

**2009 SPRING SEASON
PLAYER & PARENT HANDBOOK**



DIAMONDS
fast pitch softball

WEST BOCA RATON SOFTBALL ASSOCIATION, INC

MARCH 2009

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

League Parents:

Hello and welcome to the Spring 2009 Recreational Fastpitch softball season. This is our twelfth season of fastpitch softball in West Boca. Last year was a great success and I anticipate that this year will be even better.

This Handbook explains to you, the parents of the players in our League, what is expected of you as well as your daughters and provides you with some information about the League. Included in this Handbook is a map of the fields and important information related to the League. We also have attached the ***Players and Parents Code of Conduct and Discipline Policy*** that every player and parent in the League must sign before being eligible to participate in the Spring 2009 Recreational season.

Let us remember that the game is for the girls. Let them learn, play, and enjoy the practices and games. Let the umpires call the games and the coaches and managers work with the girls. If you see something you don't like, please talk with the coach or a Board member. Remember that all of us are volunteers and are trying to do our best to make sure your daughter learns the sport and has fun doing so. As volunteers, we enjoy working together to make the League a place where your daughters can pursue their interest in Fastpitch softball. However, we do all have full-time jobs and families too. We will do our best to address your concerns in a timely manner.

As we continue to grow in the number of players in the League, the need for assistance grows as well. If you are interested in helping us out, please visit our website at: www.westbocadiamonds.com. At this site, you will find a wealth of information including season schedules, photographs, Board member e-mail addresses, and helpful links to our sponsors and other resources. Check it out; I think you will find it useful.

Furthermore, on the following page, you will find details about our **eAlerts®** notification system. This is a very easy way to stay up-to-date on field conditions and last-minute changes to schedules. Please sign up for **eAlerts®** to make sure you have the latest information on League activities.

Again, this season we will have our concession stand open during games and possibly during our practices. We will need your help running the stand, and all teams will be expected to provide at least one parent to work during their daughter's game. Team parents who volunteer to work the concession stand will still be able to watch their daughters play as we will have your team playing on the two fields that are visible from the concession stand. The proceeds from the concession stand allow us to keep registration fees down and to continue to improve our facilities. When your team manager asks for volunteers for the concession stand, please step forward and help us out. THANKS!

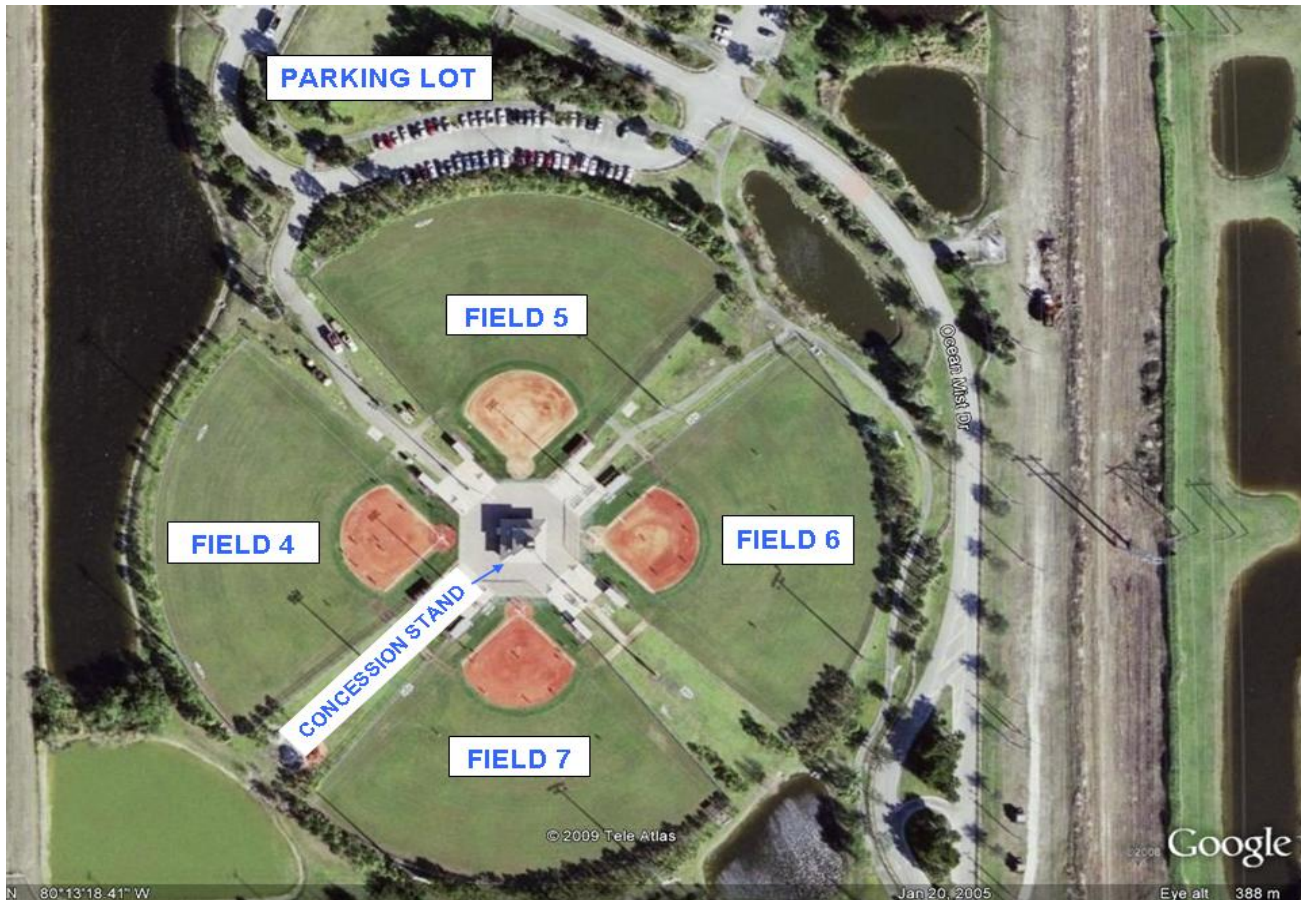
I appreciate your interest and participation in the West Boca Diamonds Fastpitch Softball League. I'm looking forward to our most successful season ever.

Blair Novy, League President

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

WEST BOCA RATON SOFTBALL ASSOCIATION SOFTBALL FIELDS AT SOUTH COUNTY REGIONAL PARK



WBRSA Enlists *eAlerts®* for Up-to-the-Minute Field Status Information and League News

WBRSA announces that it has registered with *eAlerts®* for real-time notification of field status, recreation and travel team updates, and League news. Simply go to the web site at <http://westbocadiamonds.ealert.com>, and register your telephone number (text messages); email; PDA or other two way communication unit and receive notifications & updates as they are posted. WBRSA will post an "alert" if, for example, the fields are closed because of rain, and *eAlerts®* will send a text message, or email to all those registered at the West Boca Diamonds link. **Please sign up for League News and the other categories of interest to you.** This will save countless telephone calls to individuals by the WBRSA Board of Directors and Coaches. Please note that the system is limited to two (2) e-mail addresses and one (1) cell number per subscriber. If necessary, log in a second time and add other contact information.

The service is free to subscribers so please help us to make communication smooth and efficient. Sign up now and be a part of this important notification system!

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

IMPORTANT GAME & PRACTICE INFORMATION

- **Players should be at the field at least 15 minutes before a practice and at least 30 minutes before a game.** We want to make sure that the players have sufficient time to warm up before a practice or game and that the coach has enough time to make a line-up before the game starts.
- Every **on-field** coach and assistant must have a background check performed each calendar year before being allowed on the field. The Volunteer Form is included in this Handbook and is available on the League's website at www.westbocadiamonds.com.
- If your daughter is **not able to make a practice or game**, **please let her coach know as soon as possible.** You will receive contact information for your daughter's coaches during the first week of the season.
- Remember that we are playing in South Florida and while it might feel comfortable at the house, the conditions at the field may be hotter or colder than expected. Please have your player dress accordingly.
- Games and practices will continue in the rain at the discretion of the coaches and umpires. Play is halted if lightening is in the area or if the field becomes unplayable.
- **Sunscreen is important and should be applied before coming to the park. Make sure your player has plenty of water or sports drinks (available at the concession stand) for practice and games. These items are as important as their bat, glove, and helmet.**
- All batters will wear a protective helmet with face cage. WBRSA also suggests that all players wear shin guards. All pitchers in the younger (10U and younger) divisions **MUST** wear a protective face mask while pitching and older divisions are strongly encouraged to protect their pitchers as well.
- Home team is responsible for lining the fields.
- **Every team** will provide volunteers to work the concession stand. Concession stand volunteers will be able to see the field their daughter is playing on, so you can help with the stand and still support your daughter.
- Head coaches are responsible for the conduct of his/her players. Subject to the umpire's discretion, parents exhibiting unsportsmanlike conduct may be asked to leave the playing area. Failure to control parents' behavior may result in ejection of the head coach.
- No alcohol or dogs (other than service animals) are permitted at the fields in compliance with Palm Beach County regulations.
- Your daughter's coach will talk with you and your player about the equipment needed for the season. Talk with the parents from the older divisions, other coaches, or a Board member if you have any questions regarding equipment.
- Cleats are highly recommended for all players. Soccer cleats are acceptable for softball (although the reverse is not generally true due to the softball shoe's extra from cleat).



West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

- **Choosing the Right Helmet** – A helmet is an important part of every player's equipment and should fit snugly on the head. There are several styles available in the local sporting goods stores that allow long hair to be pulled through the back. Cushion, snug fit, comfortable cushioning, and secure face protector (cage) is important. All batting helmets must bear the official NOCSAE stamp to assure that it complies with the latest safety standards.

- **Choosing the Right Bat** – A great bat will not turn a poor hitter into a great hitter. If the player's hitting mechanics are all wrong, no bat will help. When choosing a bat, a number of factors must be taken into account. These are the size/strength of the player, the level of skill, the type of bat (material), the bat weight, bat length, and barrel size.



According to CoachSoftball.com, for young players, especially new inexperienced, we advise that the lighter the bat the better. Players need to be able to generate enough bat speed to effectively hit the ball. So it's that much more important that a young, less-experienced player have a light enough bat to swing with enough bat speed to hit the ball.

- **Choosing the Right Glove** – The most important piece of equipment is the glove. A glove can have a big effect on a player's performance. According to CoachSoftball.com, the key to a glove is control. The player should be able to move the glove quickly to the ball, which requires a glove that's not too big and heavy for the player. Even more importantly, the player must be able to close the glove with her hand, so that the ball does not fall out. This requires a glove that is soft and "broken-in" enough so that the player can close the glove and 'squeeze' the ball. The new, pre-oiled gloves are usually excellent for Tee Ballers, as they are soft and require little or no break-in. As much as you want to buy the best for your daughter, avoid the expensive, stiff gloves for players under 10.
- **Breaking-in the Glove** - There are as many different methods to breaking-in a glove. The easiest and most effect method to break in a glove according to CoachSoftball.com is from Rawlings. Commercially available 'kits' can be purchased at most sporting goods stores. **Rawlings' "master glove designer" recommends:**

1. Press a small amount of shaving cream with lanoline on a clean, dry cloth and carefully work the cream around the outer shell, palm, and back. A light coating is all that is necessary. This will lubricate the leather fibers.
2. Allow the cream to dry thoroughly for 12 to 24 hours.
3. Wipe off the glove and play catch for 10 to 15 minutes, or 50 to 70 throws. This stretches and conforms the glove to your hand and speeds the break-in process
4. Position a ball in the pocket and tie the glove closed for a few days with a string or rubber band around the outer perimeter.
5. As the glove starts to break in, pour a small amount of glove oil on a clean, dry cloth, and carefully work the oil around the outer shell, palm, and back. A light coating is all that's needed.
6. Allow the glove to dry thoroughly for 24 hours so the oil has time to penetrate and condition the leather.
7. Store the glove in a cool, dry place with a ball in the pocket when not in use.
8. Laces will stretch with use. Keep laces taut but do not over tighten them. Check for replacement if necessary after each season.
9. Do not over oil your glove! Twice a season is sufficient!

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

Volunteer Application

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 _____ Date _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Business Phone _____

Date of Birth _____

Occupation _____ Social Security # _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations, etc.): _____

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

Do you have children in the program? Yes No

If yes, at what level? _____

Special Certification (i.e. CPR, Medical, etc.): _____

Do you have a valid driver's license: Yes No

Driver's License#: _____ State _____

Have you ever been convicted of or plead guilty to any crime(s): Yes No

If yes, describe each in full: _____

Have you ever been refused participation in any other youth programs? Yes No

If yes, explain: _____

In which of the following would you like to participate? (Check one or more.)

League Official Coach Umpire Field Maintenance

Manager Scorekeeper Concession Stand Other

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

Name _____ Phone _____

As a condition of volunteering, I give permission for the organization to conduct a background check on me, which may include a review of sex offender registries, 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 organization, 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, the organization 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 policies or principles.

Applicant Signature _____ Date _____

Applicant Name (please print or type) _____

Local League Use Only:

Background check complete by league officer _____ on _____

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

Sex Offender Registry Criminal History Records

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

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

Athletes and Parents Code of Conduct and Discipline Policy

ALL PLAYERS AND PARENTS ARE REQUIRED TO SIGN THIS CODE

West Boca Raton Softball Association requires all athletes and parents to demonstrate good moral conduct and ethical judgment which reflects favorably upon the West Boca Diamonds softball program. Athletes and parents are subject to the Regulations and Penalties as stated in this Code of Conduct and Discipline Policy, as well as federal, state, and local laws. In personal development, as well as athletic development, the athlete herself plays a critical role. She must understand and respect her relationship with, and her commitment to, the team, as a member of the team and of the program. The athlete must recognize that to achieve complete success, she should respect both the values and goals of West Boca Diamonds Girls Fastpitch Softball and strive to achieve those standards. It is the parents' responsibility to ensure that their behavior re-enforces these standards. The following Code of Conduct has been developed to aid the athlete, with the re-enforcement of the parent, in achieving a level of behavior, which will allow her to become a well-rounded, self-confident, and productive human being.

Athletes have a responsibility...

- to treat everyone fairly within the context of their activity, regardless of gender, place of origin, sexual orientation, religion, political belief or economic status.
- to display high personal standards and project a favorable image of their sport.
- to abstain from the possession or consumption of cigarettes or tobacco products.
- to abstain from drinking alcoholic beverages or from using performance enhancing or mind altering drugs.
- to refrain from the use of profane, insulting, harassing or other offensive language.
- to follow the training regimens, competitive programs, and team rules as mutually agreed upon by coaches and athletes.
- to regularly seek ways of increasing your athletic development and self-awareness.
- to uphold the sport's rules and spirit of the rules, and encourage others to do so.
- to treat opponents and officials with due respect both in victory and defeat, and to encourage other athletes to act accordingly.
- to be aware of the role sport plays in all athletes' lives and respect the pressures that may be placed on yourself and other athletes as you strive to balance physical, mental, emotional, and spiritual elements of your lives.

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

Athletes must...

- respect and obey the laws of federal, state, and local jurisdictions.
- report at all times individuals who may request sexual favors, who make lewd sexual advances, or who use threats of reprisal for rejections.
- act in a manner that ensures the safety of athletes, coaches, and officials in the game.
- respect other athletes' dignity; verbal or physical behaviors that constitute harassment or abuse are not acceptable.
- never use, or advocate or condone the use of, tobacco or tobacco products, drugs or other banned performance-enhancing substances.
- never conduct themselves in an unsportsmanlike manner, such as physically or verbally abusing an official, opposing coach, player, or spectator, or use profanity, vulgarity, taunts, ridicules, or obscene gestures.
- respect the property and rights of others.
- obey team rules and instructions from her coaches, within the guidelines of this code, and treat her coaches and teammates with respect.
- accept that they are role models for younger girls in the program who want to follow in their footsteps.
- realize that their actions, when representing the program either during games and tournaments effect the reputation of their coaches and the overall program.

Parents have a responsibility...

- to treat everyone fairly within the context of their activity, regardless of gender, place of origin, sexual orientation, religion, political belief or economic status.
- to display high personal standards and project a favorable image of the sport that their daughter is playing.
- to refrain from the use of profane, insulting, harassing or other offensive language.
- to support the training regimens, competitive programs, and team rules as agreed upon by coaches and athletes.
- to regularly seek ways of increasing your daughter's athletic development and self-awareness.
- to uphold the sport's rules and spirit of the rules, and encourage others to do so.
- to treat opponents and officials with due respect both in victory and defeat, and to encourage other parents and athletes to act accordingly.
- to be aware of the role sports play in your daughters athletic life and show consideration for the pressures that may be placed on her and other athletes as they strive to balance physical, mental, emotional, and spiritual elements of their lives.

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

- discuss any problems or concerns with their daughter's coach and, if no resolution is achieved, contact a member of the Board of Directors for assistance.

Parents must...

- respect and obey the laws of federal, state, and local jurisdictions.
- register with **eAlerts®** for up-to-date notification of field status at <http://westbocadiamonds.ealert.com>. Please sign up for **League News** and the other categories of interest to you.
- report at all times individuals who may request sexual favors, who make lewd sexual advances, or who use threats of reprisal for rejections upon an athlete.
- act in a manner that ensures the safety of athletes, coaches, and officials in the game.
- respect other parents' and athletes' dignity; verbal or physical behaviors that constitute harassment or abuse are not acceptable.
- never use, or advocate or condone the use of, drugs or other banned performance-enhancing substances.
- never conduct themselves in an unsportsmanlike manner, such as physically or verbally abusing an official, opposing coach, player, or spectator, or use profanity, vulgarity, taunts, ridicules, or obscene gestures.
- respect the property and rights of others.
- remain at the park during all practices and games, in case of accident or injury involving their daughter.
- obey team rules and instructions from team coaches, within the guidelines of this code, and treat all coaches and athletes with respect.
- accept that they are role models for their daughters.
- realize that their actions, when representing the program either during games and tournaments effect the reputation of the players, coaches and the overall program.

Consequences and Penalties

Failure to live up to the Code of Conduct, whether it be by the athlete or parent, may result in one of the following sanctions being imposed by the Team Manager and/or the Board of Directors upon the athlete:

- a) Suspension from the team - the suspension imposed may range anywhere from one game or practice to one or more games or weeks, depending upon the severity of the misconduct and the surrounding circumstances.
- b) Dismissal from the team for the remainder of the season.
- c) Permanent dismissal from the league.

West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

**COMPLETE THE CODE OF CONDUCT FORM
ON THE FOLLOWING PAGE AND RETURN
IT TO YOUR DAUGHTER'S COACH OR
MANAGER**

**PLAYERS WHO DO NOT SUBMIT THE
SIGNED CODE OF CONDUCT FORM WILL
NOT BE PERMITTED TO PLAY**



West Boca Diamonds Girls Fastpitch

West Boca Raton Softball Association, Inc.

ALL PLAYERS & PARENTS ARE REQUIRED TO SIGN THIS FORM.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in the Athletes and Parents Code of Conduct and Discipline Policy.

Name of Athlete: _____

Signature of Athlete: _____

Date: _____

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in the Athletes and Parents Code of Conduct and Discipline Policy. I will strive to show consideration for the pressures that may be placed on my daughter and other athletes as they strive to balance physical, mental, emotional, and spiritual elements of their lives.

Name of Parent(s): _____ / _____

Signature of Parent(s): _____ / _____

Date: _____

SIGN AND RETURN TO YOUR DAUGHTER'S COACH.

PLAYERS WHO DO NOT SUBMIT THIS SIGNED FORM WILL NOT BE PERMITTED TO PLAY.