



Pee Wee Baseball Coaches Handbook



Coaches –

THANK YOU for volunteering your time to our Pee Wee Baseball Program! We are grateful for people like you who are willing to give back to their community! As a coach you are the key to a successful season. Being a Pee Wee coach can be a fun and rewarding experience.

We have compiled this handbook with information on the season, overview and philosophy of the program, coaches code of ethics and expectations and coaching tips.

As the season proceeds, remember to have fun and enjoy this opportunity! City staff is here to support you!

PROGRAM PHILOSOPHY

The main purpose of the City of Rancho Cucamonga's Pee Wee Baseball Program is to provide a positive and fun experience for everyone involved. The players will be taught the basic fundamentals of baseball. Activities will be taught through a team-oriented format, which emphasizes fun, teamwork and good sportsmanship. The environment will be non-competitive and encouraging for all participants.

COACHES CODE OF ETHICS

A coaches "Code of Ethics" is instrumental in the proper development of not only each player, but also in the expansion of our program. In accordance with the National Youth Sports Coaches Association (NYSCA), the following is a general code of ethics in which we believe each coach as the responsibility to follow.

- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I will abide by the City of Rancho Cucamonga rules and policies and understand that the City of Rancho Cucamonga has the right to release me as a volunteer at any time.

EXPECTATIONS OF A PEE WEE COACH

The City of Rancho Cucamonga understands the huge commitment you are making as a coach of our Pee Wee Program. We also understand that the success of the Pee Wee Program depends on the success of our coaches. To reach that success the City has established expectations we have of our coaches.

- Make sure you are on time to your practices and games.
- If you are unable to make a practice or game, please notify your team as well as the Community Services Sports staff. Ask your parents if they would be willing to step in during your absence. If not, City staff will assist with your teams practice or game. Practice/Game will not be cancelled.
- Safety is the MOST important. Do not allow roughhousing. Make sure that your players are in safe conditions.
- Include all players and strive to teach each of them the fundamentals of the sport.
- Communication with the parents/guardians is expected and key.
- Be a positive role model to the players.
- Provide an energetic, safe and fun environment.
- Maintain the program philosophy and rules.
- Take care of all equipment and notify City staff of any equipment or facility damage.
- Notify sports staff of any changes in schedule or issues happening on site.
- Notify sports staff of any injuries or incidents so that proper care and paperwork can be done.
- HAVE FUN!

PROGRAM INFORMATION

The Pee Wee baseball program is a 4 week program that meets twice a week, either Monday and Wednesday or Tuesday and Thursday.

The length of each session is 45 minutes.

Your “field” will consist of rubber bases and a tee. The “field” will not be a standard size. All “fields” will be set up at Central Park on the grass area on the north end of the park, or Red Hill Park on the South Soccer Field. Signs will be placed at each field with the age group and team name.

Teams will consist of approximately 10-12 players.

The number of teams will depend on the number of volunteer coaches and registered participants.

Parents are encouraged to assist with practices.

The first week of the program will be practice only. No games scheduled. The last three weeks will a combination of practice and games. Please remember that no score is kept at the games. This program is instructional and not competitive.

Each team will have a tee, t-balls, rubber bases and four batting helmets. We ask that the participants bring their own gloves.

Coaches will act as the “umpire” during scheduled games.

3 year old participants must use the tee, no pitching please. For the 4 and 5 year-olds, 3 underhand pitches are allowed. If they have not hit the ball after 3 pitches the tee must be used.

Participants and coaches receive a t-shirt and Quakes hat as their uniform.

Medals will be given to each participant at the end of the season.

The City of Rancho Cucamonga does not coordinate snacks. That will be up to each coach/team if they would like to do snacks for the team.

End of season parties are not required. If you would like to have a party for the end of your season, it would be for you or a parent to coordinate and at the expense of the participants.



PEE WEE BASEBALL GAME RULES

- Ensure that all participants are getting equal playing time.
- Every player gets a chance to bat before the hitting team switches to take the field.
- There are no walks or strikeouts. Every player gets to bat until he/she is successful.
- Stealing bases is not allowed.

WEATHER

If we receive inclement weather such as rain or extreme heat, we will cancel the day. That day will then be added to the end of the season. We ask that if we cancel a day due to rain or excessive heat, you assist us with contacting your team.

City staff will email Pee Wee coaches by 2pm if we plan on closing the fields. You can also call the City's MUD line at 909-774-3435 after 2pm for field updates.

SAFETY

Before each practice and game check your area for any hazards or dangerous conditions. Should you notice any, please notify the onsite City staff immediately. Be sure the participants are in attire that is appropriate for the activity. If you have concerns, please speak to the parents. Ensure that equipment is being used properly and that the participants refrain from rough play.

COACHING TIPS

- First Day
 - Check in with City staff to receive your roster and schedules. We will also assist you with where your field is located.
 - Introduce yourself to the parents.
 - Hand out the schedule for the season (you will receive this from City staff)
 - Let the parents know what to expect from you, how you would like them to assist and what practices will look like.
 - Keep instructions clear and short.
 - Do not spend too much time on each activity. This age bracket has a short attention span.
 - Discuss with your parents the option of snacks if you would like. This is not mandatory.
 - Make sure that you have all the contact information from your parents. The rosters do not always have the best phone number.
- Be as organized as possible. Have a master practice/game plan for your season.
- Learn the players' names.
- Get down on the player's level.
- Involve your parents. Don't be afraid to ask for help

- Use basic sequences to teach the skills.
- Set easily achievable goals for the age and skill level of your players.
- Keep the skills fun and interesting for the parents.
- Patience is KEY.
- Use positive feedback.
- Remember mistakes happen.
- Most importantly have FUN!



SAMPLE PRACTICE

Practices can be ran according to the coaches preference. This is just an example of a practice.

5:30 pm – Warm up and stretching

5:40 pm – Catching and throwing drills

5 minutes – Partner participants and have them throw back and forth.

Teach the concept of step and throw.

5 minutes - Have participants throw a ball towards a bucket or cone and have them try to hit it.
This will assist with accuracy

5 minutes - Gorilla and Shark Drill

Let the participants know that the two most important animals are the gorillas and sharks. Gorillas because their arms hang low and they have bent legs; the sharks because the chomp!

Get the kids to be gorillas and sharks. Roll the ball and ask them to bend their legs, hang their arms low and chomp with their hands to get the ball.

5:55 pm – Water Break

6:00 pm – Batting drills

6:10 pm – Base running

6:15 pm – Wrap up

CONTACT INFORMATION

Jenny Hanlon, Community Services Supervisor

Daniel Campos, Community Services Specialist

Sports@Cityofrc.us

We thank you all for your time and commitment to this program. Without you, we would not be able to offer Pee Wee Sports to our community. We appreciate your willingness to give back to the community and to create lasting memories for the participants and their parents!