

# 78<sup>th</sup> PRECINCT YOUTH COUNCIL



## BASEBALL TRAVEL TEAM: *THE BULLDOGS*



### GOALS, RULES, & POLICIES

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*Established by the Baseball Committee, January, 2003.  
Commissioner and Vice President of Baseball, Eddie Albert  
Travel Teams Division Director, Marc Lussier*

## **INTRODUCTION**

Travel baseball is a game intended to be played in a competitive context. Winning is important, but not at the expense of fair, responsible, and mature behavior and the improvement of the players' skills. We are very proud of the accomplishments of our players and coaches and look for them to uphold high standards of respect, responsibility, and high levels of commitment.



## **GOALS**

Have Fun  
Perform to Highest Skill Level Possible  
Constantly Improve Skills  
Exhibit Mature Respectful Behavior to Everyone Involved  
Win and Lose with Grace



## **RULES & POLICIES**

### **PLAYER COMMITMENT:**

The length of seasons vary depending on the league in which a team is playing and whether the team enters tournaments. If a team plays in a tournament or a league playoffs, the Spring season will usually run until the middle or end of July. If not, the Spring season will run until the end of June. Teams may also enter Summer and Fall leagues.

Although it is in the discretion of the manager, we do not wish to discourage players from trying out for a Bulldog team even though they may go away to summer camp or a summer home after school. However, each team is working towards success in end of the season playoffs or tournaments, so it must be understood that players who cannot commit to finishing the season may get less playing time. With regard to baseball, the commitment to the Bulldog team shall be exclusive, unless otherwise agreed upon by both the Travel Teams Director and the Commissioner of Baseball.

### **TEAM CONTROL - THE MANAGER:**

Each manager is chosen by the Baseball Committee. The manager is in complete charge, with the final say on all decisions, including who plays, coaching assignments, the lineups, practice times, and practice and pre-game routines. The manager is a role model and must be a clear champion of our goals, rules, and policies.

The manager is responsible for assuring compliance with all organization rules and policies – including roster submissions and making sure all players are properly registered and have paid the required fee. All proposed coaches must be approved in advance by the Travel Teams Division Director. The manager may appoint a coach or parent as liaison with the organization to handle these matters, but the ultimate responsibility for compliance remains with the manager.

The Manager must obtain the prior approval of the Travel Teams Director for entry into all leagues and tournaments. All such commitments must be signed by the Travel Teams Director or Commissioner.

The manager must report all incidents to the Travel Teams Division Director within two days of the incident. An "incident" is defined as any conduct that results in more than a warning from an umpire of league official and any other conduct required to be reported according to these rules and policies.

The manager is ultimately responsible for the conduct of the team and its coaches, and must attempt to control any unruly coaches, players, parents, or fans.

### **ROSTER & PLAYING TIME:**

The organization is committed to developing players from within and building teams whose players can have the opportunity to grow together and share their Bulldog experiences over the years.

Try-outs are open. However, once team is chosen, additions to reach the recommended roster number or replacements to fill vacancies shall be solicited first from other Bulldog teams (subject to the prior approval of the Travel Teams Director), then from the organization's intra-mural teams, then from players outside the organization.

Unlike intramural baseball, players are selected based on their ability, attitude and potential. If a player is chosen, it shall be assumed that he or she should be playing. Naturally, not all players are of like ability. However, those requiring more attention should receive it, not only in practice but also under game conditions. It is not acceptable to have an extreme imbalance in playing time among the players.

Regular League Games: 10 players should be playing at all times, provided 10 players are permitted under the league's rules. That means using an EH (Extra Hitter) or DH (Designated Hitter) whenever permitted by a league's rules. An exception is if there are 10 or 11 players present for the game and the rules make it an out if a player is removed from the lineup (due to injury, etc.). In that case, the Manager can play 9 players, but should get the remaining players in the game at some point. If a team is playing in both a PPBA division and an outside league, the Manager should attempt to start those players in PPBA games who do not start in the outside league games. Likewise, players who do not start in outside league games should be placed in the lineup in the event of one-sided games (whether winning or losing).

Tournaments & League Playoffs: All players who have played with the team during regular league play must play in tournaments and league playoffs. New players are permitted to join the roster only as substitutes for regular players who cannot attend the tournament or playoffs or to complete the roster. Playing time should be as equal as possible for all players, except for players added for the tournament or playoffs (unless the new players are necessary to field a minimum team). When not contrary to tournament or league rules, managers may add players from a younger Bulldog team to their roster to ensure non-forfeiture.

No preferences should be given to the children of coaches or the manager.

**TEAM SIZE:**

The recommended team size is 13, the recommended maximum should be 14. Approval for teams over or under these limits must be obtained from the Travel Teams Director.

**SCHOOL COMES FIRST:**

No players shall be allowed to play on a Bulldog team at the expense of their education. Managers should be aware of any academic problems a player is having and be proactive in determining that their participation in the Bulldog program is not a contribution factor. It is suggested that Managers ask the players to show them their report cards to confirm that they are performing well in school.

**AGE LIMITATIONS:**

We strongly subscribe to the idea of having players playing during the regular season at their actual age level. Players develop at different rates over time. Wide differences in skill usually become narrower over time and strong players are needed as role models and for their contributions to their age appropriate teams. Exceptions to this rule will rarely be granted and are subject to the approval of both the Travel Teams Director and the Commissioner of Baseball. If a player requests to play up, that player must try-out for both the age appropriate team and the requested team. There are two exception that will regularly be entertained: 1/ for off-regular season play, as in summer or fall leagues, and 2/ when the manager of the youngest team requests permission to allow an underage player to play on that team, such as an 8 year old on the 9 year old Bulldog team. However, it should be understood that that player has not earned the right to continue to play up in subsequent years. In fact, that player should be told in advance that he/she will remain with the team another year in order to play on an age appropriate team.



## **PLAYERS' RESPONSIBILITIES**

Be honest, fair, and do the right the thing.

Think before you act, take responsibility for your actions, and keep your promises.

Practices are mandatory. If you miss practices without an acceptable reason, expect to play less. If you miss practices often, expect to be dropped from the team. Acceptable reasons include observing family, school, and religious functions and illness. Plan your schedule so that you have ample time for homework and practices.

School comes first. Failure to maintain good grades and/or turn in your work on time is grounds for suspension from the team.

Show respect for your teammates: Come to practices and games on time, with your equipment and in full uniform for games, and ready to play; always root for your teammates and help them if they are in trouble or in need of assistance. Be courteous to your teammates, don't interrupt when your teammate is speaking. This is a team game and no one player is more important than the team.

Show respect for your coaches and manager: Respect includes paying attention, not fooling around while they are talking, talking to them respectfully and never talking back to them or using sarcasm.

Show respect for yourself: Try your best to follow instructions. If you don't understand what is being explained or what to do, take a coach or your manager aside and ask for help. They care and are there to help you. Also make the personal commitment to try your best at all times. If you don't you'll never know how good you can be. Remember, no one is perfect – everyone makes mistakes, errors, outs at bat, they are what you learn from. They are part of the game.

For example, From 1996-2000, the N.Y. Yankees made the playoffs five times and won the World Series four times. Even so, during that time, they lost 313 games, gave up 3,676 runs, 7,149 hits, and 2,766 walks, and struck out 4,873 times. Out of the 28,105 official at bats during that period, 20,112 were outs! Mickey Mantle discovered that in the 18 years that he came to bat, if you added up all his strikes out and walks, he played about 7 years without even hitting the ball!

Foul language and fighting are never acceptable.

Be respectful of opposing players and coaches and the umpires. Never argue with an umpire or opposing coach.

Be alert on the field, try to anticipate the next play, and never turn your back to the ball unless you making a play. If you are hurt, tell a coach.



## **MANAGERS' AND COACHES' RESPONSIBILITIES**

Make sure that all the rules and policies of the organization are followed, particularly the rules on not playing over-aged players, playing time, submitting rosters, and making sure all players are registered and paid. When in doubt, contact the Travel Teams Division Director. Also consult the Bulldog publication called the Bulldog Mentor

The manager and coaches must be role models of proper behavior – of honesty, fairness, commitment, consistency, teamwork, respectfulness, sportsmanship, and responsibility. Foul language is never acceptable. Disagreements between coaches and/or the manager should be resolved in private. Avoid challenging judgment calls by the umpire. It is proper to challenge the interpretation of a rule, but only if you know the rule and you are prepared to show the rule to the umpire. If you challenge a call, proceed in a courteous, non-confrontational manner.

Never play anyone who is injured. Require all players to wear athletic supporters, protective cups, and other required protective equipment. Never put a player in harm's way.

Make sure that the players understand the rules of the organization, the game, and each league in which they will be playing.

Practices should be pre-planned and well organized. The manager should provide schedules in advance so that coaches, players and their parents have enough time to adjust their schedules. Parents of the players should be kept in the loop for all team activities well in advance and should feel that their input is welcome and respected.

Treat your players with dignity and respect: Abusive language, foul language, physical abuse, and psychological abuse are strictly forbidden, even if by a manager or coach to his or her own child. Although there are times when disciplinary action must be taken, positive encouragement and reinforcement should be the normal method of motivating, coaching, and teaching. Use teaching techniques that stay away from the negative (as in "you made an error" or "don't do this") to positive approaches (as in "why don't you try this" or "don't you think this might work better" or "you'll get it next time."). Encourage positive thinking by using positive talk. Don't let your players get down on themselves.

Work to improve all the players' skills and give them opportunities to play different positions. Try to tailor a portion of the practice drills to the needs of the players so they can all improve.

Show respect for the opposing coaches and manager – show the players how respect should work between adults.

Discipline should be consistently and impartially applied.

Try to make the experience fun – telling the players to have fun is a hollow act if in fact they're having a lousy time. If it's fun, they'll know it. Fun comes from making games out of drills, letting players play new positions, being positive and not oppressive by making them feel that playing in games and practices have dire consequences, and, of course, winning. Remember, they want to have fun and they usually relegate the losses to the past much quicker than their parents and the coaches.

Make sure that your explanations are clear and understood by your players. Never single out a player unless done in a non-threatening fun way. If a player doesn't seem to understand, talk to the player in private. Remember that mistakes are normal and tolerance is an important part of coaching.

Dedication deserves respect and acknowledgment regardless of a player's natural ability.

Know your players – not just their physical abilities, but who they are emotionally and intellectually so you can motivate them effectively.

Improve your understanding of the game and how to teach by seeking help. Call the Travel Teams Division Director and use the organization's resources, including those listed on its website. The organization may be capable of funding clinics or other outside help. Don't be afraid to ask. Baseball is a difficult game and there are many good ways of approaching the same situation. Don't let your pride get in the way of your team's experience. That's not being a team player.

No preference should be given to children of coaches or the manager in practices or games. Favoritism in the form of granting excessive playing time or playing particular positions is improper.

Be an active participant in the events of the entire organization (with your team when appropriate), including the Opening Day Parade, attending at least two games of other Bulldog teams each season, The Bulldog Barbeque Games on Memorial Day weekend, and evaluations and instructional sessions for the non-travel team players.



## **DISCIPLINE OF PLAYERS**

Bases for discipline include:

Inappropriate conduct – such as disrespectful behavior to other players or coaches;

Lack of commitment – failing to appear at practices and games (however, a reasonable number of absences must be excused for family and other social and religious events – players should never be made to feel guilty for missing a game or practice if for family, social or religious functions)

Lack of effort – intentional slacking off, exhibiting an attitude problem.

Unsatisfactory School Performance

Procedure: Except as noted in the exceptions below, no disciplinary action is permitted unless the following has occurred:

1. First a warning is given to the player in private, specifically explaining the reasons for the warning and explaining that, if it continues, a call explaining the problem will be made to that player's parents;
2. If the problem continues, a call is made to that player's parents in which the problem is explained and the solution is arrived at mutually;
3. If the problem persists, a limitation in playing time can be imposed, including a game suspension.
4. If a player warrants a second game suspension or more than a game suspension, the Travel Teams Division Director must be consulted and approve any further action.

Exceptions – Conduct during a game:

If a player does not comply with a warning from the manager during a game relating to unacceptable behavior, the manager may bench the player for the balance of the game.

If a player is ejected from a game for his own act that is flagrant or is required by the league rules, then the player shall be suspended for one game. If not flagrant, suspension shall be within the discretion of the manager. If it occurs a second time during the season, the manager shall discuss the situation with the Travel Teams Division Director and take such action as the Travel Teams Division Director approves. Consistent flagrant behavior is grounds for removal from the team.

The manager must be consistent in the application of discipline. Appropriate conduct is foremost, winning is second.



## **DISCIPLINE OF MANAGERS AND COACHES**

Permitting an unregistered player to participate in any way is prohibited and subjects the manager to removal. The same is true if the manager permits participation of a registered player who has not paid the fee.

The manager is ultimately responsible for the conduct of the players, the team's coaches, and himself. All incidents (as defined in TEAM CONTROL - THE MANAGER) must be reported to the Travel Teams Division Director to determine if or what disciplinary action is warranted.

The manager has the right to remove any coach, but only for cause. Before removing a coach, the manager should obtain the prior approval of the Travel Teams Division Director. The coach can always appeal to the Travel Teams Division Director, whose decision is final. However, it is the general policy of the organization not to overrule a manager's decision to remove a coach because inevitably the discord between them will negatively affect the team.

If the manager is not abiding by these guidelines, the coaches must inform the Travel Teams Division Director. The Travel Teams Division Director shall conduct an independent investigation and must keep the source of all such communications confidential unless the coaches agree otherwise.

The ejection of a coach or manager from a game must be reported to the Travel Teams Division Director. The offending coach or manager is subject to disciplinary action by the Travel Teams Division Director or the Commissioner.

The Travel Teams Division Director, with the consent of the Commissioner, has the authority to remove any manager, coach, or player for not following these rules, policies and the spirit of these rules and policies. Such removal must be with cause and any removal may be appealed directly to the Commissioner. However, appeals will be entertained at the discretion of the Commissioner, whose decision shall be final.



## **PLAYER AWARDS**

Every year special awards are given to a few players after the season. For each team, the manager, in consultation with the coaches, shall determine which players are deserving of five awards: Player of the Year, Most Improved, Golden Glove, Golden Arm, and Coaches' Award. All selections must be approved by the Travel Teams Division Director, whose decision shall be final. A sixth award, The Billy Zitelli Award, is given to the one player selected by the Travel Teams Division Director who exhibits a high level of skill, dedication, and sportsmanship.

## **SAFETY TIPS**

[Dehydration - The Facts](#)  
[Team and Personal Safety](#)  
[Lighting Strikes Quickly](#)  
[Umpires Emphasize Safety](#)  
[Athletic Injuries](#)  
[The National Youth Sports Foundation](#)  
[CPR](#)

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### **DEHYDRATION - THE FACTS**

Dehydration can occur in as little as 30 minutes during rigorous exercise and will hamper performance, especially in the heat.

The American College of Sports Medicine encourages frequent drinking before, during, and after training or competition to prevent dehydration and heat stress.

Rehydrate, Don't Dehydrate.

Know the warning signs of dehydration: dizziness and light-headedness; muscle cramps; nausea and headache; dehydration can cause a dangerous increase in body temperature leading to heat exhaustion and heat stroke.

To Go Stronger, Last Longer...

Pick the perfect athletic fuel. Carbohydrates are the most efficient source of energy for any kind of physical activity. They are your body's primary fuel for exercise and they require less oxygen to burn than either protein or fat. Yet they are the most scarce energy source in your body. Your body's store of carbs is limited. As this supply is depleted through exercise, it leads to fatigue and a loss of competitive intensity.

If enough carbohydrates are not ingested to replace that which is burned each day, the carbohydrate "fuel tank" will be running on empty during workouts and competition. Performance will suffer.

Respect the Heat.

If you exercise when it's hot outside, you run the risk of becoming dehydrated and collapsing from heat exhaustion. But it's not heat alone that puts you at risk. Humidity also plays a critical role. If temperature and humidity readings indicate a heat warning or heat alert do yourself a favor--wait for the heat wave to pass, or find yourself an air-conditioned gym or workout area.

But when it's necessary to exercise or compete during hot and humid weather, take frequent breaks and always drink before, during, and after exercise. Be sure to check the color of your urine to see if fluid intake is adequate. A clear light-colored urine indicates that you are well-hydrated.

## Stay Cooled and Fueled.

Don't wait to become thirsty! You may already be dehydrated. Always drink plenty of fluids to prevent heat illness. Water is a great beverage, especially when nothing else is available. But sometimes water alone is often not enough and you need more.

Properly formulated sports drinks like Gatorade® give you the water you need plus other benefits: carbohydrates (14g per 8oz.), and electrolytes (sodium and potassium) to enhance performance and speed rehydration. By consuming a sports drink like Gatorade® you'll increase the performance benefits over those of water. A 6% carbohydrate solution such as Gatorade® rapidly provides fluids and energy to working muscles.

Research has shown that loading up on carbohydrates at mealtime, "carbo-loading," can help an athlete optimize performance. The carbohydrates provided in sports drinks are simply not enough.

### **TEAM AND PERSONAL SAFETY**

To provide the safest environment for our players, the following rules must be followed:

1. Players need to drink fluids during practice and games. Perspiration is produced from sweat glands in the skin to cool down the body. These fluids must be replaced to maintain the bodies stability. Catchers and pitchers may need to be wetted down based on individual needs.
2. On-deck batters shall prepare themselves in or near the on-deck circle, typically located on the side of the dugout by 1st or 3rd base. On-deck batters are the only players permitted at the on-deck circle.
3. Bats are not to be thrown by any player, especially those who are called out on strikes by an umpire. See your division's rules for the possible sanctions, which can include ejection from the game.
4. Protective equipment must be worn. Helmets are to be worn while at bat and on base. We recommend that cups be worn by all male members of a team. No male member of the Team can catch without use of a cup.
5. Batters should be aware of their proximity to the opposing teams catcher. Do not take practice swings while the catcher is retrieving a passed or loose ball.

### **LIGHTNING STRIKES QUICKLY**

Thunderstorm can come up quickly. Get the players under cover in a building when lightening is in the area. It is not safe to go under trees.

### **UMPIRES EMPHASIZE SAFETY**

The umpires may seem fanatical in their strict enforcement of certain rules, but their objective is maintaining a safe environment for the players. These enforced rules include:

Not allowing players to throw bats or helmets.

Not allowing ANY jewelry to be worn (except medical alerts tags).  
Not allowing players to leave their dugouts without permission during a game.  
Insisting that catchers and anyone warming up a pitcher be properly equipped.  
Insisting that all offensive players on the field wear helmets during an inning.  
Not allowing batting practice prior to a game.  
Not allowing fake tags on or toward runners.  
Maintaining proper decorum by all participants including fans.

## **ATHLETIC INJURIES**

### **ON FIELD DECISIONS FOR ATHLETIC INJURIES**

#### **In General:**

Most injuries would be treated no differently whether they happen to a 10-year-old shortstop or to an adult. In evaluating injuries to young athletes, you must remember you are dealing with children. The young player may not be able to easily describe just how he was hurt or how badly he/she is hurt. If they really want to keep playing and think you may take them out of the game to treat an injury, they might not even want to tell you where or how badly it hurts. Therefore, your careful observation and good instincts are very important. **IT IS IMPORTANT THAT COACHES AND PARENTS BE RESPONSIVE TO COMPLAINTS OF INJURY FROM ATHLETES OF ALL AGES. THEY SHOULD BE AWARE THAT ANY ATHLETE WHO IS NOT PLAYING UP TO SKILL LEVEL MAY BE SUFFERING FROM A SIGNIFICANT INJURY.** Be sure that the player's mom and dad are informed of every injury, how it happened, what you did to assist the player, and your recommendation for further actions by the parents. However, while you may rightly feel that not every bruise and sprain should be seen by a physician, the final decision on this must rest squarely on the parent or guardian.

#### **Qualification to Administer First Aid:**

It is recognized that few coaches have any training in first aid techniques and that it is impractical to have someone completely experienced in first-aid on duty at all times. However, every effort should be made to determine if any of the team parents or other individuals associated with the team have been trained in basic first aid techniques and to attempt to have them present at all team events.

Coaches are encouraged to avail themselves of basic first aid training that is available through public agencies. Ideally the training should be from an accredited agency such as the American Red Cross. The alternative is to get training by a medical doctor or registered nurse who is familiar with athletic injuries. Minimum training should include handling of extreme emergencies such as use of mouth-to-mouth resuscitation and external cardiac massage. Until such training is received, coaches should limit themselves to performing only minimum, prudent first aid needed to sustain life. This includes immobilizing the injured area, applying ice and immediately summoning help. **IF YOU ARE NOT QUALIFIED TO DEAL WITH THE SITUATION, DON'T! CALL 911 AND HAVE THE UMPIRE CONTACT THE HEAD UMPIRE, THEN SUPPLY THEM WITH AS MUCH INFORMATION AS POSSIBLE.**

#### **Dealing with Injury Situations on the Field:**

Act quickly and shrewdly, assuming every injury is serious until proven otherwise. Keep the person lying down and still. Don't be in a hurry to get them on their feet or off the field. Never move them until you are certain doing so will not further aggravate the injury.

Find the injury and do your best to immobilize it. Reassure the athlete and keep him/her calm. Your first impulse will be to help, but before you do-get a good idea of the problem.

1. Did you see the injury occur? If so, you will have a pretty good idea of what happened. Also look at the injured area to see any signs of swelling, deformity or bruising.

2. Let the players tell you what it feels like. Ask:

- \* How did it happen?
- \* Where is the pain?
- \* Can you move it by yourself?
- \* Can you sit up, stand, walk?

3. Pinpoint the exact area of pain by applying gentle pressure. Compare injured and non-injured part. Once the area is localized, begin ice treatment immediately. Ice, compression (ace bandage, etc.) and elevation of the injured if possible can reduce pain and swelling. Move player off the field only when you are confident it is safe to do so.

\*\*\* In case of head or neck injuries, unconsciousness, or eye injury, treat it as a serious injury until you are assured otherwise by medical personnel.

### **ALWAYS HAVE ICE COLD PACK AVAILABLE FOR INJURIES**

Evaluation of injuries:

Injuries can be classified in three categories: MILD, MODERATE, or SEVERE

Classification and treatment depend upon symptoms and signs. The best way to determine the symptoms and signs is by looking and listening, then by carefully feeling and moving the injured area. While we cannot list every symptom and sign of injury, you can generally rely on the following general statements:

1. If the player is disabled, their injury may be serious. By disabled, we mean the player cannot use that part of the body as it should be used. If an athlete twists an ankle but has only a slight limp, the injury could be mild or moderate. If he or she falls and cannot get up at all, the injury is probably severe.

2. The larger and more immediate the swelling, the more serious the injury because swelling on the outside means bleeding on the inside.

3. A noticeable deformity means a serious injury.

4. Consider all unconsciousness or eye injuries as serious.

#### DO's and DON'Ts

- \* Never give aspirin to cover symptoms of minor injuries
- \* Ice an injury for at least 48 hours to allow healing
- \* Don't attempt to "work off " an injury. Greater problems can arise from this.
- \* When in doubt, it is better to see a physician now than wait until greater damage is done.

#### Injury Recuperation

After an injury, do not return an athlete to participation until they are truly ready. It is recommended that for minor injuries, the coach get a note from the parent releasing the child for participation again. For more serious injuries or in situations where the player has a physical condition, which brings doubt about his/her fitness for play, insist on a medical release from a competent medical authority. Once the medical waiver is obtained, a wise coach will administer functional tests to determine the exact status of the athlete.

You can make lots of mistakes in lots of areas as a youth coach and still be very successful; but safety is not one of those areas. Even one mistake can have disastrous repercussions.

**THINK SAFETY EVERY MINUTE YOU ARE WITH YOUR PLAYERS. SAFETY IS ONE OF YOUR MOST IMPORTANT JOBS!**

For more information about sports safety go the

**THE NATIONAL YOUTH SPORTS SAFETY FOUNDATION** at <http://www.nyssf.org/>

The National Youth Sports Safety Foundation, Inc. (NYSSF) is a national non-profit, educational organization dedicated to reducing the number and severity of injuries youth sustain in sports and fitness activities. The Foundation is the only organization in the country solely dedicated to this objective.

## CPR



### A - AIRWAY

- Place victim flat on his/her back on a hard surface.
- Shake victim at the shoulders and shout "are you okay?"
- If no response, call emergency medical system **-911** then,
- **Head-tilt/chin-lift** - open victims' airway by tilting their head back with one hand while lifting up their chin with your other hand.



### B - BREATHING

- Position your cheek close to victims' nose and mouth, look toward victims' chest, and
- **Look, listen, and feel** for breathing (5-10 seconds)
- If not breathing, pinch victim's nose closed and give **2 full breaths** into victim's mouth (use microshield).
- If breaths won't go in, reposition head and try again to give breaths. If still blocked, perform abdominal thrusts (Heimlich maneuver)



### C - CIRCULATION

- Check for carotid pulse by feeling for 5-10 seconds at side of victims' neck with the tip of your index and/or middle finger, not your thumb.
- If there is is a pulse but victim is not breathing, give **Rescue breathing** at rate of **1 breath every 5 seconds** Or **12 breaths per minute**
- If there is no pulse, begin chest compressions as follows:
- Place heel of one hand on lower part of victim's sternum. With your other hand directly on top of first hand, Depress sternum 1.5 to 2 inches.
- Perform **15 compressions** to every **2 breaths**. (rate: 80-100 per minute)
- check for return of pulse every minute.

**CONTINUE UNINTERRUPTED UNTIL ADVANCED LIFE SUPPORT IS AVAILABLE**

## COMMUNICATION

The chain of communication is simple:

***Coach ↔ Manager ↔ Assistant Travel Teams Director ↔ Travel Teams Director ↔ Commissioner***

A manager's communications should be directed to the Assistant Travel Teams Director, who will consult with the Travel Teams Director. The Travel Teams Director can be reached by email at [bulldogs@78youthsports.org](mailto:bulldogs@78youthsports.org) or by phone. The organization's website is [www.78youthsports.org](http://www.78youthsports.org). The entire list of the organization's contacts is also posted on the *About Us/Contact Us* page.

If the Travel Teams Director does not satisfy your concern, feel free to contact the Commissioner of Baseball at [vpbaseball@78youthsports.org](mailto:vpbaseball@78youthsports.org).

The following is required to be reported to the Travel Teams Director within two days of the incident:

- Incidents on the field that violate our organization's rules or policies;
- Forfeits – whether your team caused the forfeit or was the recipient of one;
- Incidents involving fans or parents whose behavior warrants action or received a warning from the umpire or a league official;
- The ejection of any player, coach, parent, or fan;
- Injuries of a serious nature, particularly if it caused the player to miss the balance of the game.
- Any other report required under these rules and policies.

If you are in doubt as to whether to make a report, err towards informing the Travel Teams Division Director.



## RAINOUTS & REPLAYS

Attend all games listed on the schedule unless the manager or a coach has been specifically informed that the game has been postponed or cancelled. The manager is responsible for rescheduling postponed games and informing the coaches and players.

**78<sup>th</sup> PRECINCT YOUTH COUNCIL**  
**BULLDOGS MANAGER/COACH'S AFFIRMATION**  
[Organization's Copy - Sign and Hand In]

I have read and understood the travel baseball team rules and policies of the 78<sup>th</sup> Precinct Youth Council and pledge to comply with them, and all other rules and policies communicated to me from the organization:

Team – Age Level: \_\_\_\_\_

Season: 200\_

\_\_\_\_\_  
Print Name

Position (Circle One): Manager / Coach

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_