



Coach's Notes

Wollaston T-Ball League

www.WollastonT-Ball.org

Safety – *Our Main Concern*

We want to minimize the chance of anyone getting hurt. We have 15 kids on a team and we need your help in watching all of them at all times. T-ball is a physical activity and as with any physical activity there is always a chance of getting hurt. The more eyes we have looking after the kids the better off we all will be.

Be aware of your child's safety.

BATTING - This is a main concern. We don't want anyone to be hit by a bat (thrown or swung).

- Watch your child when he/she has a bat in their hands.
- Watch your child if they are wandering near another child who has a bat in their hands
- Watch any siblings that you bring to the game if they wander near someone with a bat

We will not tolerate any horseplay with bats.

BALLS – The T-ball is made of a foam/sponge material. It is made for children but it still can hurt a child – especially if a child “catches” a ball in the face or nose. The ball is going to be batted and thrown. The better your child can catch the less likely they are of having a ball hit them.

- Play catch with your child – if they are afraid of the t-ball start by playing catch with a beach ball or another soft large ball. This helps the child with their coordination
- Practice having them keep “their eye on the ball” – if they can watch the ball they are less likely to get hit by it

RUNNING – We are going to have a lot of kids running around the field. When you have a “herd” of children running around there are going to be a few bumps scraps and cuts.

- Pants and sweat pants might help prevents skinned knees more so than shorts

<p>Supervision <i>Your Child must be supervised by you</i></p>	<p>This is a supervised league you are required to be with your child at all times. Your child cannot be left unattended.</p> <ul style="list-style-type: none"> ▪ <i>A parent or guardian must be with your child at all times.</i> Don't drop off your child and then come back later to pick them up. We are coaches; we can't and shouldn't baby-sit your child ▪ <i>Feel free to help us coach any time</i> - lets us know what you would like to do before the game ▪ <i>If you have any concerns please let us know</i> 										
<p>Fun <i>We are all here to have fun</i></p>	<p>We are here to introduce PLAYING the game of baseball to the children. We want to do this as safely as we can and have the most fun as we can.</p> <ul style="list-style-type: none"> ▪ Everyone wins at T-ball; no one loses. Every game is a "good tie" ▪ There are really no "outs" - everyone runs the bases ▪ Everyone bats every inning and everyone plays the field ▪ The season is 7 games, 2 innings per game ▪ <i>Bring a drink and a snack for your child</i> - the games last about an hour - if your child is hungry or thirsty they are not going to have a good time 										
<p>Schedule</p> <p>4 ½ & 5 yr olds play at 8:50 -10:00 or 10:15 -11:20 6 & 7 yr olds play at 10:15 -11:20 or 11:30 - 12:45</p>	<p>Please arrive <u>promptly</u> so that we can practice and get the game started on time.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">4/30- Games</td> <td style="width: 50%;">6/3- Games</td> </tr> <tr> <td>5/7- Games</td> <td>6/10 - Games & Flag Day Parade at night</td> </tr> <tr> <td>5/14 - Games& Photos</td> <td>6/17 - Games & Pizza/Awards</td> </tr> <tr> <td>5/21 - Games</td> <td>6/24- Make Up if Needed</td> </tr> <tr> <td>5/28 - No Games</td> <td></td> </tr> </table>	4/30- Games	6/3- Games	5/7- Games	6/10 - Games & Flag Day Parade at night	5/14 - Games& Photos	6/17 - Games & Pizza/Awards	5/21 - Games	6/24- Make Up if Needed	5/28 - No Games	
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Help for Coaches

Supervision	<p>Parents or guardians are required to be with their children</p> <ul style="list-style-type: none"> ▪ Children are not to be left unattended ▪ There are not any separate practices ▪ You should not be alone with a child
Safety	<p>We want to prevent anyone for getting hurt.</p> <ul style="list-style-type: none"> ▪ Bats - limit the number of bats that are out only allow one child to swing a bat at one time. ▪ Make sure the children are keeping an eye on the ball. Have them watch the batter. ▪ <u>Keep the children back a safe distance when playing the field - 45'</u>. Have them on at least on the lip of the infield. The children have a tendency to get closer and closer. They get excited to get the ball. You don't want them to close to the batter. ▪ The Bases should be 45' from the Tee ▪ Before placing the ball on the Tee make sure the fielders are at a safe distance from the batter. ▪ Check with the other coaches before placing the ball on the Tee. ▪ Keep your eyes out for the good hitters, make sure everyone is at a safe distance. ▪ There will be a First Aid Kit in each equipment bag
Basic Drills	<ul style="list-style-type: none"> ▪ Have them run the bases, touching all of the bases and naming them ▪ Having their glove up means they are ready. When playing catch only have them throw to someone who has their glove up and is ready ▪ Have the team from two lines and play catch - gloves up. ▪ Have them line up and practice picking up a grounder and throwing to first - have a coach cover first ▪ Take a practice swing before placing the ball on the Tee. ▪ Set the Tee at their belt level <p>Ask them what are they going to do when they hit the ball or if the ball comes to them</p>

Help Hints	<ul style="list-style-type: none"> ▪ Use Name Tags - Stick them on the players shirts ▪ Write the players name in their hat ▪ If a child shows up at the wrong time just fit them into a team that is playing
Equipment	<ul style="list-style-type: none"> ▪ There are 3 bags of equipment they will be brought to the field before the 9 o'clock game ▪ 9:00 Games leave the bases out but place the bats, helmets and balls back in the bag. Leave the equipment bag at the field - the next set of games will use the equipment - except for Field 3 (the middle field) please pick up all equipment and bring to the back stop ▪ 10:15 Games Games leave the bases out but place the bats, helmets and balls back in the bag. Leave the equipment bag at the field - the next set of games will use the equipment ▪ 11:30 Game -please place all of the equipment in the bags and bring to the back stop
Handouts	<p>It is helpful if the coaches can assist with distributing information to the parents. Information will also be available on-line</p> <ul style="list-style-type: none"> ▪ Orientation - Hand out Schedules and Waivers - exchange a signed waiver for a hat and shirt. Line the children up shortest to tallest to distribute the shirts(smaller children get the smaller size) . There are 15 uniforms per team ▪ First Game - Photo order forms - photo will be taken following the second game ▪ 5/22 - Parade Flyer ▪ 6/19 - Award certificates
Cancellations	<p>Will post on the Website- if you can notify the parents as well that would be helpful.</p>