

# Palisades Athletics 2011 Parent Handbook

## **Philosophy**

Palisades Athletics is a safe, family-orientated organization. The purpose of Palisades Athletics is to teach boys and girls good sportsmanship, honesty, courage, and perseverance. This is achieved by teaching them not only the necessary skills to play baseball, but also providing positive role models in our coaches and board members. It is our goal to teach the athletic skills of the game where winning is secondary!

## **5 and 6 Year Old T-Ball League**

The T-Ball League provides girls and boys an introduction to baseball and an early opportunity for them to learn the basics of the sport: throwing, catching, fielding, batting, base running, and some decision-making skills. Fun is one of the most important activities during this learning process. Practices will be once a week and games are played on Thursday nights. Parent involvement is especially important at this level. Head coaches need as many assistant coaches as possible to help manage the players to have a productive year. How much a child develops at this age will greatly depend on how involved the parent is and how much reinforcement happens at home. Questions can be directed to the Instructional Director: Peter Wolfgram at 734-6238.

## **7 and 8 Year Old Instructional League**

The Instructional League teaches boys and girls more about baseball theory and helps refine fundamental baseball skills. This is a coach-pitch league which helps ensure the players will be ready to compete in the 9 and 10 year old player-pitch league. Practices will be once a week and games are played on Tuesday nights. Questions may be directed to the Instructional Director: Peter Wolfgram at 734-6238.

## **Boys Baseball League**

The Boys 9/10 and 11/12 Leagues continue to build on the fundamentals taught in instructional baseball. The main objectives include safety, basic skill development, and the advanced understanding of baseball strategy, i.e. rules, decision making, pitching, and catching. The main emphasis continues to be having fun, but this league is considered a competitive league, especially at the 11/12 age group. Palisades Athletics competes against Menasha Youth Sports and Suburban throughout the season. Practices are two or three times per week. Games are played on Mondays and Wednesdays at various parks in the immediate area; times for the games vary. Players in the Boy's League receive a full uniform. They may keep their hat and shirt at the end of the season. Rules have been modified from standard Little League rules to ensure all players have a fair opportunity to bat and field. Questions may be directed to the Boys Director: Josh Berman at 734-4854.

### **Girls Softball League**

The Girls Softball Leagues continue to build on the fundamentals taught in instructional baseball. Girls in grades 3 thru 8 play softball. The main objectives include safety, basic skill development, and the advanced understanding of softball strategy, i.e. rules, decision making, pitching, and catching. The main emphasis continues to be having fun, but this league is considered a competitive league. Palisades Athletics competes in the Fox Valley Junior Classic League. Practices are two or three times per week. Players in the Girls League receive a full uniform. They may keep their hat and shirt at the end of the season. Questions may be directed to the Girls Director: Paula LaSage at 993-9347.

### **Fox Valley Junior Classic League (FVJrCL) (Girls**

FVJrCL is a girls' fast-pitch softball league which plays one double header game a week. No standings are kept. This league gives teams opportunity to play two games each night to gain game experience and conditions for all their players, without the tournament game atmosphere or must-win environment. The season is approximately 8 weeks long, with one week serving as a bye during July 4.

#### ***What time are games played?***

The double header games normally start at 5 pm to ensure enough time to get two games in by dark. Teams which have diamonds with lights can start later.

#### ***What day of the week are games played?***

Day of the week is determined by when the home team can get use of their diamond.

#### ***Where are games played?***

Games are played at the home team's diamond location. Sometimes it's at a high school field otherwise a city field.

### **Picture Day**

**Picture Day(s) are May 31 & June 1.** A schedule for your team is in the parent packet. Each individual player with an order blank will have his or her picture taken, along with a full team picture including the coaches. Each coach will receive a free 5 x 7 team photo, as well as a free coach/child picture. Picture Pros handles the photography. 15% of the photo sales are returned to the league.

### **End of Season Event**

**On August 14, 2011, Palisades Athletics will attend a Timber Rattler Game at Fox Cities Stadium.** The game is at 1:05 pm against the Quad Cities River Bandits. Each player will receive a free picnic meal at the game, as well as a trophy which will be awarded to him or her at one of the last home games. Game and picnic tickets for parents and children not playing in the league will be available for purchase. Coaches and board members will receive reduced price tickets. Registration information will be distributed by team parents. The form is due to your team parent by mid July (the exact date will be specified on the form).

4/21/2011

### **Palisades Athletics Web Page**

Important information, such as the registration forms, medical waiver forms, Parent Handbook, team schedules, and list of board members are located on our website:

<http://www.focol.org/PalisadesAthletics> or find us on Facebook.

### **Sponsors**

The league has a very inexpensive entry fee and the board is committed to maintaining the league's strong focus on quality instruction and to providing opportunities for families with lesser means to participate in an affordable, character-building youth baseball/softball co-ed program. Without the sponsorship fees, the board simply could not achieve its mission.

### **Rain Days**

Weather decisions will be made by the home field coach at the beginning or during the baseball game. A weather decision must be made 30 minutes prior to the scheduled start time to allow the visiting coach and all parents to be notified in a timely manner. A team failing to show for the game when it has not been cancelled will forfeit the game. All games cancelled due to in-climate weather will be rescheduled between the two coaches.

### **Fundraisers**

The primary fundraiser for Palisades Athletics is a raffle. Many local businesses donate prizes for the raffle. Without the support of these businesses, it would not be a success. Tickets were purchased at registration in February to provide the league with needed cash flow. **The prize drawing is Tuesday, June 14.** The prize list will be posted at the concession board for the remainder of the season. Please drop off raffle ticket stubs in the concession stand. **We will not be held liable for tickets not turned in by June 13.** If you wish to purchase more tickets please contact the raffle coordinator: Jeff Zaves at 716-3709.

### **Clean-up Day**

**Saturday, April 30 is the scheduled clean-up day. Saturday, May 7 is the rain date.** This is the only time during the season parents are asked to assist by preparing the fields for the upcoming season. Full parent participation is needed to complete the pre-season maintenance on the fields so that the children have a safe and fun year. With maximum participation the work will be completed quickly. Clean-up day activities: painting, sweeping dugouts, and raking.

### **Concessions**

All parents are required to work in the concession stand at least once during the season. Concession sales are another critical piece of league funding. Revenue from the concession stand pays for the umpires and for field maintenance. Without volunteers to work the concession stand, registration fees must increase. Please volunteer to keep league costs down.

### **Tournament Team**

Based on overall interest from the players teams will be formed at the beginning of the season.

4/21/2011

**Disciplinary Action/Appeals Process**

When players are misbehaving it is a distraction for everyone. A certain degree of order must be maintained for all to have fun and learn baseball/softball. Coaches are primarily responsible for the discipline on their teams. Coaches will work directly with parents if a discipline issue occurs during the season. If a parent is not satisfied with the corrective action taken by the coach, the parent may appeal to the appropriate League (Instructional, Girls or Boys) Director. If the parent is still not satisfied with the Director's response, the parent may appeal to the board. Appeals to the board will be reviewed with the utmost care. Appeals will be heard by the Board and discussed in a closed session. The involved parties will be contacted when the board has reached a final decision.

# Parents Code of Conduct

1. I will be the primary role model for my child in demonstrating good sportsmanship.
2. I will encourage my child to play as a team, not as an individual.
3. I will not criticize the umpires.
4. I will not criticize the coaches or be a “grand stand manager.”
5. I will remember everyone deserves to play equal time.
6. I will be part of the solution and not the problem.
7. I will make every effort to fulfill my obligations as a volunteer.
8. If I have a problem with a coach, another parent, or a board member, I will talk to that person first to get resolution.
9. I will remember all coaches and league official are volunteers; they are not perfect and will make mistakes.

# COACHS CODE of ETHICS

1. I will treat each player, parent, opposing coach, umpire, or guest with respect and dignity.
2. I will do my best to learn the fundamental skills, teaching/ evaluation techniques, and strategies of baseball.
3. I will become thoroughly familiar with the rules of Little League Baseball and internal league rules and will apply them during practices and games.
4. I will uphold the authority of the umpires who are assigned to the games in which I coach and I will assist them in every way to conduct fair and impartial games.
5. I will learn the strengths and weaknesses of the players so that I might place them in situations where they have the maximum opportunity to achieve success.
6. I will conduct my practices and games so that all players have the opportunity to improve their skill level through active participation.
7. I will communicate to my players, their parents, and assistant coaches the rights and responsibilities of individuals on our team. (This should be done at the parent meeting or at the first practice.)
8. I will cooperate with the league board of directors to enforce rules and regulations; I will report any irregularities that violate sound competitive practices.
9. I will protect the health and safety of my players by insisting all activities under my control are conducted with the children's physical and mental well-being in mind, rather than for the interests of others.
10. I will maintain control and accountability for all assigned equipment and return the equipment in good repair at the end of the season.

Failure to follow the above-mentioned Code of Ethics will be subject for review by the Board of Directors. If the Board of Directors must review a situation, a coach may be suspended for one or more games, including practices. A second offense could result in suspension for the remainder of the season. Coaches under review will be given an opportunity to provide their account prior to any decision being made final.