

CVLL

Conestoga Valley Little League®

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Play Ball!

Rules, regulations and other important information for both parents and players

Team Rosters

Player and coach listings for every team, by age group

Field Locations

Directions to each of the regularly-used ball fields

Thank You

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Dear Players, Family, and Friends:

Welcome to our 22nd year as the Conestoga Valley Little League®. This is my family's ninth year with CVLL and my second year serving as President. I am pleased to have my own children part of an organization that emphasizes character, team-building, healthy competition, and good clean fun. As we begin a new season, I'm excited about more opportunities to meet new people and develop ball players.

Any organization is only as good as the people who run it and I am grateful for the many quality families who play a role in making our league successful. I want to thank all of our CVLL Board Members, Managers, Coaches, Umpires, Team Parents, Field Workers, Business Sponsors and Concession Stand Volunteers who make it all happen. Without everyone 'pitching' in to help, our league could not succeed. I want to express my sincerest appreciation to everyone who sacrifices a portion of their time to help. Please stay connected with your child's coach and our website to learn how you can be of assistance with the needs of CVLL.

I encourage you to observe the sponsors listed in the program booklet. Please refer to these businesses as you are able for your own personal or business use. Their donations help provide your son/daughter with the uniforms, equipment, and fields needed to play the joy of baseball.

I trust this will be another fun and competitive season of Little League® in Conestoga Valley. I hope you are looking forward to the upcoming baseball season as much as I am!

PLAY BALL!

Sincerely,

Tucker York, President
Conestoga Valley Little League®
http://www.eteamz.com/conestogavalley
Find us on Facebook









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2013 CVLL Board

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Conestoga Valley Little League PO Box 38 Brownstown PA 17508

http://www.eteamz.com/conestogavalley

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What Parents in Little League® Should Know

Little League

District 23

A Meaningful Program

The Little League® Movement, formed in 1939 in Williamsport, Pennsylvania, has grown to become the world's largest youth sports program to be voted Federal incorporation by the Congress of the United States, yet retains its independent identity through the sole sponsorship of the Little League® Foundation.

The values of Little League® Baseball are many, with the balanced development of the child as the ultimate goal. Through Little League®, youngsters develop and appreciate the need for teamwork, sportsmanship, and unselfish cooperation disciplines to be treasured a lifetime.

Physical development of the child through Little League® Baseball is a prime concern, under the safest and most time-tested rules ever adopted by a youth sports program.

The parent in Little League® is obligated to learn and understand the basics of local league operation. The local Little League® is strictly a volunteer effort. Concerned adults dedicate their time, service, and often their personal funds to maintain an exemplary program wherein children may develop into young adults.

No parent should turn their child over to a local Little League® without feeling a sense of responsibility and participation. An obligation of involvement must be recognized and fulfilled. Become involved. Be counted as a parent who wants to take an active part in the enrichment of their child's life. As a volunteer program, Little League® Baseball cannot survive without your help.

Organization

Each Little League® is chartered directly by Little League® Baseball, Inc., in Williamsport. The charter to operate a Little League® program is issued once each year under authorization of the U.S. Congress. Little League® Baseball is governed by a Board of Directors elected each year.

Safety is the Most Important Consideration

Little League® Baseball has the best record of safety and protection of any youth athletic program in the world. Such refinements in safety practices result from continuing studies, application of rigid standards in equipment and the adoption of rules and regulations which limit physical exertion during this crucial phase in the child's development.

Parents may be assured their children utilize the best and safest equipment available, as required by Little League® Regulations. Administrative training through Little League® Baseball has created an atmosphere of concern and safetyconsciousness unequaled by other programs.

Player Accident Insurance - A Requirement

Action to require all leagues to carry player accident insurance was legislated by the Little League® Congress in 1957.

Player Accident Insurance may be secured locally or through Little League® Baseball, however, copies of all policies not purchased through Little League® must be filed at Headquarters to insure coverage meets the strict standards Little League® Baseball requires.

How the Policy Works

The Little League® Accident Insurance Policy is designed to afford protection to all participants at the most economical cost to the local league. It can be used

> to supplement insurance carried by a family policy or insurance provided by parents' employers under its terms up to as much as \$5,000.00. If there is no other coverage, Little League® insurance takes over and provides benefits for all covered injury treatment costs under its terms up to as much as \$3,500.00. If your child sustains a covered injury while taking part in Little League® Baseball or Softball, here's how the insurance works:

- File claim initially under insurance carried by the family.
- Should your family insurance plan not fully cover the injury treatment, the Little League® Policy will help pay the difference, after a \$50 deductible per claim, up to the maximum stated benefits. This includes any deductible or exclusions in your own insurance.
- If your child is not covered by family insurance, the Little League[®] Policy becomes primary and will provide benefits for all covered injury treatment costs, after a \$50 deductible, up to the maximum stated benefits.
- Treatment of dental injuries can extend beyond the normal 52 week period if dental work must be delayed due to physiological changes of a growing child. Benefits will be paid at time treatment is given, even though it may be some years later. Maximum dollar benefits is \$500 for eligible deferred dental treatment after the normal 52 week period subject to the \$50 per claim deductible.

BE A CONCERNED PARENT HELP YOUR LITTLE LEAGUE®

Little League® Baseball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, or religious preference.

For more information about Little League® visit the web site: http://www.littleleague.org

Little League® Ten **Commandments for Parents**

- 1. I shall not criticize the umpire unless ready to assume his duties.
- I shall not complain about anyone unless I have labored more hours on the Little League® Program than they
- I shall not be a "Grand-Stand" manager.
- I shall remember that only nine team members can play at anyone time.
- I shall set an example of sportsmanship for my child to
- I shall not be critical unless willing to put out the necessary effort to correct my criticism.
- I shall remember that all managers, officers and ladies are volunteer workers.
- I shall remember that all officers and other personnel must earn a living and cannot work on Little League® time.
- 9. I shall offer my services for work whenever possible.
- 10. I shall encourage my child to follow The Little League® Pledge.



Checklist for parents in youth sports — on and off the field:

- 1. I maintain a "Fun is No.1" attitude.
- I treat officials, coaches, my kids, their teammates, and their opponents with respect and avoid ridicule or sarcasm.
- 3. I praise my kids, their teammates, and opponents just for participating, regardless of their athletic skills.
- I remember to look for positives with my kids, their teammates, and their opponents.
- I remain calm when my kids or their teammates make a mistake and help them learn from their mistakes.
- I remind my kids and their teammates not to get down on themselves when things don't go well.
- I try not to take myself too seriously when it comes to my involvement in youth sports, reminding myself that there is life beyond youth sports.
- I remind myself and my kids to laugh and keep a sense of
- I emphasize teamwork in team sports with mykids, teaching them to think "we" instead of "me."
- 10. I teach my kids by giving them a good example of good sportsmanship: winning without gloating and losing without complaining.

Adapted from the Parent Checklist in Bumett's Youth Sports and Self Esteem: A Guide for Parents Masters Press (November 1993)

Policies for On-field Behavior

LL Rule 4.06: No manager, coach, or player shall at any time, whether from the bench or playing field or elsewhere: 1. incite, or try to incite, by word or sign, a demonstration by spectators; 2. use language which will in any manner refer to or reflect upon opposing players, managers, coaches, umpires, or spectators.

- a. It is Little League® policy that all managers are responsible for their players, coaches, and parents'
- All players shall be informed by the coaches of the rules and regulations.

LL Rule 9.01d: Each umpire has authority to disqualify any player, coach, manager, or substitute for objecting to decisions or for unsportsmanlike conduct or language and to eject such disqualified person from the playing field.

- a. It is the responsibility of the coaches to set a good example of sportsmanship.
- b. Offensive language, gestures, and temper tantrums will not be tolerated.

LL Rule 9.02a: Any umpire's decision which involves judgment, such as but not limited to, whether a batted ball is fair or foul, whether a pitch is a strike or ball, or whether a runner is safe or out, is final. No player, manager, coach, or substitute shall object to any such judgment decisions.

a. Judgment calls by the umpire cannot be guestioned. Questioning of calls based on the interpretation of the rules shall be done courteously and game protests must follow LL rules.

CVLL Rule: Any manager or coach that is ejected from a game by an umpire, for any reason, will automatically be suspended for the next scheduled game. Players and/or parents who are ejected from a game for poor sportsmanship shall be reported to the league president and may be suspended. Anyone who is ejected a second time shall be suspended until the incident has been reviewed by the president/league board. A second ejection may result in dismissal from the league.

For more information about Little League® visit the web site: http://www.littleleague.org

REMINDER

Baseball is a game and players should have fun while building self-esteem, being safe, developing skills, and learning the game of baseball. In order for this to happen, managers and coaches must be in control of their teams and help players learn self-discipline while treating players fairly and equally.

Frequently Asked Questions

What is your web site address?

http://www.eteamz.com/conestogavalley

What equipment is needed?

- Athletic Supporter: Required for all boys playing the catcher position; optional, but suggested for boys at other positions
- Sliding pants: These are worn under the uniform pants in Majors and as pants for the other levels and are recommended for all players involved in sliding and base stealing. Shorts are not permitted at practice or during games.
- Spikes: No metal cleats are permitted at practice or during games; they must be plastic.
- Glove: Glove should fit their hand and not be too big.

How many practices will my child's team have?

Your child's coach/level director determines practices. Typically, teams practice 2 times a week before the season begins, and once per week after games begin.

Will we need to travel for games?

Travel is only required in the district tournaments for Minor and Major levels.

How much playing time will my child have?

Little League® is an equal opportunity sport, but Little League® is also competitive, once you reach the Minor and Major levels. While Little League® tries to encourage play at all levels, each level is more competitive. The Little League® rule is that each player must play at least 6 consecutive outs and bat at least once per game, even if the game is over in 4 innings or the game is forfeited.

At the T-ball and Rookie levels, coaches try to have the players play various, if not all, positions including pitching at the Rookie level. Once in the Minors, some players will see more playing time than others based on a combination of ability, positive attitude, and attendance at games and practices. The coach will try to have as much playing time for each player based on player's ability and attitude.

What position will my child play?

For each level, the amount of playing time will vary, because each level gets more competitive. Coaches evaluate each player for ability and aptitude for various positions, but not all players can play all positions. Each coach tries to play the players at many positions based on the player's interest. Players typically play in several different positions during the season. Coaches also try to develop overall baseball skills in all players the entire season.

What are the fees?

Registration fees for 2013 are \$75 for T-ball and Rookies, while \$90 for Minor and Major levels. There is a family cap of \$150.

What are the fees used for?

The fees pay for Little League® insurance and league fees, lease fee for First Deaf Mennonite Church, maintenance of the fields including diamondtex, lime and services to keep the infield grass-free and outfield weed-free, and equipment such as uniforms, bats, helmets, baseballs, etc. and lights at the Flory Park location.

When is the season over?

The Major level regular season needs to be completed by June 15, Little League® rule, so that the advancing tournaments that lead to the Little League® World Series may begin. The other levels will end their seasons no later than Sunday, June 19, so the Minors level may begin their Little League® advancing tournament.

Parents of tournament players have a responsibility to their child and team to make sure that vacations and other summer activities do not interfere with tournament play. You and your child must be available for short-notice practices, be able to travel, and be flexible for weekday and weekend tournament schedule advancements in play.

Are playoff games played?

There are only playoffs for the Majors level. In the Majors, there are playoffs for all teams. Playoffs are low key in Little League®. No trophies are given out for the winners. This brings more good sportsmanship qualities to the game.

Why are All-Star games played?

There are Showcase games for the Rookie, Minors and Majors levels. Players are selected based not only on skill, but also on good sportsmanship and demonstration of respect toward coaches and other adult volunteers. The games will showcase each player on their teams so that all of the parents can watch the best players at each level.

The Showcase games are a reward each season for a wellrounded player. The Showcase games are played in mid-June after the regular season is over.

Is there Fall Ball in CVLL?

Yes, we have registrations in June-July with practices starting in mid-August. Games are usually twice a week with practices lasting until the middle of October. We try to have two teams, Minor and Major level, like many surrounding Little League® communities. Fall Ball is more like a travel team format as we visit other Little League® teams and they visit us (sometimes under the lights at Flory Park).

The Little League® Pledge

I trust in God I love my country And will respect its laws I will play fair And strive to win But win or lose I will always do my best

The Little League Pledge was written by Peter J. McGovern, the late president of Little League Baseball, in 1954. It made its first appearance in the February 1955 "Little Leaguer" magazine. The text of the Little League Pledge was sent to U.S. President Dwight D. Eisenhower on Feb. 22, 1955. President Eisenhower (and every president since then) was a strong supporter of Little League. Its text has remained unchanged since it was originally written.

Parent/Volunteer Pledge

- I will teach all children to play fair and do their best.
- I will positively support all managers, coaches and players.
- I will respect the decisions of the umpires.
- I will praise a good effort despite the outcome of the game.

I Won't Cheat Pledge

Two-time National League Baseball MVP Dale Murphy launched the IWC foundation with the intent to eliminate steroids and other illegal performance enhancing drugs from the world of sports. In August 2008, Little League® International officially announced its partnership with the 'I Won't Cheat!' Foundation at the Little League® World Series in Williamsport, PA. "To leave the game better than we found it," is the mission of the 'I Won't Cheat' program.

For more information about the 'I Won't Cheat' Foundation, visit the web site: http://www.iwontcheat.com



performance enhancing drugs and that I will not cheat myself in sports, in the classroom, or in life.

Little Leaguer



Using Steroids = Cheating

Children's doctors agree: there are no shortcuts to success. If you like to watch or read about sports, you might know that certain drugs called anabolic steroids have been in the news a lot lately. Anabolic steroids are pills or injected drugs that are sometimes used by athletes who want to gain an unfair advantage over their competition. While steroids may help some people grow quickly, they are known to cause very serious health problems for those who use them.

Little League® is against its players using these drugs and other supplements in an attempt to improve ability. Now a major health organization, the American Academy of Pediatrics (AAP), a group of more than 60,000 children's doctors, is making sure parents and volunteers know how to help young athletes stay away from steroids.

The AAP reminds kids that "many factors help determine athletic ability... including diet and how hard an athlete trains." The AAP says that the medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass. "Success in sports takes talent, skill and most of all, practice and hard work," says the AAP. "Using steroids is a form of cheating and interferes with fair competition."

There are many healthy ways to increase your strength or improve your appearance. Even if you don't expect to play high school, college or pro sport someday, keep the following tips in mind:

- · Train safely, without using drugs.
- Eat a healthy diet.
- Get plenty of rest.
- Set realistic goals and be proud of yourself when you reach
- · Seek out training supervision, coaching and advice from a reliable professional or volunteer.
- Avoid injuries by playing safely and using protective gear.
- Talk to your pediatrician about nutrition, your health, preventing injury and safe ways to gain strength.
- Share this information with friends and teammates.

To be a truly great athlete and maintain your health, use your natural ability to work hard in practice and concentrate on developing your skills. There are no shortcuts to success on the field or off it.

THANK YOU!

Conestoga Valley Little League® is grateful to all the businesses that support our program through their sponsorship and generous donations.

Please make an effort to patronize those businesses and thank them for their support.

2013 CVLL T-Ball

T-BALL DIRECTOR: LUKE MORELY T-BALL DAY: MAY 4 (GAMES AT DM)

Conestoga Valley Little League® **T-Ball Rules & Regulations**

The playing rules and issues for the T-Ball League will come from the Little League Minor League and T-Ball Official Regulations and Playing Rules Book, with the following modifications:

- Each team bats entire roster each inning. Reverse for following innings.
- Each player should try to play every position during the 2. season.
- 3. Ball must be hit from a tee.
- On a hit ball, player may advance until the ball is returned to the infield.
- No leads, steals, walks, bunts or leaving base before ball 5. is hit.
- A player may not advance on an overthrow. 6.
- Players must play normal positions, 4 infielders and 3 outfielders. Catchers must stay behind the fence until the ball is hit.
- Outfielders must play in the outfield grass. 8.
- Pitcher must be on the pitching rubber.
- 10. All players must wear long pants...No shorts.
- 11. Current batter is the only person with a bat in the batter's box. No one is permitted to swing bats as warm up.
- 12. The inning is over when the last batter reaches first base. is out or when the ball is returned to the infield. The batter SHALL NOT continue running until he gets to home
- 13. If a player is out, he MUST leave the base path and return to the bench.

THIS PROGRAM IS ALSO **AVAILABLE ONLINE...**

The 2013 Conestoga Valley Little League® program is also available in electronic 'flipping book' format, which can be viewed on the CVLL web site using your favorite web browser:

http://www.eteamz.com/conestogavalley

Share this year's program with your family and friends who may not otherwise receive a printed copy!

LEARNING OBJECTIVES

- Hitting ball off the tee
- Learning the positions
- Running the bases
- Basics of fielding and throwing

Starting Time

6:00 PM

Warm-Ups

5:45 PM

Playing Fields

DM – First Deaf Mennonite Church SM - Smoketown Elementary School

*Please do not park on the driveway in front of First Deaf Mennonite Church.

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WALL TO WALL FLOORING 1/2 PAGE ADVERTISEMENT

2013 CVLL Rookie Ball

ROOKIE DIRECTOR: JASON SHOVAKER ROOKIE DAY: MAY 11 (GAMES @ DM)

Conestoga Valley Little League® **Rookie Ball Rules & Regulations**

The playing rules and issues for the Rookie League will come from the Little League Minor League and Tee Ball Official Regulations and Playing Rules Book with the following modifications:

- Every player is required to play a minimum of 3 innings and bat twice in a 4 inning game. Games may go longer than 4 innings.
- 2. The complete roster will be used for the batting order. The inning is over after 3 outs occur, when a team bats 8 players or 6 runs are scored.
- No walks After 4 balls, there will be coach pitch.
- No bunting, balks, or stealing. Runners may not leave bases until ball is hit.
- Players shall pitch the first 2 innings of the game. After 4 balls are recorded, the coach of the hitting team will pitch until there is a hit or an out.
- Pitch count is in effect for all pitchers.
- Coaches must keep Official Little League Pitching Records.
- 8. Pitchers must pitch from the pitching rubber.
- 9. During coach pitch, the coach should be on 1 knee and should be pitching from just in front of the pitching rubber. Pitches are to be thrown overhand.
- 10. Players should rotate positions and batting order.
- 11. Standard field positions should be used.
- 12. Two base coaches should be used to assist runners. A player can also be used as a base coach.
- 13. An adult may stand behind pitcher to assist pitcher or
- 14. Team umpires must be behind the plate wearing mask, chest protector, shin guards and cup. Umpires who refuse equipment and sustain injury may not be covered by Little League Insurance. There will also be 1 field umpire Home team should provide the Plate Umpire and Visiting team should provide the Field Umpire.
- 15. Home team is responsible to prepare the field prior to the game (Rake & Lines).
- 16. Visiting team is responsible to rake the fields after the game.
- 17. All players must wear long pants, no shorts.
- 18. The current batter is the only player permitted to be swinging a bat. No one is permitted to swing a bat for warm-up.
- 19. A player may attempt to advance 1 base on an overthrow that goes out of play.

The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position.

League Age

11-12 yrs. - 85 pitches per day 9-10 yrs. - 75 pitches per day 7-8 yrs. - 50 pitches per day

Exception

If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar days of rest are required.

LEARNING OBJECTIVES

- Hitting off a pitcher 1.
- Running bases and listening to base coaches 2.
- 3. Pitching and catching
- 4. Enhance fielding and throwing skills
- 5. Learn what base to throw to
- 3 outs ends an inning 6.
- 7. Understand strikes and balls
- Outfielders hitting the cut-off 8.
- Backing up throws to other players

Starting Time

6:00 PM

Warm-Ups

5:45 PM

Playing Fields

DM First Deaf Mennonite Church SM Smoketown Elementary School

*Please do not park on the driveway in front of First Deaf Mennonite Church.

ROOKIE ANGELS

SPONSOR: SAM S. SMUCKER & SONS, INC.

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EVAN LAPP NIGEL MARQUEZ **REY ORTIZ JACIEN REYES** VICTORIA RHOADS **EVAN ZIMMERMAN**

ROOKIE BREWERS

SPONSOR: RITA'S

HEAD COACH: ADAM RIEL

ASST. COACH: TOM NEEDHAM, BOBBY SWIFT

BRENDAN BOSSERT JUSTIN FOX REBECCA HARTRANFT **CHASE JAMISON** CONNER NAFZIGER **CHRIS NEEDHAM**

KADYN RIEL DOMINICK SANCHEZ **ROBBY SWIFT COHEN TETER** JORDAN WARFEL DARRELL WRIGHT

ROOKIE NATIONALS

SPONSOR: BIRD IN HAND RESTAURANT

HEAD COACH: JASON BINKLEY

ASST. COACH: BILL CHEEK, JOHN DANIELS,

JASON SHOWVAKER

NOLEN ARMSTRONG RYLAND KING **DELILA BAILEY BRETT SCHNADER CALEB BINKLEY** NATE SHOWVAKER **ANDREW STOLZFOOS** LIAM CHEEK **GARRETT DANIELS BRADIN WEAVER BRYCE JOHNSON** TYLER ZOOK

ROOKIE ORIOLES

SPONSOR: WEST EARL LIONS CLUB

HEAD COACH: BRAD REIGNER

ASST. COACH: KURT KRAHNKE, KENT REIGNER

JACOB CARR HENRY MCQUATE-KRAHNKE DYLAN DANZ BEN REIGNER **ELIJAH EGERTER BENJAMIN RUBIO** DOMINICK FINERTY ASHON TAYLOR

CARL LONG SAMUEL THOMPSON **BRETT MCDOWELL** JOSEPH VARANO

ROOKIE PIRATES

SPONSOR: THE SOLID WOOD CABINET COMPANY

HEAD COACH: JEREMY THOMPSON, KEVIN HOOVER

ASST. COACH: KEVIN HOOVER

GARRETT ANDERSON CAMDEN THOMPSON ETHAN BLANK ISABELLA THOMPSON CARSON HOOVER **DEVIN ULRICH**

EDDIE KOWALINSKI COLE WHITE MICAH SAUDER XANDER ZWALLY TYLER SCHEETZ

ROOKIE PHILLIES

SPONSOR: LANDIS FOODS HEAD COACH: MARK KISTLER

ASST. COACH:

SEAN BELL PEYTON MEYER **OWEN FISHER CADEN MILLER** MASON HUTCHINSON **NOLEN MILLER BRADY KISTLER** LUKE MORLEY NATHANIEL LEIDY WILLIAM ROLAND **HUNTER LEWIS** BENNETT WHITACRE





































2013 CVLL Minor Ball

MINOR DIRECTOR: COREY MEYER **TOURNAMENT WEEKEND: MAY 18-19** (GAMES @ DM & F)

Conestoga Valley Little League® Minor Ball Rules & Regulations

The playing rules and issues for the Minor League will come from the Little League Playing Rules Book with the following modifications:

- 1. Games will be 6 innings. Each player shall play 3 defensive innings and 2 at bats per game, or he shall start the next game.
- Stealing of any base is permitted all season.
- You may have 2 coaches coaching the bases, as long as 1 coach is on the bench with players. Otherwise a player may coach wearing a helmet.
- Pitching log must be kept for each player that throws a pitch in each game and the opposing manager should sign the form immediately after the game.
- Pitch count is in effect for all pitchers.
- Each half inning is over after 5 runs have been scored or 3 outs have been registered. The exception is in the last inning when scoring is unlimited.
- 7. Stealing is allowed once the ball crosses home plate. If the runner leaves early, he must return to the base with no penalty, dead ball situation.
- Practices and game conditions are up to the manager/ coach's discretion.
- 9. Recite the Little League Pledge before each game.
- 10. Winning team manager should contact the level director with the score of the game on the same night it is played.
- 11. Standings will be kept, but there will not be play-offs.
- 12. Attempt to schedule make-up games that have been rained-out or cancelled within 1 week of originally scheduled game.
- 13. Field must be lined before each game and raked before each game by home team.
- 14. Field must be raked after each game and bases put away by the visiting team.
- 15. Home team supplies the plate umpire and visiting team supplies the base umpire.
- 16. Home team gets infield practice before each game until 5:35PM, then field must be raked and lined.
- 17. Visiting team gets infield practice from 5:35PM-5:55PM.
- 18. Little League pledge is said at 5:55PM and game starts at 6:00PM.
- 19. There is a 10-run rule after 4 innings.
- 20. Each team should clean their bench area after the game and clear the area of trash.
- 21. Current batter is the only person permitted to swing a bat, no warm-up swinging.

The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age

11-12 yrs. - 85 pitches per day 9-10 yrs. - 75 pitches per day 7-8 yrs. - 50 pitches per day

Exception

If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar days of rest are required.

LEARNING OBJECTIVES

- 1. Successful bunting
- 2. Stealing bases
- 3. Pitching 3 innings per game
- 4. Outfielders hitting cut-off man
- 5. Throwing to correct base
- Fielders ready for stealing and passed balls 6.
- Batters to take signs from coaches

Starting Time

Evenings - 6:00 PM Saturdays - see manager's schedule

Warm-Ups

5:15 PM Home 5:35 PM Visitor

Playing Fields

DM Deaf Mennonite F Flory Park

*Please do not park on the driveway in front of First Deaf Mennonite Church.

MINOR ANGELS

SPONSOR: CORNERSTONE DRYWALL

HEAD COACH: REGGIE FISHER

ASST. COACH: MICHAEL JANVRIN, ERIC LINDER,

MATT MILLER

ZACH FISHER GAVIN FISHER KAYDEN FISHER PRESTON FISHER TYLER GRIFFITH

CHARLES JANVRIN TYLER JORDAN **OWEN LINDER**

CHRISTOPHER MILLER **ZACHARY SORNOZA**

CHANCE MACARIOLA

ANDREW HULSTRAND

MINOR DODGERS

ASST. COACH: SCOTT HIGH

HEAD COACH: BRANDON KLINE

SPONSOR: PIZZA HUT

MINOR PIRATES

MINOR PHILLIES

ROB PETERSHEIM

QUINTIN BAILEY

MATTHEW BUCH

BEN LEININGER

SKYLER PARMER

KYLE MCGALLICHER

ERIC LANDO

SPONSOR: KEN'S GARDENS

ASST. COACH: LYLE HERSHEY, LARRY RESSLER

SPONSOR: DIAMOND GRADE CONSTRUCTION

ASST. COACH: RICH BUCH, ERIC LEININGER,

HEAD COACH: JEFF SCHLEGELMILCH

HEAD COACH: JEFF RUMBAUGH

JOSIAH BURKHOLDER **XAVIER FLORES** IAN GLICK HAYDEN HARTRANFT

DAVID REDDIG JESSE SCHLOSKI JANTZEN SHOFF JAYDEN TAITANO **NOLAN HIGH** LOGAN KLINE TITUS YORK

DARREN BURKHOLDER **DEREK GERLITSKI** MATTHEW GREINER MARSHALL HERSHEY TARIUS JACKSON

LUKE RUMBAUGH ALDEN SALMONS **LUKE SNADER** GAVIN WINKELSPECHT

DAWSON RESSLER

GAGE PETERSHEIM

ETHAN REYNOLDS

GRIFFEN RISHELL

KYLE THRUSH

TANNER PETERSHEIM

JASON SCHLEGELMILCH

MINOR MARINERS

SPONSOR: SHELDON ASSOCIATES HEAD COACH: RICH MARSTON

ASST. COACH: BRIAN CONNOLLY, MIKE TALLEY,

JAMY KUNJAPPU, MIKE COLE

MINOR REDS

ETHAN LOGUE

SPONSOR: SECOND LOOK LAWN CARE HEAD COACH: CRAIG ESBENSHADE ASST. COACH: COREY MEYER

BRADY COLE MATTHEW CONNOLLY KAYMEN GONZALEZ JEREMY GREINER ANDREW HENNEN AIDEN JOHNSON

CURTIS KUNJAPPU CHRISTOPHER MARSTON PARKER MCGAULLEY

GRADY RAY RYAN SCHALLER JONATHAN TALLEY **BRANDON CAMP BRAYDEN MEYER** LUIS CORREA **DEVIN NAFZIGER BRAYDEN EGERTER** JOSHUA REED **CONNOR ESBENSHADE** MATTHEW TENBRINK ADAM LENDELBORG NICHOLAS TROTT KADEN MARTIN DANIEL WEIKERT

MINOR MARLINS

SAMMY ATOR

TUCKER HASTINGS

JOSHUA PATTISON

GABE BIRLI

WILL MIKUS

JORDAN NEFF

SPONSOR: RANDSTAD FINANCE & ACCOUNTING

HEAD COACH: BRIAN HASTINGS ASST. COACH: KEITH SHETTER

> JOSHUA RUSHLOW **COLSON RUSHLOW** CALEB SCHMITZ OWEN SHETTER RACER STACEY

ETHAN WEAVER

MINOR YANKEES

SPONSOR: DR. ALBRIGHT & THIRY

HEAD COACH: MATT MOORE

ASST. COACH: PETE GEIST, ROGER MARTIN

DEVIN ANDRUSKY KYLE MOORE MELVIN STOLTZFOOS **KEATON GEIST** ETHAN GROFF WILL STONE TYLER HARGAN LUKE TUCSNAK MICHAEL MARTIN **AUSTIN WERTZ** JARED MARTIN ADDISON WOLFE

2013 CVLL Major Ball

MAJOR DIRECTOR: DOUG SCHEID

Conestoga Valley Little League® **Major Ball Rules & Regulations**

Regular Major League Rules apply. See Little League Baseball Official Regulations and Playing Rules book.

- Games will be 6 innings. Each player shall play 3 defensive innings and two 2 at bats per game, or he shall start the next game.
- Stealing of any base is permitted all season.
- Batter may attempt to advance to first base if the catcher drops the third strike. The batter must be thrown out at first to be out.
- You may have 2 coaches coaching the bases, as long as 1 coach is on the bench with players. Otherwise a player may coach wearing a helmet.
- Pitching log must be kept for each player that throws a pitch in each game and the opposing manager should sign the form immediately after the game.
- Pitch count is in effect for all pitchers.
- Stealing is allowed once the ball crosses home plate. If the runner leaves early, he must return to the base with no penalty, dead ball situation.
- 8. Practices and game conditions are up to the manager/ coach's discretion.
- Recite the Little League Pledge before each game.
- 10. Winning team manager should contact the level director with the score of the game on the same night it is played.
- 11. Standings will be kept and there will be play-offs.
- 12. Schedule make-up games that have been rained-out or cancelled within 1 week of scheduled game.
- 13. Field must be lined before each game and raked before each game by home team.
- 14. Field must be raked after each game and bases put away by the visiting team.
- 15. Home team supplies the plate umpire and visiting team supplies the base umpire.
- 16. Home team gets infield practice before each game until 5:35PM, then field must be raked and lined.
- 17. Visiting team gets infield practice from 5:35PM-5:55PM.
- 18. Little League pledge is said at 5:55PM and game starts at 6:00PM.
- 19. There is a 10-run rule after 4 innings.
- 20. Each team should clean their bench area after the game and clear the area of trash.
- 21. Current batter is only person who should be swing a bat, no warm-up swinging.

The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age

11-12 yrs. - 85 pitches per day 9-10 yrs. - 75 pitches per day 7-8 yrs. - 50 pitches per day

Exception

If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar days of rest are required.

LEARNING OBJECTIVES

- 1. Successful bunting
- Stealing bases 2.
- 3. Pitching 3 innings per game
- 4. Outfielders hitting cut-off man
- 5. Throwing to correct base
- Fielders ready for stealing and passed balls 6.
- Batters to take signs from coaches

Starting Time

Evenings - 6:00 PM Saturdays - see manager's schedule

Warm-Ups

5:15 PM Home 5:35 PM Visitor

Playing Fields

DM - First Deaf Mennonite Church F - Flory Park

*Please do not park on the driveway in front of First Deaf Mennonite Church.

MAJOR ANGELS

SPONSOR: SMUCKER COMPANY **HEAD COACH: DAN ROBINSON**

ASST. COACH:

DANIEL ACKIEWICZ **BEN MCLAIN** JAYDEN MORALES TYLER BURKHART BAILEY CAUDILL **ZAC ROBINSON** JULIAN COOPER **COREY ROTEN** MICHAEL LEFEVER **BLAKE SPOO DERRICK ULRICH** JEFFREY LILE

JOSHUA MATHIOT

MAJOR DIAMONDBACKS

SPONSOR: LANCASTER ARCHERY SUPPLY HEAD COACH: MARLIN MCGALLICHER

ASST. COACH:

CLBALLARD HARPER NETTKE **ETHAN BARNES ALEX POLI** ANDREW ROLAND CHRIS BENOIT

THOMAS HAAS LANDON RYCHENER **CONNER KAUFHOLD XTON SHEAFFER** TYLER KROW LENNEX TORRES

DARREN MCGALLICHER

MAJOR 50/70

SPONSOR:

HEAD COACH: MIKE FORNEY

ASST. COACH:

CARSON CROUSE JARRETT IMLER ERIC EDDY JOSEPH MATTES JACK EMREY **HUNTER MIDGLEY** AUSTIN ENGEL RYAN QUERRY CALEB ENGEL **NICK SCHEID** TYLER FORNEY **ETHAN WERTZ**

Additional Rules for 50/70

Rules similar to Majors, with these additional

- 22. Base runners may lead off and steal bases before the pitch crosses home plate
- 23. A player may return to pitch in a game after being removed from pitching earlier in the game (same as Jr. & Sr. level rules but not in Little League - Majors & below)
- 24. Tournament style batting with a 9 batter lineup

MAJOR PHILLES

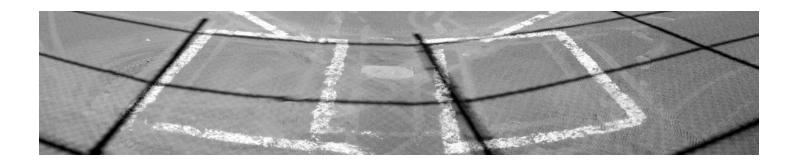
SPONSOR: PRUDENTIAL HOMESALE SERVICES GROUP

HEAD COACH: NEIL KREIDER

ASST. COACH:

EDDIE HERNANDEZ ANTHONY MCCARDELL JOEL HORST **BRADY METZLER JUSTIN HORST** KEAGHAN SWEIGART **EVAN TSAI** CAMERON KISTLER **GARRETT YODER** FINNIAN KREIDER **ALEX MARKLEY** DYLAN ZIMMERMAN JOSH MARSICO

MARK THUDIUM ADVERTISEMENT



Field Locations & Tournament Information

MAJOR LEVEL

First Deaf Mennonite Church 2270 Old Philadelphia Pike

Directions: take Rt. 340 East of Lancaster just past Locust Grove Elementary school and across from Carter Lumber. Parking is ALWAYS behind the church. Field 1 is the first field you come to and



field 2 is the lower field on the right. The equipment shed is in right field of the field 1. The concession stand is behind the third base dugout on field 1.

MINOR LEVEL

Flory Park

Greenland Drive (behind East Towne Mall)

Directions: take Rt. 30 East to the traffic light at East Towne Mall. Turn right at the light onto South Oakview Drive. Go past the mall



and turn right at the stop sign onto Greenland Drive. The park entrance is on the right after several complex entrances.

Bareville Fire Company

211 East Main St, Leola

Directions: Take Rt. 23 East of Lancaster to Leola past Brethren Church Rd. Turn left at the Fire Co. and parking is on the left behind right field.



ROOKIE LEVEL

Smoketown Elementary 2426 Old Philadelphia Pike

Directions: take Rt. 340 East of Lancaster to the light at the Smoketown Elementary School. Turn right into the parking lot and left to the fields.



Bareville Fire Company (see above, under Minor level)

T-BALL LEVEL

FIRST DEAF
MENNONITE CHURCH

(see above, under Major level)

SMOKETOWN ELEMENTARY

(see above under Rookie level)

Under the jurisdiction of the District Administrator, District 23 conducts post season Special Tournaments for chartered leagues in District 23. These tournaments are intended for competitive fun and winners do not advance beyond the District Level. Participation is by invitation only. Champions are awarded a League trophy and banner. The runner-up is awarded a trophy. These trophies are the property of District 23 and must be returned to the District each year. Any League that wins one of these Special Tournaments three consecutive years may keep that trophy permanently. Game sites, special rules and schedules are determined by the District Administrator and his staff. Each tournament runs approximately five to ten days. Entrance fees for each team entered go to the District treasury. All Special Tournaments are approved by Little League® Headquarters.

Parents of tournament players have a responsibility to their child and team to make sure that vacations or other summer activities do not interfere with tournament play. You and your child must be available for short-notice practices, be able to travel, and be flexible for weekday and weekend tournament schedule advancements in play.

It's an honor to be selected for tournament play on any team. Therefore, parents and players must understand the requirements for Special or International Tournaments. Little League® Baseball Inc. conducts a total of seven international baseball and softball tournaments. District tournament winners have an opportunity to advance to World Series play. All chartered Little Leagues® are eligible (not obligated) to participate. However, once a team is committed, it must play and advance until eliminated, or reach the Little League® World Series. You must be willing to make this commitment.

International tournament rules vary from those of our local Little League®. As an example, managers are encouraged to play their best team. There is no mandatory playing time required for players. Your child may play the entire game, or sit out the entire game. Pitchers cannot pitch in back-to-back games unless one inning or less is pitched. Pitching rules vary for different age groups. Players must attend all practices and games. Player sickness or death in the family are the only acceptable excuses for absences.

Playoffs

At the close of the season the Major Level will have an all-team play-off. This allows everyone to make the play-offs and enhances participation for the players. The teams will be ranked according to the end-of-the-season standings. Depending on the number of teams, top seeds may receive a first round bye or the lower seeds may play to qualify for the next round. The next round will square off the top seed with the lowest seed as well as games between teams with the middle seeds. The final will be at First Deaf Mennonite Church in a one-game match.

CVLL Game Rules Overriding Little League®

All playing rules can be found in the Official Little League® Regulations and Playing Rules. Because each Little League® may tailor the rules based on their charter, here is a brief overview of some of the rules that are specific to CV Little League®:

Pitching limits: Boys 10 and under have a maximum limit of 75 pitches per game. Ages 11 and 12 can pitch up to 85 per game. When the maximum limit is reached, the pitcher must be removed from the game. In all age groups when the pitch count is 51 and over, the pitcher requires 3 calendar days of rest; 36-50 pitches requires 2 calendar days of rest; 21-35 requires 1 calendar day of rest: 1-20 no days of rest is required. These totals are logged and verified after each game. The Pitcher Eligibility Form is checked by each manager prior to and after each game.

Runs per inning limits: In Minors, the batting team may only score 5 runs in their half of the inning except for the last inning when it is unlimited.

Batting and innings limits: In Majors and Minors, 6 innings are played and the game is over if either team is leading by 10 runs or more after four innings. In Minors, Rookies, and T-ball, the entire roster bats in the batting order. In Rookies, the batting team may only bat 8 players in their half of the inning and they play 4 innings. In T-ball, each player bats once for 4 innings.

Minimum playing time: In the Minors, each player must play at least 2 defensive innings and have 1 at bat. If the game played is less than 6 innings, any player not playing the minimum time MUST start the next game played. In Rookies, each player must bat at least twice in the game.

Umpires: In Majors, a collective group of umpires usually performs the duties, but some parents also help out. In Minors, the home team supplies the home plate umpire, while the visiting team supplies the base umpire. Both are usually parents of the players. In Rookies, the home team supplies the home plate umpire and it usually is the parent of a player. In T-ball, it's custom to have the coaches make the calls at the bases.

Please remember, all umpires for Little League® are on a volunteer basis only. No umpire may be paid for officiating a Little League® game. Umpires' decisions are final. Any dispute of an umpire's call or other forms of disrespect will not be tolerated and may result in the abusing person's ejection from the premises. This includes all spectators and participants. Parents should show the values of good sportsmanship, respect, and fair play to our players. Ejection of a coach or player constitutes a one game suspension the next game for the first offense. The second offense could bring suspension from all league activities.

New Rules from 2012

- No jewelry of any kind or material is permitted (includes wrist bands, non-metallic necklaces, etc.), EXCEPT jewelry that alerts medical personnel to a specific condition.
- Penalties will be enforced for the use of illegal bats: batter out, base coach removed, manager ejected... for each successive infraction.
- The parents of tournament players must provide 3 proofs of residency of living within the bounds of your league as of February 1 of that year.
- For Majors (11/12 tournament) only, Little League® now permits the batter to attempt reaching first base when the third strike is dropped by the catcher. When first base is occupied with a runner, the batter can only make the attempt if there are 2 outs.

League Objective

Founded in 1992, the objective of CVLL shall be to implant firmly in the children of the CV community the ideas of good sportsmanship, honesty, courage, and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy, and trustworthy citizens.

To achieve this objective, CVLL will provide a supervised program under the rules and regulations of Little League Baseball, Inc. All Directors, Officers, and Members shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance. In accordance with Section 501c(3) of the Federal Internal Revenue Code. CVLL shall operate exclusively as a non-profit educational organization providing a supervised program of competitive baseball games. No part of the net earnings shall inure to the benefit of any private shareholder or individual; no substantial part of the activities of which is carrying on propaganda, or otherwise attempting to influence legislation, and which does not participate in or intervene in any political campaign on behalf of any candidate for public office.

League Structure

CVLL currently has 16 board of directors. They are elected each August at the board of directors meeting by the members, represented as active adult volunteers. Any active adult volunteer may be considered. Currently, the positions include:

President Treasurer Major Level Director Rookie Level Director Umpire in Chief Sponsorship Safety Officer **Fundraising Facilities Coordinator**

Vice-President Player Agent Minor Level Director T-ball Level Director **Equipment Manager** Information Officer Field Coordinator Concessions Midget Liaison

Levels of Play

T-ball: Primarily for ages 5 and 6 – instructional with basics of baseball taught and players hit from the tee. Score and standings are not kept. Every player plays the field and everyone bats every inning.

Rookies: Primarily for ages 7 and 8 – instructional with more basics of baseball taught and players pitch to the batters. There are no walks, base stealing, bunting, score or standings kept. If the pitcher throws 4 balls, a designated coach from the batting team will pitch to the batter.

Minors: Primarily for ages 9 and 10 – more competitive, but still instruction on baseball. Players are evaluated in January and drafted on a team in February. Players may steal bases once the ball crosses home plate. Bunts are permitted and encouraged to be taught. Score and standings are kept, but a maximum of 5 runs scored per half inning. At the end of the season, there are currently two tournaments players may be selected for. A District 23 league age 9 only tournament and a Little League® Advancing tournament for league ages 9 and 10, similar to a travel team.

Majors: Primarily for ages 11 and 12 – more competitive, but still instruction on baseball. Players are evaluated in January and drafted on a team in February. Players may steal bases once the ball crosses home plate. Bunting and stealing permitted and encouraged to be taught. Score and standings are kept with no maximum of runs scored per half inning. At the end of the season, there are currently two tournaments players may be selected for. A Little League® Advancing tournament for league ages 10 and 11, as well as a tournament for league ages 11 and 12 that could lead to the Little League® World Series, similar to a travel team.



Team Drafts

The player drafts occur in early February. Majors draft will occur first and the remaining players may be drafted by the Minors. All managers are represented at the draft and pick the players based on the evaluation performances. Both Majors and Minors draft all players from the pool to their teams. Once a player is drafted by the Majors level, he remains on that team and can not play at the Minors level. The Player Agent oversees the Majors and Minors Level drafts.

Draft Rules

- Numbers will be picked out of a hat to determine draft
- Team managers will pick incrementally and then reverse order until the team maximum player roster is satisfied.
- Majors and Minors managers will draft their own sons/ daughters according to Little League rules regarding the specific round to draft the child depending on his/her age. For example: age 12 drafted in the 3rd round, etc.
- Brother/sister combinations must be picked in consecutive rounds. The only exception is the round in which managers take their son/daughter.
- Player draft order is not revealed.

Pre-Game Conference

Inspect equipment in both dugouts

• Inspect equipment for any broken, worn or missing items

Introductions

- Introduce self and partner(s) to opposing team coach
- Collect and review and confirm line-ups
- · Review playing field ground rules

Player Ground Rules

- No throwing helmets or bats (automatic game ejection)
- Helmets must be worn at all times for all offensive players on the field.
- A helmeted offensive player not in the line-up will retrieve the bats.
- No jewelry allowed (except Medical Alert).

Coaches Ground Rules

- Make sure all of your players are properly equipped.
- No arguing judgment calls of umpires (safe, out, balls, strikes, etc.)
- Do not leave the dugout until a proper time-out is called.

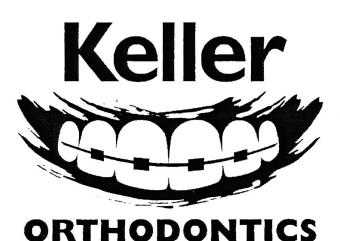
Safety Tips for Baseball

Dear Parents and Players,

The following are safety tips for CVLL baseball and softball. If you desire more information on Little League safety, please feel free to refer to the safety manual given to all the managers.

- For players ages 12 and under, no on-deck batters allowed.
- Players are not permitted to wear short pants or jewelry during practice or game time.
- A team parent educated in First Aid, CPR and Emergency Management should be present at all practices and
- Concession stands should contain fire extinguishers and smoke detectors.
- Fields and equipment should be inspected by the safety parent of each team prior to every practice and game.
- Games and practices should be stopped at the first sign of lightning.
- Do whatever you can to make the field safer. Feel free to bring a bag to the field to remove trash. This will discourage bee stings and rodents. Further, you can fill in holes with dirt. The list is endless.
- Do not haul players in the back of a pick-up truck.
- Consider having your child wear a batter's vest, cup, mouth guard and Rec Specs while playing.
- 10. A team parent needs to take a 5-gallon jug of ice and water to every practice and game. The ice can be used for most injuries and the water will help to prevent dehydration.
- 11. Do not permit players to throw bats or helmets, and never leave players unattended.
- 12. Managers, and parents of children with asthma, allergies to insect bites or other anomalies, need to have a conference. They need to discuss how to work with the child should an emergency occur.
- 13. Parents should not let their child pitch if their arm is the least bit sore.
- 14. Mend, replace or add fencing as you are able, or as is needed.

- 15. Destroy poison ivy near playing fields.
- 16. Be mindful of your catchers in very warm temperatures.
- 17. Mr. Steve Keener, president of Little League Baseball states, "...awareness is the key to safety."
- 18. Half of all serious injuries are attributed to thrown balls. Teach your players to not throw a ball unless the catching player is paying attention.
- 19. Consider your players' emotional needs to be of high priority. Communicate to them as much as you can.
- 20. Drill the basics skills a lot. Let baseball be the fun game that it is. Remember that even the greatest athletes sometimes fail.
- 21. The safety team parent should have access to a telephone, and emergency and parent phone numbers at all times.
- 22. About injuries: Quick swelling, deformity, unconsciousness, and eye injuries should be considered to be more serious injuries. Bruises to the testicles, heart, spleen, kidney, head, mouth or eyes are more serious injuries.
- 23. Strains to tendons or muscles can occur to the Achilles tendon, rotator cuff, and hamstring muscle tendon. Proper warm-up and stretching exercises help to prevent these problems.
- 24. Sprained ligaments can occur to the ankle, knee and wrist. Again, warm-up and stretching is important.
- 25. Fractures to bones, especially at the growth plate of long bones, can be very serious. Players need to be attentive to avoiding collisions while on the fields.
- 26. Have all nosebleeds evaluated by a physician.
- 27. All teeth injuries should be seen by a dentist.
- 28. All eye injuries should be seen by an optometrist or ophthalmologist.
- 29. The most common cause of unconsciousness is heat exhaustion. Move these players to a cool place and do not offer them water until they can drink on their own. Unconscious players may require ambulance service.
- 30. Major Level players are required to wear an athletic cup at all times. Athletic cups are strongly recommended at every level. Please observe these safety tips while playing baseball or softball. Above all, be safe and have fun.



Barry G. Keller D.M.D.

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