



Coaches' Meeting

Irondequoit Little League

3/24/26

Commissioners and League Contacts



Baseball

- Majors & Minors Commissioner – Chris Ronzo – Christopher.ronzo@gmail.com
- Rookies Commissioner – Zack Eberhard – zeberhard001@gmail.com
- TeeBall Commissioner – Brett Vache- brettvache@gmail.com

Softball

- Softball Commissioner -Alicia Forsyth - akforsyth2@gmail.com

- Please keep in mind that our league is 100% run by volunteers
- Are you looking to get more involved?

EMAIL: irondequoitlittleleague@gmail.com if you can help or for general inquiries!

What is a coach?

- Communicator
- Motivator
- Teacher
- Leader

- Does not need to be a baseball expert.



Resources



A screenshot of the Irondequoit Little League website's 'Resources & Education' page. The page has a dark blue header with the league logo on the left, the name 'IRONDEQUOIT LITTLE LEAGUE' in white, and 'LOGOUT' and 'MY ACCOUNT' buttons on the right. Below the header is a navigation menu with 'HOME', 'ABOUT US', 'RESOURCES & EDUCATION' (highlighted), 'REGISTRATION INFO', 'TEAM CENTRAL', and 'SPONSORSHIP INFO'. Underneath is a section for the 'OFFICIAL LEAGUE STORE'. A dark blue bar contains a '+ PAGE EDITOR' button and three sub-buttons: 'Website Manager', 'Page Settings', and 'X Delete Page'. The main content area features a blue banner with the text: 'This is your resource for tools to help you make the most of your season!' followed by 'If you have a child that plays in our league, and want to help us grow our community, please consider coaching. Email Irondequoitlittleleague@gmail.com and tell us you'd like to coach!'. Below this is a 'GENERAL INFO' section with a list of links: Player Code of Conduct, Parent Code of Conduct, How to choose a baseball bat, Little League bat selection rules, Irondequoit Little League Field Maps, Pitch Count Rules, Little League Rulebook App, Fall Baseball Rules Matrix, League Safety Plan, Athlete Abuse Prevention, and Irondequoit Every Day Coaching Drills. The final section is 'TEE BALL' with links for Spring Tee Ball Rules and Tee Ball Practice Planning Curriculum. Each content block has a dashed border and a small edit/delete icon in the top right corner.

Key Dates & To Do's



- Equipment Pickup: Softball March 25th & 27th Baseball April 3rd & 4th
- Practice Starts April 6th
- AED / CPR Training: TBD Weeknight Mid April (St Paul Blvd Fire Dept)
- Opening Day: May 2nd
 - Parade starts at 9AM
- Picture Day: May 16th
- Red Wings Game: Sat June 13th
- Last Games & End of Season Party: June 20th

- LL Abuse Awareness Training – All League Volunteers need to complete this online training.
- Complete Background Check Questionnaire (5 mins)

Equipment Pickup



Pick-up will take place at the U-Haul storage garages (located at 1945 East Ridge Road, 14622).
<https://maps.app.goo.gl/Q9Zo42w8DjGvx3vt8>

Please go into the plaza and drive to the storage garages in the back. To open the gate, enter the following access code: *65460#. Once inside, head to the left-most row - our sheds are located about 2/3 of the way down. You will see my vehicle and the open equipment storage garages.

BASEBALL

- Friday, April 3rd from 5:00 - 7:00 PM

- Saturday, April 4th from 9:30 - 11:30 AM

-If neither time works for you, please reach out to schedule a different pick-up.

-Please sign up for a time slot so I know when to expect you: [Baseball Equipment Pickup Signup](#)

Brett Vache - Irondequoit Little League Equipment Manager (BB)

Phone: 585-944-7188

Email: Brettvache@gmail.com

SOFTBALL

-Tomorrow Wed, March 25th from 5:00 - 7:00 PM

-Friday, March 27th from 6:00 - 7:00 PM

- Nick Gilboe- Irondequoit Little League Equipment Manager (SB)

Phone: 585-733-1719

Email: nicholas.gilboe@gmail.com

To Do's - Trainings



- AED / CPR Training – We need to have one trained person at each league event (practice/game). We are offering another free training to get your AHA CPR/AED Card which is good for 2 years. Our goal is to have 1 person who will be at most of your team events (can be head coach / assistant coach / team parent as long as they are largely present). Some people already have this from last year or external to the league. Please check with your team and have someone sign up for this training if you do not already have someone who is certified. Invite/Signup to go out to all league volunteers in the next day or so.
- LL Abuse Awareness Training – All League Volunteers need to complete this online training. Head Coaches please ask any of the assistant coaches/volunteers who are actually going to help to complete this also. [LL Abuse Awareness Training](#)
- Complete Background Check Questionnaire (5 mins) – this will be emailed to you from JDP

Communicating with Coaches



- 3-4 coaches recommended
 - ASK FOR HELP! – All registered volunteers are assigned with roster
 - Background checks are a must
- Set up practice plans and share with the coaches
 - Remember: keep it short, especially for the younger levels
 - 3-4 stations
 - Keep the kids moving!
- Rules By Division will be posted on “Coaching Resources”

Communicating with Parents



- Email Early!
- Designate a team parent
 - Someone may have already volunteered - it is a position
 - Distribute team pictures
 - Organize and collect raffle tickets
 - Organize snack rotations, fun stuff...

Communicating with Parents

- Email Early!
- Designate a team parent



Team Parent Responsibilities

- Attend Team Parent informational meeting March 26th 6pm, Irondequoit Library room 113
- Assist Coach where needed for practice and games
 - ✓ To the best of your ability attend all practices and games
- Act as liaison between Coach and parents on the team
 - ✓ Assisting coach with team communications regarding league events, game and practice locations/times
 - Season events – Opening day , Raffle, Picture Day, 4th of July parade, Rochester Red Wings night
 - Recommend reaching out to families on the team with your contact information
 - Assist with volunteer coordination with team families as needed
- Organize post game snacks with team families
- Act as “Bench” parent during games, assisting with batting order, equipment and keeping players behaviors in line
- *Optional – assist with end of year team party and coach’s gift, create team roster with player information*

Communicating with Parents



- What equipment needs to be purchased?
 - Glove
 - Cleats
 - Pants
 - Cup
 - Socks (Baseball)
 - Facemask (Softball)

Communicating with Parents



- What equipment needs to be purchased?
 - Glove
 - Cleats
 - Pants
 - Cup
 - Socks (Baseball)
 - Facemask (Softball)
- What the league will supply
 - Catcher's gear
 - Helmets
 - Bats (USA Baseball) (Coaching Resources)
 - First Aid
 - Tees
 - If anything is missing or you have an additional need reach out to your commissioner
- Jerseys and Hats (BB)/Socks (SB) will arrive less than a week before opening day
 - Pickup windows/ Locations will be provided
 - We will not know the color
 - You will be provided a print out of the size that each parent requested.

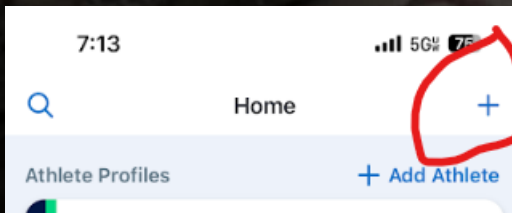
Communicating with Parents



- Use the first practice as a “meet ‘n’ greet”
 - Figure out team parent here if you don’t have one and report this back to your commissioner
- GET THEM ALL ON GAMECHANGER
 - Teach them to look there for all scheduling and communications



Using GameChanger

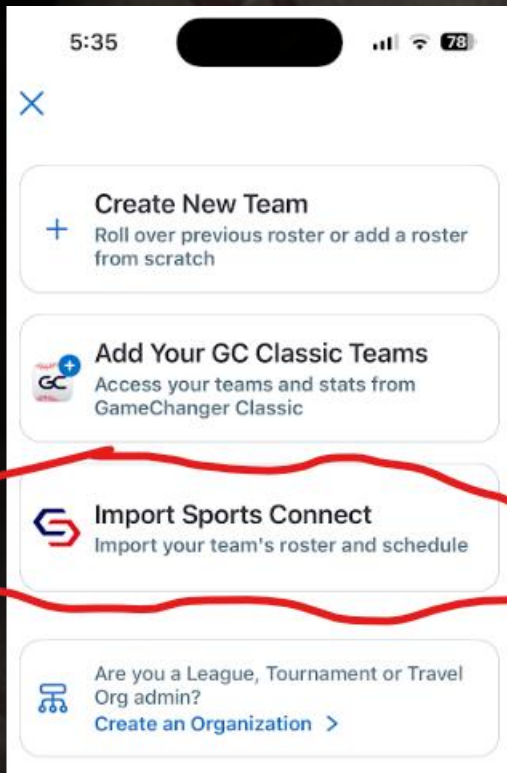


Teams can be imported directly from Sports Connect

Easy Messaging right on your phone, quickest & easiest form of communication.

Many other features for scoring, tracking stats, etc...

Can even send emails to entire team from here if some parents are not using game changer. Will save you the time of creating a team mailing list or using the email feature from sports connect which can be a little cumbersome to use.



Communicating with Players



Communicating with Players



- Remember, these are kids



- The goal is to get each child up to speed with the respective rules/skills so that we can add on to those skills at the next level.

Practice plans



- Coach Kuhn's "Every Day Drills" packet (Under Resources & Education on our website).
- Mojo App/Youtube
- Youtube!!!
- Prospeed, Antonelli, Little League University etc...
- Your division commissioner can help with planning & age appropriate drills

KEEP IT SHORT, KEEP IT ENGAGING, MAKE IT COMPETITIVE, USE STATIONS, LEAVE TIME FOR A Fun competition/game at the end to end on a high note!

Limited Field Space

We use fields from the town, CTK Church, EISD, & WISD. Please be respectful of the properties and adhere to any applicable rules & ensure your players / parents also follow.

Vineyard parking Lot is only allowed to be used for the TeeBall events at vineyard field. NO PARKING FOR CTK GAMES & PRACTICES!



Practice Fields

Christ the King Church



Communicating with Umps



Umps - Please be respectful



- Only one person (team manager) should communicate with the umps at all times
- Always meet with the ump and other coach prior to first pitch to review rules
- The Managers are responsible for managing coaches and parents
 - Please remind the players and their spectators to be respectful
- Must Try to avoid collisions
 - Player must attempt to avoid a tag, but does not need to slide
 - NO COLLISIONS

Weather



- DO NOT PRACTICE:
 - If the field is soaked
 - Remove water & add conditioner
 - Hold practice in the grass if needed
 - IF THERE IS THUNDER
- If you use a wet field, PLEASE RAKE & maintain
 - If fields are being damaged and are not repaired, we will be forced to cancel when weather is questionable

CTK Should be raked at end of each day after last practice – we are responsible for all maintenance on those fields.

Field Maintenance



- We are responsible for maintaining the fields at CTK
 - Weeds historically have been a problem, 2024 & 2025 capital projects have been major improvements, but daily raking helps to maintain our investment.
- We often need to perform maintenance on town-owned fields
 - New Agreement in place with the town – 2026-2027 capital project in planning
 - Rudman Rd, Town Hall Fields

THIS ALL REQUIRES MANPOWER AND WE WOULD LOVE MORE VOLUNTEERS! please contact irondequoitlittleleague@gmail.com

Field Maintenance - Expectations



- Before and ESPECIALLY after practice/games please rake
 - Each shed has at least one landscaping rake and one bow rake
 - At least clean up around the plate and bases, heavy cleat marks
- Before a game:
 - Home team is responsible for field prep, but everyone pitch in
 - Striping should be done if there is time
 - Try to fix the batter's box with clay bricks
 - Quick Dry

Field Maintenance - Videos



- Turface Quick Dry
 - <https://youtu.be/OoLiBXriFJY>
- Batter's Box Repair
 - <https://youtu.be/vfJxFwtsk6s>
 - Do not worry about the plastic bag or hoe unless you're really into it.
- Dragging and raking
 - <https://youtu.be/MoO86YQGQfw>
 - Not an expectation!!
- All of the necessary equipment is in the sheds
- Ask your commissioner if questions

Division Improvements



- New SoftBall TeeBall Division
- BB TeeBall – 8 Players per team
- Rookies - Brought Back AA & A breakout for better transition from Teeball