shoulder lose valuable tracking and vision skills by positioning their head and eyes on a slant as the ball approaches. Valuable upper body torque is also lost as the head on the back shoulder prevents full shoulder torque through the swing. Driving the head down or near the back shoulder also misaligns the shoulder causing the back shoulder to drop. Most importantly, the hitter's ability to swing down to level is reduced if the head is finishing on or near the back shoulder. **Hitters should keep their head square and straight as they track the ball and begin the swing. Good hitters always keep the chin away from the shoulders throughout the swing.**

#### **6. PUSH OFF THE RUBBER WHEN PITCHING**

Telling pitchers to push off the rubber typically creates a rushed delivery and reduces the pitchers ability to use the "big muscles" to throw the ball. **Pitching, similar to hitting, requires more rotational force than linear movement. Effective pitching requires a separation from the rubber to allow for a turning of the pitchers trunk (back, stomach, butt, and quadriceps) to propel the baseball. Rotating the body once the stride leg lands is the most important component of a pitchers delivery. Advising a pitcher to push off the rubber is akin to telling your hitters that the bigger step they take in their swing the harder they will hit the ball.**

#### **7. CATCH THE BALL WITH TWO HANDS**

Fielding gloves have come along way from the pancake-type models of the 30's. Young players that struggle to catch the ball should be encouraged to catch the ball with their

glove hand only. It will be easier to coordinate and control one hand than two. Many players restrict their catching range by moving with two hands to the oncoming ball. Rest assured, the gloves made today are well equipped to catch the ball without the bare hand. Two handed catching becomes important when ball transfer and a quick release are necessary. Reminding players to keep their glove in front of their field of vision not behind their head will immediately improve catching skills.

## 8. THROW OVERHAND

Throwing overhand comes in a variety of ways. **As long as the throwing elbow stays above the shoulder to create leverage, proper throwing is realized.** Advising a player to throw "over the top" tightens the throwing shoulder and reduces the flexibility and looseness needed to throw hard. The arm-style pitching machines should throw overhand, not players. **Remind players to keep their elbow above their throwing shoulder to encourage "overhand throwing".**

## 9. GET LOW IN THE INFIELD READY POSITION

Starting low and spreading out early puts you in a great position to catch one ball; the ball hit directly out you! Many infielders position themselves in a fielding position prior to the ball being hit. Getting low and spread out with your glove on the ground too early reduces range and quickness once the ball is hit. **Infielders should stand up and as the ball is hit, position themselves in a balanced athletic position, similar to a tennis player awaiting a serve. Infielders should wait to see where the ball is hit before getting low and spread out.**

## 10. PLAYING GAMES DEVELOPS TALENT

Good players balance proper training with game experience. Players don't eliminate throwing or hitting deficiencies by playing 60 games in the summer. Exposure to colleges and scouts is important but remember, you have one chance to make a first impression. Perfect practice makes improved game performance. Find the time during the off-season and in-season to work on weaknesses. Game playing should be an exhibition for all the hard work done when no one was around!

## **Hitting Verbiage**

### **Hands Inside Ball**

IS-When the hands stay in front of the barrel, we are teaching the kids to stay inside the ball. I like to use a visual for players to understand that concept. Hands, Ball, Barrel. In order of placement, the hands should be in front of the ball, the ball should be in front of the barrel. In other words, lead with the knob and hands should be in front of the contact point at all times.

NOT-When the barrel is first, ball second and hands third.

### **Extension**

IS-The point at which the back arm, the one that is tucked in at side, is extending in the direction the ball is trying to get hit to. It is the point when the player is making contact and the hands are moving forward through the ball.

NOT-When the arms get extended away from the body with the bat perpendicular to the shoulders and the hips.

### **Keeping Your Weight Back**

IS-When the weight transfer of the upper body forward stops and stays behind the front leg.

NOT-When the weight of the body stays on the back leg and never transfers to front leg.

### **Wait For The Ball**

IS-When the player changes his timing for the outside pitch or the middle pitch. In actuality, it is the action of the player waiting to take his step for his stride.

NOT-When the player takes his stride and his foot hits the ground and physically waits for the ball to get closer before he starts his swing. The player will then have to start from a dead stop and at 100% to start the swing, in turn, slowing his body down.

## COACHES CLINIC HELPFUL HINTS

### HITTING

- A. Stance
  - 1. 1 bat length away
  - 2. Shoulder width
  - 3. Knocking knuckles lined up
  - 4. 50/50...knees slightly bent
  - 5. Knob towards catcher
  - 6. Hands as high as back shoulder
  - 7. Back shoulder higher than front shoulder
  - 8. Back elbow down
  - 9. TV eyes
- B. Address
  - 1. Short, soft stride/load hands back
  - 2. Weight 50/50
  - 3. Hands higher than ball/bat higher than hands
- C. Swing
  - 1. Start rotating lower half (foot)
  - 2. Pull with bottom hand
  - 3. Ike to Mike
  - 4. Slight lean back on finish
  - 5. Shoulders square to CF

### FIELDING

- A. Stance (INF)
  - 1. Ready position
  - 2. Walk in, arm side ft 1<sup>st</sup>/glove side ft 2<sup>nd</sup>
- B. Address
  - 1. Top of triangle
  - 2. Field on glove side of body, not center
  - 3. Fingers down
  - 4. Stop and move through ball as fielding
  - 5. 2 steps throw... arm side ft 1<sup>st</sup> in front of glove side ft
  - 6. Point shoulders to target
  - 7. Glove side helps throw
  - 8. 4 seam grip
  - 9. Follow throw
- C. Stance (OF)
  - 1. Ready position
  - 2. Walk in, arm side ft 1<sup>st</sup>/glove side ft 2<sup>nd</sup>
- D. Address
  - 1. Ball in gaps/drop step/banana route

2. Ball in front/hard charge
- E. Fielding Ball
1. Break down under control close to ball
  2. Outside glove foot
  3. Crow hop and transfer
  4. 4 seam grip

### PITCHING 12u

- A. Grip
1. 4 – seam, “C”
  2. 2 – seam
- B. Wind Up
1. Feet  $\frac{1}{2}$  on  $\frac{1}{2}$  off rubber, slight angle
  2. Glove side step back (small)
  3. Balance point
  4. Stride/Break
    - a. Thumb past thigh, ball to sky (pointing away from player)
    - b. Glove elbow towards target
  5. Landing
    - a. Slightly open with landing foot
    - b. Flex “T” position
  6. Follow Through
    - a. Glove elbow rotates down to knee
    - b. Glove tucked to chest
    - c. Chest over feet, chin past landing toe, hand extended from body at release point
    - d. Feet square, knees bent, ready to field

### PITCHING 13 UP and AAU

- A. Grip (same as above)
- B. Wind Up (same as above)
- C. Slide step (abbreviated leg kick)
1. Knee to knee
  2. Hands need to start earlier to get to proper throwing position
  3. Follow through (same as above)
  4. 1.3 seconds or lower to catcher

### PICKOFFS 13 UP and AAU

- A. First base
1. Step off (not necessary to throw ball to 1<sup>st</sup> base)
  2. Jump pivot (necessary to throw to 1<sup>st</sup> or balk)

3. Left-handed moves: "Hang and Read" and step off move
- B. 2<sup>nd</sup> base
1. Inside move, arm side (not necessary to throw ball)
  2. Jump pivot, glove side/day light pick (not necessary to throw)
- C. 3<sup>rd</sup> base (right handed only)
1. Fake to third/throw to 1<sup>st</sup> (not necessary to throw to either base)
    - a. Leg to balance point
    - b. Foot small step to 3<sup>rd</sup> (6 inches at most)
    - c. Step off rubber with back foot
    - d. Jump pivot to 1<sup>st</sup> base (not necessary to throw)
- D. Pitch Out
1. Abbreviated leg kick/slide step
  2. Fast ball thrown
  3. Middle of opposite batter's box
  4. Chest high throw
  5. Duck out of way

## *Dos and Don'ts of Coaching*

### Section 1 Practices

#### Do's

- Be on time, 15 minutes early or you're late
- Have a plan during practice, execute that plan
- Utilize and maximize space available
- Focus on positive reinforcement
- Set a standard on the first day of practice.

(Establish your expectations from the very beginning is the best way to not only establish your role within the team, but to also let your players know what kind of coach you're going to be)

- Keep practices interesting
- End all practices on a positive note
- Remember that we're all motivated in our own way, find out which way each player is motivated

#### Don'ts

- Make sure kids aren't standing around
- Don't forget the simple drills

(Simple or beginner drills are often the best and most effective drills for focusing on building basic skills. You can use them to start of practice lightly, to end practice, and to reinforce a skill that your team is working on)

- Don't let your bad days show at practice
- Don't compare teammates

(If you need to compare players, do so only to model a desired behavior or skill. For example, "Watch how Joe follows through with arm, try that next time you throw and see how it feels.")

- Don't introduce more than one or two new concepts per practice
- Don't let practices or games end negatively
- NEVER LEAVE PLAYERS AT A FIELD ALONE TIL ALL PARENTS HAVE PICKED UP THEIR CHILDREN!!!



Do's

- Maintain good judgment and common sense throughout game
  - Keep emotions under control
  - Focus on corrections rather than mistakes
  - Provide athletes with specific actions to change behavior (change body language, use specific technical thought, take deep breath)
  - Listen attentively
  - Validate athlete's feelings. You don't have to agree with it but don't discount it.
  - Assist players in changing their perspective (nervous or excited?)
  - Ask questions that focus athletes' attention on the positive (what was good about today's outing or at bats?)
  - Encourage hope for the future ("You're almost there and you when you get it all to come together, it will be dynamite!")
  - Be enthusiastic
  - Concentrate on your objective and be determined to reach your goal
  - Describe behavior of a poor attitude (head and eyes down, shoulders forward)
  - Show your players that they matter
  - Offer praise when needed
  - Know your teams strengths and weaknesses
  - Reinforce teams strengths
  - Discipline to instruct (if players aren't playing to their potential, ask them to rate their effort on a scale of 1-10. If they're giving less than a 10 ask why. Often simply by acknowledging to you or to themselves that they're not trying their hardest, players will try harder, particularly if they know that you notice)
-

## Don'ts

- Don't tell athletes they aren't listening
- Don't tell athletes to shape up their attitude without instruction
- Don't tell athletes to talk to you and not listen
- Don't discount or belittle what an athlete feels
- Don't attack athlete's parents
- Don't let your emotions get out of control
- Don't focus only on results
- Don't discourage hope
- Don't lose sight of your objectives
- Don't only see one side of a situation
- Don't forget the players not on the field
- Don't focus on the star players
- Don't criticize publicly
- Don't focus only on your team's weaknesses

## **Example Practice: One Hour and Twenty Minutes:**

5:00 – 5:15      Stretch and Run- using the included exercises

5:15 – 5:30      Throwing Progression- Players should line up and lightly toss to a partner (same position) from about 15 to 20 feet to start using good mechanics (5minutes), move back from there to about 30 to 35 feet (2 minutes) and continue back to about 90 or 110 feet depending on age and ability level. Then they move forward again. Key here is proper mechanics and accuracy of throws.

5:30 – 5:45      Defensive specialty group- players separate into infield, outfield, pitching, and catching groups and works on fundamentals discussed in previous handouts.

5:45 – 6:10      Batting Practice and Hitting Mechanics- separate your hitters into 3 previously established groups of 4 to 6 players. One group hits, another goes to the side for drill work off of tees, flip toss, batting cages, or dry swings. The third group is on the field shagging balls for the hitters. Each group hits for 8 minutes on the field and then rotates to next station.

6:10-6:20 Team Fundamental- try to work at least 10 minutes at each practice on a team fundamental that includes bunting, bunt defense, cut-offs and relays, base running, 1<sup>st</sup> and 3<sup>rd</sup> defenses, run downs, signs, situational hitting, pitcher's fielding practice with infielders covering, back up bases for all players.

After practices players can run the bases or off the field so that the other teams can use your area and your team can still get a cardio work in.

## Sports Psychology and Mental Toughness

### Introduction:

What you say or don't say to your athletes just prior to a game can either make or break their training and your efforts as a coach. Follow these guidelines to maximize your athletes' potential and to increase your effectiveness as a coach.

### Step One:

#### BEGIN PREGAME PSYCHING THE FIRST DAY OF THE SEASON

Mental toughness training should not be a crisis intervention thing. Teach your athletes to focus, block out distractions, rebound from mistakes and to handle pressure right from the start.

### Step Two:

#### TEACH THE ATHLETE HOW TO CONCENTRATE

Concentration is the heart of pregame psyching and peak performance. It is the foundation of mental toughness. Concentration is the ability to focus in on what is important and block out everything else. You teach it by teaching 2 mini skills: Recognize when you are drifting from a proper focus. Catch yourself and quickly and gently, bring yourself back to that performance focus.

### Step Three:

#### DON'T ACCUSE YOUR ATHLETES OF NOT CONCENTRATING

Every athlete concentrates before performance. The issue is on what? If your athlete chokes or falls apart, then he/she was concentrating, but on the wrong things. Don't tell your athletes, "concentrate" unless you follow that by exactly what you want them to concentrate on.

### Step Four:

#### INTEGRATE CONCENTRATION PRACTICE INTO DAILY WORKOUTS

Get your athletes to regularly practice developing an awareness of when they start to drift from a proper focus, and getting themselves back. Throughout practice routinely call their awareness to this mental skill.

### Step Five:

#### TEACH AN AWARENESS OF THE MIND/BODY CONNECTION

Help your athletes understand that the main difference between their best and worst performances has to do with their pre performance self-talk and thoughts. That what they think goes into their bodies and can tighten their muscles and rot them from coordination, reflexes and speed.

Step Six:

TEACH THE DIFFERENCE BETWEEN A "PRACTICE" AND "GAME" MENTALITY

Peak performance is about trusting and letting the performance happen. The athlete is not thinking and is on automatic utilizing effortless effort. Poor performance is about doubting, overthinking, analyzing, evaluating and trying too hard.

Step Seven:

AT GAMES, REMIND THE ATHLETE HE/SHE IS READY, HAD PAID THEIR DUES, AND SHOULD JUST RELAX AND LET THE PERFORMANCE HAPPEN

You accomplish this by giving them one or two specific things to focus on for the event. By narrowing concentration, the athlete has more of a chance to slip into an automatic game mentality.

Step Eight:

BE ALERT TO THE ATHLETE'S "HAVE TO'S", "GOTTA'S" AND "MUST'S"

This kind of self-talk will signal you that the athlete is about to self-destruct into trying too hard.

Step Nine:

TEACH THE 2 MAIN CAUSES OF STRESS

- (1) Athlete's self-talk about the game, competition, events, crowd, etc.
- (2) Athletes' focus on the UC's (uncontrollables - i.e. past events, games, winning, losing, opponents' skill level, parents, game conditions, etc.)

Step Ten:

TEACH AN ATHLETE TO FOCUS PREGAME ON ONE THING THEY CAN CONTROL

You can always learn to control your reaction to all the other uncontrollables.

Step Eleven:

TEACH THE "HERE AND NOW RULE" FOR PEAK PERFORMANCE

You will better handle stress and avoid psych-outs if you can mentally learn to stay in the "here" and "now" of the performance. Negative past thoughts will bring you down and uncontrollable future thoughts of the outcome will do the same. The athlete only has power, speed and control in the "here and now". What time is it when you play? The "now". What place is it? The "here".

Step Twelve:

TEACH THE ATHLETE HOW TO CONTROL THEIR EYES AND EARS

Focus visually only on those things that keep you calm, composed and confident. Listen only to those things that do the same for you. If a focus makes you uptight, deliberately switch to something neutral or calming.

Step Thirteen:

### ENCOURAGE PREGAME RITUALS

Help the athlete develop a ritual that is controllable, easy to repeat and compact. The ritual can then help the athlete both control their eyes and ears and stay in the "here and now" of the performance. Rituals also help athletes bind anxiety because they are familiar and can be done no matter where the athlete competes.

Step Fourteen:

### ENCOURAGE THE ATHLETE TO COMPETE AGAINST THEMSELVES

Focusing on having to beat another competitor (an uncontrollable) usually stresses the athlete out. Instead, focus the athlete on competing against themselves, or trying to do better than their best, no one else's.

Step Fifteen:

### HELP THE ATHLETE FOCUS ON WHAT THEY WANT TO HAVE HAPPEN

Winners see what they want to have happen before a performance; while losers have a tendency to pay attention to what they are afraid will happen. Encourage the athlete to change channels if their stress causes them to worry about the "what-ifs". Have them practice seeing the outcome and performance that they want.



# Little League Volunteer Application - 2019

Do not use forms from past years. Use extra paper to complete if additional space is required.

**A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.**

Name \_\_\_\_\_ First \_\_\_\_\_ Middle Name or Initial \_\_\_\_\_ Last \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State ... \_\_\_\_\_ Zip \_\_\_\_\_

Social Security # (mandatory) \_\_\_\_\_

Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Special professional training, skills, hobbies: \_\_\_\_\_

Community affiliations (Clubs, Service Organizations, etc.): \_\_\_\_\_

Previous volunteer experience (including baseball/softball and year): \_\_\_\_\_

1. Do you have children in the program?  
if yes, list full name and what level? \_\_\_\_\_ Yes  No

2. Special Certification (CPR, Medical, etc.)? (list) \_\_\_\_\_ Yes  No   
Driver's License#: \_\_\_\_\_ State ... \_\_\_\_\_

3. Do you have a valid driver's license? \_\_\_\_\_ Yes  No

4. Have you ever been convicted of or plead no contest or guilty to any crime(s) involving or against a minor?  
if yes, describe each in full: \_\_\_\_\_ Yes  No

5. Have you ever been convicted of or plead no contest or guilty to any crime(s)  
if yes, describe each in full: \_\_\_\_\_ Yes  No   
(Answering yes to question 5, does not automatically disqualify you as a volunteer.)

6. Do you have any criminal charges pending against you regarding any crime(s)?  
if yes, describe each in full: \_\_\_\_\_ Yes  No   
(Answering yes to question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs?  
if yes, explain: \_\_\_\_\_ Yes  No

In which of the following would you like to participate? (Check one or more.)  
 League Official  Umpire  Manager  Concession Stand  
 Coach  Field Maintenance  Scorekeeper  Other \_\_\_\_\_

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone \_\_\_\_\_

\_\_\_\_\_

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: [LittleLeague.org/BestStateLaws](http://LittleLeague.org/BestStateLaws)

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

if Minor/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name (please print or type) \_\_\_\_\_

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

**LOCAL LEAGUE USE ONLY:**

Background check completed by league officer \_\_\_\_\_ on \_\_\_\_\_

System(s) used for background check (minimum of one must be checked): \_\_\_\_\_

Regulation (f)(9) Mandates all checks include criminal records and sex offender registry records

\* IDSP  Sex Offender Registry Data and National Criminal Records check, as mandated in the current season's official regulations

\* Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter an email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.



# Newtown Edgmont Little League

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## **Coaches Safety Meeting packet**

### Contents:

- Coaches Responsibilities
- Basic Safety Requirements and Expectations
- Safety posters and pamphlets



# NELL Coaches Safety Meeting

Dan Schultz, Safety Officer

610-745-6535

[Safety@nellbaseball.com](mailto:Safety@nellbaseball.com)

**\*\*IF THERE IS AN INJURY – OR A SAFETY CONCERN – REPORT IT AS SOON AS POSSIBLE – EMAIL or PHONE CALL IS FINE\*\***

We are going to cover the following:

- 1) Your responsibility as coaches, regarding Safety
- 2) My responsibility as Safety Officer
- 3) Basic Safety Requirements
- 4) What to do if you have an accident and procedures
- 5) Tips for a fun, safe season

Obviously we want to have a fun, educational and rewarding season this year, **but nothing will take the momentum out of that faster** than a serious injury of one of your players.

## Your Responsibilities as Coaches Regarding Safety

- 1) Complete the required background check form and provide to the Safety Officer.
- 2) Read this abridged Safety Manual and make sure you understand it. Keep it with you for practices and games. Let me know if you have questions; a copy of the full Safety Manual will be kept at the snack bar for your reference.
- 3) Make safety a part of your game, it is your responsibility to keep all player, coaches, umpires and fans safe. Kids will be kids. Watch the **BATS AND BALLS**.
- 4) We will be providing you with a first aid kit, keep it with you at all times - practices and games. Call me for additional supplies.
- 5) **REPORT UNSAFE CONDITIONS IMMEDIATELY** (facilities, field, gear, etc.)
- 6) Coach's must have a cell phone and parents phone numbers at all times - practice and games
- 7) Notify the parents and me if any accident should occur. Fill out the form. Don't take small injuries for granted. **RECORD EVERYTHING**.
- 8) Coaches are expected to stay at the field until all the kids have been picked up. You are not babysitters, I encourage you to express your expectation with all your parents. Majors coaches on F1 last game must stay until Snack Bar is closed – escort to cars.
- 9) Know your players – Allergies: bee stings, food seizures – It's a good idea to ask the parents in an introductory email if there is anything from a medical or behavioral standpoint you should know as the coach.
- 10) **Take ownership NELL Safety** – uphold our rules and make recommendations. To be successful, we must have a "culture of safety".

## Safety Officer Responsibilities

- 1) Insures compliance with LL Baseball safety requirements
  - a. File a Safety Plan with Little League International (15 distinct requirements)

# Don't Swing It

**...Until You're Up to the Plate!**



(Photos from North Scott, Iowa, Little League)

**Don't let this happen to you, or to a teammate.**

**REMEMBER:**

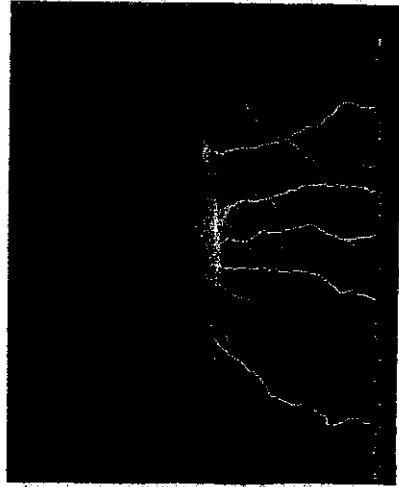
**Don't pick up your bat until you leave the dugout, to approach the plate.**

**RULE 1.08, Notes**

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

## What to do if someone is struck by lightning

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

## STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4" of an inch or larger in diameter.

A severe thunderstorm WATCH is issued when conditions are favorable for severe weather to develop.

A severe thunderstorm WARNING is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS THE BEST WAY TO RECEIVE FORECASTS AND WARNINGS FROM THE NATIONAL WEATHER SERVICE.

Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

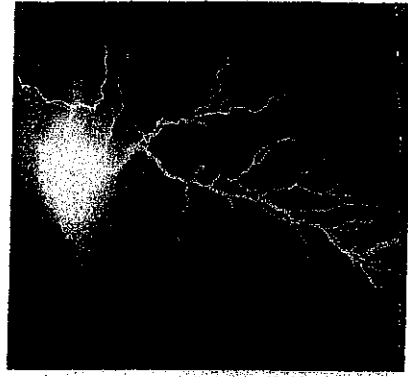
Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

<http://www.lightningsafety.noaa.gov>  
or contact us at:

National Weather Service  
P.O. Box 1208  
Gray, Maine 04039

GYX 0301 (August 2003) - Revised

# Coach's and Sports Official's Guide to Lightning Safety...



NOAA

## LIGHTNING...

### the underrated killer!

A SAFETY GUIDE

U.S. DEPARTMENT OF COMMERCE  
NATIONAL OCEANIC AND  
ATMOSPHERIC ADMINISTRATION

NATIONAL WEATHER  
SERVICE

Gray, Maine



This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

# LIGHTNING KILLS

## Play It Safe!

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When understorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

### *It is important for coaches and officials to know some basic facts about lightning and its dangers*

- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ **If you hear thunder, you are in danger.** Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ **Lightning leaves many victims with permanent disabilities.** While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

### *To avoid exposing athletes and spectators to the risk of lightning take the following precautions*

- ▶ **Postpone activities if thunderstorms are imminent.** Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.

- ▶ **Plan ahead.** Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.

- ▶ **Keep an eye on the sky.** Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.

- ▶ **Listen for thunder.** If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ **Avoid open areas.** Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.

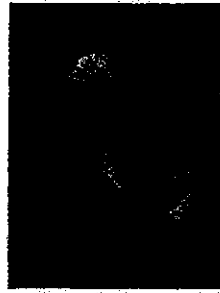
- ▶ **Stay away from metal bleachers, backstops and fences.** Lightning can travel long distances through metal.

- ▶ **Do not resume activities until 30 minutes after the last thunder was heard.**

- ▶ **As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio.** The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

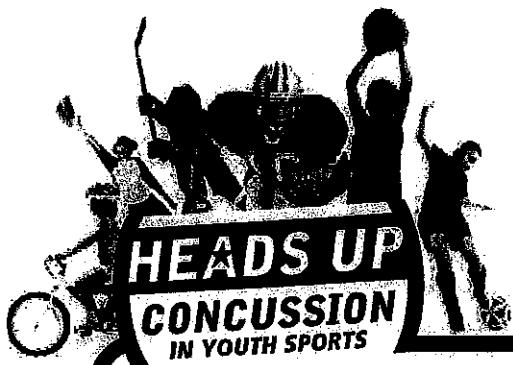
### *If you feel your hair stand on end (indicating lightning is about to strike)*

- ▶ **Crouch down on the balls of your feet, put your hands over your ears, and bend your head down.** Make yourself as small a target as possible and minimize your contact with the ground.



NOAA

- ▶ **Do not lie flat on the ground.**



## A Fact Sheet for **COACHES**

To download the coaches fact sheet in Spanish, please visit [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)  
Para descargar la hoja informativa para los entrenadores en español, por favor visite:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

### THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

### WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.<sup>1</sup> Concussions can occur, however,

in **any** organized or unorganized sport or recreational activity.

### RECOGNIZING A POSSIBLE CONCUSSION

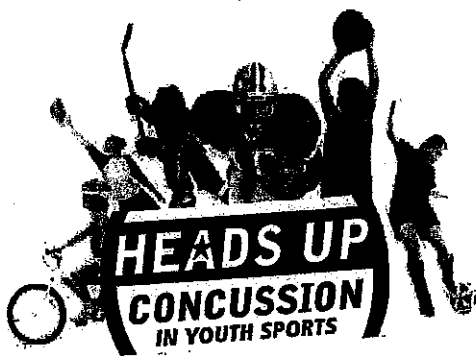
To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.

*-and-*

2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion listed on the next page.)

*It's better to miss one game than the whole season.*



## SIGNS AND SYMPTOMS

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

*Adapted from Lovell et al. 2004*

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, take the free online training for coaches and parents: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.

- **Insist that safety comes first.**

- > Teach athletes safe playing techniques and encourage them to follow the rules of play.
- > Encourage athletes to practice good sportsmanship at all times.
- > Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- > Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

Check with your youth sports league or administrator about concussion policies. Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion

should be kept from play until evaluated and given permission to return by a health care professional). Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

- **Teach athletes and parents that it's not smart to play with a concussion.**

Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.

- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.<sup>3,4</sup> Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

## ACTION PLAN

### WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

- 1. Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
- 2. Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/ knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)

- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.**

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

- 4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent long-term problems by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

### REFERENCES

1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
3. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academy Press; 2002.
4. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: [www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm).

*If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.*



**For Local League Use Only**

**Activities/Reporting**

**A Safety Awareness Program's  
Incident/Injury Tracking Report**

League Name: \_\_\_\_\_ League ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Incident Date: \_\_\_\_\_

Field Name/Location: \_\_\_\_\_ Incident Time: \_\_\_\_\_

Injured Person's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

Parents' Address (If Different): \_\_\_\_\_ City: \_\_\_\_\_

**Incident occurred while participating in:**

- A.)  Baseball  Softball  Challenger  TAD
- B.)  Challenger  T-Ball  Minor  Major  Intermediate (50/70)  
 Junior  Senior  Big League
- C.)  Tryout  Practice  Game  Tournament  Special Event  
 Travel to  Travel from  Other (Describe): \_\_\_\_\_

**Position/Role of person(s) involved in incident:**

- D.)  Batter  Baserunner  Pitcher  Catcher  First Base  Second  
 Third  Short Stop  Left Field  Center Field  Right Field  Dugout  
 Umpire  Coach/Manager  Spectator  Volunteer  Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_  
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

**Type of incident and location:**

- A.) On Primary Playing Field  
 Base Path:  Running *or*  Sliding  
 Hit by Ball:  Pitched *or*  Thrown *or*  Batted  
 Collision with:  Player *or*  Structure  
 Grounds Defect  
 Other: \_\_\_\_\_
- B.) Adjacent to Playing Field  
 Seating Area  
 Parking Area
- C.) Concession Area  
 Volunteer Worker  
 Customer/Bystander
- D.) Off Ball Field  
 Travel:  
 Car *or*  Bike *or*  
 Walking  
 League Activity  
 Other: \_\_\_\_\_

Please give a short description of incident: \_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at [http://www.littleleague.org/Assets/forms\\_pubs/asap/AccidentClaimForm.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf) and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: [http://www.littleleague.org/Assets/forms\\_pubs/asap/GLClaimForm.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf).

Prepared By/Position: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Snack Bar Staffer OPERATING POLICIES

1. Cleanliness is of utmost importance! (wash hands often and keep all surfaces clean!)
2. Customer Service and Common Courtesy are required – PLEASE SMILE!
3. Scheduling policy:
  - a. Please be aware that shifts will be assigned on a first responding basis.
  - b. Emails will, in general, be sent on Wednesday looking for volunteers for the coming (Monday – Saturday) week.
  - c. Each staffer will be assigned 1 shift upon responding to the email.
  - d. After 24 hours, any unassigned shifts will be re-offered only to those that replied to the first email.
4. Please be on time (5 minutes before your shift starts). If you cannot make a start time due to another commitment, do not volunteer to take that shift.
5. Showing initiative is expected. There is always something to prep, clean, or stock!!
6. Only Staffers who are working are allowed in the Snack Bar during operation.
7. Never sit on the countertop or on the ledge of the snackbar.
8. **NO CELL PHONE USE IS PERMITTED WITHIN THE SNACK BAR.** While we understand that calls for rides, etc. are necessary, we ask that any cell phone use take place outside the Snack Bar after giving notice to the Manager.
9. Never eat in front of the Snack Bar. If you choose to eat, go to the backroom or outside. **NO ONE SHOULD BE EATING IN FRONT OF THE CUSTOMERS.**
10. Staffers are allowed one (1) fountain drink and one (1) hotdog or pretzel each shift. If you would like to eat or drink anything else, you **MUST** pay for that item.
11. **VOLUNTEER** Umpires receive a free hotdog and bottle of water or fountain soda.
12. Please be diligent/accurate when giving back change to your customer. Do not hesitate to recount your change or ask for an adult's help when giving change. In most cases, the Manager will handle exchange of money in the drawer.
13. After handling money or eating, **ALWAYS** sanitize/wash hands before handling food.
14. Staffers will be paid **ONLY** by the parent opener/closer for that shift. No one is **EVER** to take the money for payment for their shift from the cash register.
15. **ONLY** Snack Bar Managers and Senior Staffers will use the Fryers. If Fryer needs troubleshooting, notify an adult **IMMEDIATELY**. **Do NOT open the fryer door!!**
16. **ONLY AN ADULT MAY TURN ON THE FIELD LIGHTS!** This is a safety issue with the electrical breakers.

I, \_\_\_\_\_ have read, understand, and agree to the policies of the NELL Snack Bar as outlined above.

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Signature

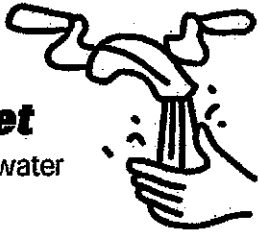
Date

# Volunteers Must Wash Hands

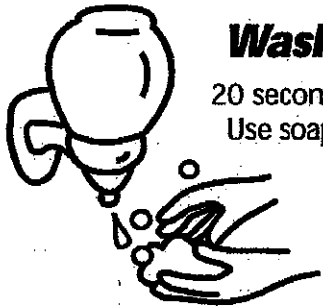
F

## HOW

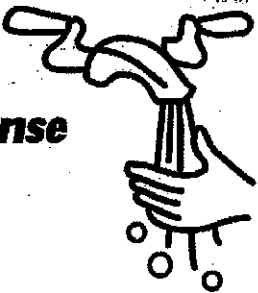
**Wet**  
warm water



**Wash**  
20 seconds  
Use soap

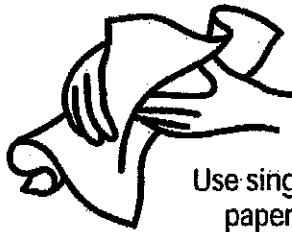


**Rinse**



**Dry**

Use single-service  
paper towels



**Gloves**



## WHEN

**Wash your hands before you prepare food or as often as needed.**

**Wash after you:**

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

**Do not touch ready-to-eat foods with your bare hands.**

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

**Wear gloves.**

when you have a cut or sore on your hand  
when you can't remove your jewelry

**If you wear gloves:**

- ▶ wash your hands before you put on new gloves

**Change them:**

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education, United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



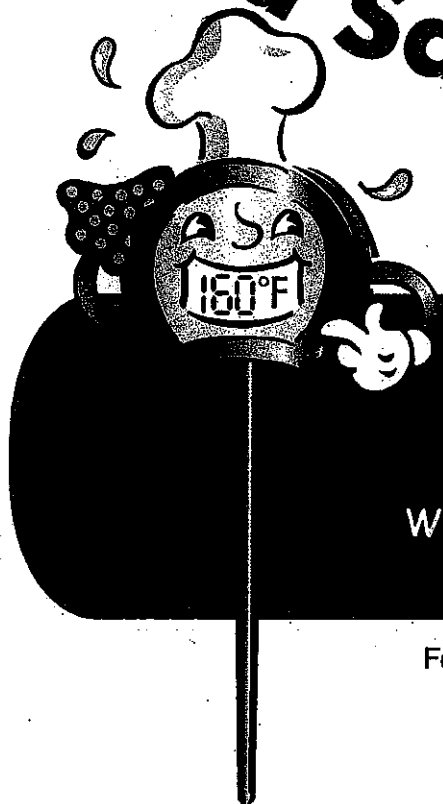
**UMASS  
EXTENSION**

# FIGHT BAC!

Keep Food Safe From Bacteria



TM



**Mermy™ says:**  
"It's Safe to Bite  
When The Temperature is Right!"

Food Safety and Inspection Service, USDA

Facility surveys may also be entered online

# LITTLE LEAGUE BASEBALL® & SOFTBALL NATIONAL FACILITY SURVEY

2019



League Name: Newtown Edgmont LL  
 District #: 19  
 ID #: 02381919  
 (if needed) ID #: \_\_\_\_\_  
 (if needed) ID #: \_\_\_\_\_  
 City: Newtown Square State: PA

President: Daren Grande  
 Address: 734 Elgin Rd  
 Address: \_\_\_\_\_  
 City: Newtown Square  
 State: PA ZIP: 19073  
 Phone (work): \_\_\_\_\_  
 Phone (home): 610-633-7284  
 Phone (cell): 610-633-3747  
 Email: darenggrande@verizon.net

Safety Officer: Dan Schultz  
 Address: 122 Walnut St  
 Address: \_\_\_\_\_  
 City: Newtown Square  
 State: PA ZIP: 19073  
 Phone (work): \_\_\_\_\_  
 Phone (home): \_\_\_\_\_  
 Phone (cell): 610-745-6535  
 Email: clanschultz5@yahoo.com

## PLANNING TOOL FOR FUTURE LEAGUE NEEDS

What are league's plans for improvements?	Indicate number of fields in boxes below.		
	Next 12 mons.	1-2 yrs.	2+ yrs.
a. New fields			
b. Basepath/infield	5		
c. Bases	5		
d. Scoreboards		2	
e. Pressbox		1	
f. Concession stand		1	
g. Restrooms		4	
h. Field lighting		2	
i. Warning track		1	
j. Bleachers		2	
k. Fencing			
l. Bull pens			
m. Dugouts			
n. Other (specify):			









# FIELD DIMENSION DATA

Please complete for each field. Use additional space if necessary.

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	4'	200	200	200	20	30	30	30	30	30	30
2	4'	200	200	200	20	30	20	30	30	20	30
3	4'	180	180	170	20	30	30	30	25	25	30
4	6-10'	220	240	190	21	28	N/A	N/A	N/A	28	N/A
5	4'	220	230	220	20	25	25	25	25	25	25
6	N/A										
7	N/A										
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17											
18											
19											
20											

Mailing address:  
 Little League International  
 PO Box 3485  
 Williamsport, PA 17701

Shipping address:  
 Little League International  
 539 US Route 15 Hwy.  
 South Williamsport, PA 17702