

Miamisburg Baseball & Softball 2025 Coach Manual



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Welcome to the Miamisburg Parks and Recreation MBSL!

Dear Coaches,

Welcome to the City of Miamisburg's Parks and Recreation Baseball and Softball League! We want to start by thanking each of you for volunteering your time, expertise, and enthusiasm to lead our players this year. Your dedication plays a critical role in the success of our league and the positive experiences of our young athletes. As coaches, you are mentors, teachers, and role models, and we couldn't do this without you.

Our Manual is here as a tool for you to reference throughout the season. Inside, you'll find essential resources: Miamisburg Parks and Recreation league policies and expectations, fostering positive mental health, practice plans, and more. We encourage you to review these guidelines closely, as they're designed to help create a safe, organized, and fun environment for both players and coaches.

Our Expectations: We aim to foster not only athletic skills but also qualities like teamwork, sportsmanship, and resilience. Your leadership will be key in helping players develop these values. By setting a positive tone, you'll inspire players to challenge themselves, respect the game, and support each other. Remember, our focus is on developing the whole athlete—physically, mentally, and socially.

Support and Resources: We are here to support you every step of the way! Whether you need assistance with practice plans, guidance on player dynamics, or just a sounding board, our team is ready to help. Please feel free to reach out anytime. We'll also be sharing training resources, communication tools, and updates to keep you informed throughout the season.

Once again, thank you for stepping up as a coach and giving so much to our players and community. We look forward to working together to create an unforgettable season for our athletes. Here's to a season of learning, growth, and memorable moments on and off the field.

Contact Information

Athletic Manger

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Cell: 937-219-3673

Athletic Operations Supervisor

Darren Miller
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League Email

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Parks and Recreation Front Desk

937-866-8999

Site Coordinator

(evenings and weekends for help at your field)
Cell: 937-477-6712

Rainout Line

937-400-2004

The City of Miamisburg Parks and Recreation

Mission Statement

Our Mission is to provide parks and recreation experiences that positively impact the community.

Vision Statement

We will listen to and respond to the needs and desires of those we serve.

We aim to plant, grow, and mature a high quality of life for our community.

We wish to be the source of places, memories, experiences, skills, and opportunities.

Values

- **Service** – we are focused on providing high-quality, dependable, and responsive services to the community.
- **Excellence** – we do common things, uncommonly well.
- **Inclusive Community** – we are a professional team, dedicated to providing opportunities for everyone.
- **Accountability** – we hold ourselves and each other accountable through clear expectations.
- **Meaningful Work** – we are public servants; the work we do matters to those we serve.
- **Simplicity** – we aim to make everything as simple as possible, but no simpler.
- **Family** – we are a family, and we encourage work/life prioritization and fun.
- **Support** – we communicate, support, and trust each other; up, down, and sideways.
- **Solution Oriented** – we are empowered to develop solutions and are required to learn from our mistakes.

NAYS Partnership

The Miamisburg Parks and Recreation MBSL program is a member organization of the National Alliance for Youth Sports (NAYS). NAYS is a nonprofit 501(c)(3) organization that helps to spread the message of safe and positive sports experiences for youth across the country through education and resources. NAYS educates, equips and empowers youth sports leaders, volunteers and parents so all children can enjoy the lifelong benefits of sports. NAYS partners with more than 3,000 community-based organizations and has trained more than four million adults since 1981.

As a member organization, the MBSL program will have access to resources and tools to improve our youth sports programs. Resources and tools include training for coaches, parents, league directors and officials; coach evaluations through NAYS' unique Coach Rating System; and volunteer accountability by adherence to the NAYS Code of Ethics.

Coaching Philosophy

We expect our coaches to maintain a positive and encouraging attitude while promoting the importance of teamwork, fair play, and sportsmanship.

Volunteer Coaches have a large level of influence on the outcome of a child or parent's experience in the Parks and Recreation MBSL program. Please keep in mind that you are the on-going hands-on individual that parents and children will directly associate with the league.

We expect all our coaches to conduct themselves with excellence to help create a positive environment for the children to play in and for the parents to enjoy the festivities. As a part of this, we expect all coaches to treat all players, parents, umpires and staff with the utmost respect throughout the season.

There is nothing wrong with wanting to win the game, but there are things more important for kids than the final score of the game.

- We want you to focus on increasing confidence, showing improvement in individual performances, and a positive team atmosphere.
- Kids will remember the friends that they made and the enjoyment they had while playing more than any game result.
- When a loss does occur, focus on the reaction and perseverance to try your best the next time you play.

Strive to find the balance between a healthy level of competition and a focus on the importance of teamwork, improvement, sportsmanship, and perseverance.

NAYS Coach Code of Ethics

I WILL PLACE THE EMOTIONAL AND PHYSICAL WELL-BEING OF MY PLAYERS AHEAD OF A PERSONAL DESIRE TO WIN.

Expected Behavior:

- Using appropriate language in appropriate tones when interacting with players, Miamisburg Parks and Recreation staff, umpires, parents, and spectators.
- Treating all players, Parks and Recreation staff, umpires, parents and spectators with dignity and respect.
- Playing all players according to the equal participation rules established by Parks and Recreation MBSL Office and abiding by the spirit of those rules.

I WILL TREAT EACH PLAYER AS AN INDIVIDUAL, REMEMBERING THE LARGE RANGE OF EMOTIONAL AND PHYSICAL DEVELOPMENT FOR THE SAME AGE GROUP.

Expected Behavior:

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encouraging all players, regardless of skill level, to be included as a member of the team and to remain involved in sports.

- Recognizing that some physical tasks, drills, and demands are not appropriate for all youth regardless of if they are close in age.
- Recognizing that youth may vary greatly in physical, social, and emotional maturation and considering these factors when setting up competitions and when interacting with them as a group.

I WILL DO MY BEST TO PROVIDE A SAFE PLAYING SITUATION FOR MY PLAYERS.

Expected Behavior:

- Maintaining a high level of awareness of potentially unsafe conditions including but not limited to dangerous weather, inadequate field maintenance, and faulty equipment.
- Protecting players from sexual molestation, assault, physical or emotional abuse and understanding appropriate means to report such instances when suspected.
- Seeing that all players are provided with adequate adult supervision while under the coach's care.

I WILL PROMISE TO REVIEW AND PRACTICE THE BASIC FIRST AID PRINCIPLES NEEDED TO TREAT INJURIES OF MY PLAYERS.

Expected Behavior:

- Recognizing and administering proper basic first aid to an injured player and not returning players to activity if they are compromised by injury.
- Demonstrating concern for an injured player, notifying parents, and cooperating with medical authorities for severely injured athletes.

I WILL DO MY BEST TO ORGANIZE PRACTICES THAT ARE FUN AND CHALLENGING FOR ALL MY PLAYERS.

Expected Behavior:

- Establishing practice plans that are interesting, varied, productive and aimed at improving all players' skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity appropriate for the age and conditioning of the players.

I WILL LEAD BY EXAMPLE IN DEMONSTRATING FAIR PLAY AND SPORTSMANSHIP TO ALL MY PLAYERS.

Expected Behavior:

- Adopting the position, teaching, and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Exhibiting gracious acceptance of defeat or victory.

- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Using the influential position of youth coach as an opportunity to demonstrate, promote, teach, and expect sportsmanship and fair play.

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 RELATED EVENTS.

Expected Behavior:

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players.
- Refraining from providing any type of alcohol, drug, or tobacco products to any of your players.
- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities.

I WILL BE KNOWLEDGEABLE IN THE RULES OF EACH SPORT THAT I COACH, AND I WILL TEACH THESE RULES TO MY PLAYERS.

Expected Behavior:

- Becoming knowledgeable, understanding, and supportive of all applicable game rules, Miamisburg Parks and Recreation rules, regulations, and policies.
- Teaching and requiring compliance of these rules among players.

I WILL USE COACHING TECHNIQUES THAT ARE APPROPRIATE FOR EACH OF THE SKILLS THAT I TEACH.

Expected Behavior:

- Teaching techniques that do not increase the risk of injury to players and opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

I WILL REMEMBER THAT I AM A YOUTH SPORTS COACH, AND THAT THE GAME IS FOR CHILDREN AND NOT ADULTS.

Expected Behavior:

- Maintaining a positive, helpful, and supportive attitude.
- Exercising your authority/influence as a coach to control the behavior of the fans and spectators.
- Accepting and adhering to all Miamisburg Parks and Recreation MBSL rules and policies related to the participation of adults and youth.
- Placing the emphasis on fun and participation while encouraging children to do their best.

Key Dates

Below is a list of key dates for the 2025 MBSL season. More information about these dates and events can be found on the MBSL webpage.

Coach Registration Opens	January 6, 2025
Player Registration Opens	January 13, 2025
Late Player Registration Starts	February 28, 2025
Customer Service Day	March 6, 2025
Player Registration Deadline	March 10, 2025
Coach Meeting	March 22, 2025
Player Draft	March 22, 2025
Dicks Sporting Goods Shopping Weekend	March 28-31, 2025
Teams Practice Start	Week of March 31st
Rice Field Clean Up Day	April 5, 2025
Pre-Season Parent Meeting	April 10, 2025
MBSL Baseball and Softball Player Clinic	TBD
Chuck E. Cheese Fundraiser Night	TBD
MBSL Opening Day	April 26, 2025
All Star Tryouts	May 19-23, 2025
Pitch, Hit and Run Event	May 31, 2025
Sponsor Appreciation Day	May 31, 2025
Open Week (For Makeup Games)	June 9-14, 2025
Tournament Week	June 16-21, 2025
Fall Ball Online Registration Opens	July 1, 2025

Season Overview

Preseason Coach Meeting

- All head and assistant coaches will be invited to attend the pre-season coach's meeting for your age group. This will be a discussion about schedules, rules, and expectations for the season.
- The preseason meeting takes place on a Saturday in mid-March at the Miamisburg Community Center. Each age group will have an hour meeting throughout the day. The final schedule will be emailed to you prior to the meeting date.
- Miamisburg Parks and Recreation MBSL Rules will be posted on the MBSL webpage for ease of reference and transparency – please make sure that you are familiar with your age group's particular rules.

Forming Teams

- Teams at the Tball levels will be formed by Miamisburg Parks and Recreation Athletics staff to make teams as fair and equal as possible.
- Teams at the 8U age levels and older will be formed via a player draft that will take place during the preseason coach meeting.

- Head coaches may submit up to 4 automatic picks for their teams to accommodate things such as – coaching staff children or children of a team sponsor.
 - Your child counts towards 1 of your 4 automatic picks.
- When forming teams, we strive to find the right balance of having just enough players on each team, so everyone gets a good amount of playing time while also having some roster flexibility if some team members are unable to attend some games.
- The week after the preseason coach meeting, team rosters will be inputted into TeamSnap software.
 - Once your team roster is uploaded, please reach out to your team for initial introductions and instructions.

Acquiring Team Gear

- The Miamisburg Parks and Recreation Athletics staff will provide each coach with the following equipment for the season:
 - Tees for t-ball teams (if available, tees can be used by older age groups as well)
 - Full set of catcher's gear – helmet, chest protector, shin guards, and glove
 - Batting helmets – we have ones with and without facemasks.
 - Game balls
 - Practice balls
 - Scorebooks
- Coaches may provide their own additional equipment for team use at their own expense and discretion.
- Gear pickup for all coaches will be late March before practices begin. Athletic staff will communicate gear pick up day and time closer to the date.

Practices will start in late March

- Tball will be spread throughout the week due to number of teams, but it is our intention to keep your team practicing on the same evening throughout the season.
- Parks and Recreation Athletics staff intend to have 2 scheduled practices per week in the preseason – 1 weekday and 1 weekend (Saturday).
- Once gameplay starts, Athletics staff intend to have 1 practice per team until the approximate midway point of the season.
- Once the midway point of the season has arrived, Athletics staff intend to replace weekday practices with games while still hosting games on the weekend.
- If a coach would like extra practice time at any point during the season, please reach out to the Athletic Manager for field availability.

Opening Day for Gameplay is mid to late April

Miamisburg Parks and Recreation Athletics staff intend to schedule games on Saturdays until the midway point of the season when games will replace scheduled practices.

- Note that gamedays can fluctuate in some age groups because our league plays with other communities.

Game schedules will be uploaded into your TeamSnap page during the first week of April.

Scorekeeping and Posting Results

Each team will be supplied with a scorebook. Coaches are responsible for finding a qualified individual to keep the scorebook for your team. This can be an assistant coach, a parent, or another spectator. Please keep scoresheets from previous games in case there is a discrepancy when game results are recorded.

For all age groups that keep score, coaches are responsible to input the game results via TeamSnap. This is the avenue that the Parks and Recreation Athletics staff will use when looking at team standings throughout the year. There is a TeamSnap How To in the TeamSnap Platform section below if you need assistance adding scores.

End of Season

For Tball, all team participants will receive a participation award at the conclusion of their last scheduled game.

For all other teams (8U and older):

- At the last game of the season coaches will pass out superlative game balls.
 - Miamisburg Parks and Recreation staff will provide the balls and a list of superlatives for you to reference.
 - Each player on your team is to receive a game ball at this time naming them as the best or top at a certain aspect of the season.
 - Do not hand out individual game balls or other awards throughout the season.
- Teams will participate in a single elimination tournament to crown a league champion.
 - This tournament is scheduled for the week after the regular season ends. Exact dates will be communicated closer to the end of the season.
 - Awards will be given out to the individual team members who finish in 1st and 2nd place in the tournament.
 - There will be no team trophy awarded.
- Tournament seeding will be based on regular season winning percentage for teams that played more than 5 games.
- Tiebreakers will be assessed in the following order:
 - Head-to-Head Results
 - Results against the top 3 teams in the league
 - Head-to-Head Run Differential
 - Coin Toss
- There will be two opportunities for end of season feedback through a coach survey and a program survey. Details on how and where to fill these out will be sent via email from Athletic Operations Staff at the end of the season.
 - All survey feedback is confidential and helps us to continuously improve the MBSL program.
 - Coach feedback is connected to your NAYS account and can be reviewed at the NAYS Coach Rating tab in your account.

General Information

Please note, the only individuals that are allowed on the playing field or in the dugout are those that have been approved through the City of Miamisburg's Volunteer Coach Application process.

Communication with Your Team

Please communicate with your team throughout the season regarding upcoming events, cancellations, reschedules, and other general information. For ease of communication, there is a chat/messaging feature in our TeamSnap software that allows you to send information to your team in a quick and efficient way. TeamSnap How To's can be found in the TeamSnap Platform section below.

Do not expect the participants of your team to be actively checking for upcoming events. Send reminder messages. Parents would rather have too much information instead of not enough.

Communication with Parks and Recreation Staff

If you need to contact the Miamisburg Parks and Recreation Athletics staff throughout the season, the most efficient way is to email mbsl@cityofmiamisburg.com or using the key contacts listed in the Contact section above.

If you need assistance with something at Rice Field, please call the on-call site coordinator – 937-477-6712.

Miamisburg Parks and Recreation Athletics staff will also send out information to the whole league throughout the season.

Umpires

There will be no umpires at the t-ball level – coaches are asked to control the game based upon the league rules.

Umpires will be provided for all other league games to the best ability of the Athletic Operations Office. We have 3 different options to cover all games.

It is a struggle to get umpires for recreational games, and the number 1 deterrent we hear from umpires is due to the behavior of coaches and spectators. Negative or aggressive comments toward an umpire will not be tolerated.

- You can greatly help our umpire situation by being gracious and positive.
- Please keep in mind that umpires are humans, and they will make mistakes or calls that you do not agree with.

Every game we play has 3 teams on the field – home team, away team, and umpire team.

- Your team may have a head coach, 3 assistants and 15 parents representing you and helping with ideas.

- The umpire team usually is a team of 1 that has to react to everything in real time. Often this umpire is young and still learning the game. Allow them time and space to learn, react, and grow in the skill they are working on.

If you have an issue with the performance of an umpire, please bring it to the attention of the Parks and Recreation Athletic Operations staff.

Weather

We utilize the Rainout Line which is available on the PlayMiamisburg website, the PlayMiamisburg App, Rainout Line App, or calling the Rainout Line – 937-400-2004

- **Monday – Friday** - Staff will update rainout line each afternoon based on game schedules and field conditions. **Initial decisions on field conditions will be made by 3:30 PM.** If field conditions are initially deemed questionable, **final decisions on field statuses will be made by 5:00 PM.** In the event of questionable weather conditions during gameplay, Parks and Recreation Athletics staff will make additional updates throughout the evening.
- **Weekends** - Staff will update rainout line by **8:30 a.m.** on weekend mornings. In the event of questionable weather conditions during the day, Athletics staff will make additional updates throughout the morning/day.

Makeup Games

It is the priority of the Parks and Recreation MBSL program to play all games as scheduled whenever possible. We do not cancel games on the threat of bad weather. If the weather is questionable, staff are at the fields making calls as needed and updating rainout line.

- The Athletics staff will handle the rescheduling of all cancelled games.
- Coaches are welcome to make requests when a game is being rescheduled.
- Games that are forfeited will not be made up.
- We have built an empty week into the schedule for the purpose of makeup games.
 - If games do not need to be made up that week, we will add more games into the schedule.
 - Note that this empty week may not exist for age groups that are playing with other communities.

All Star Teams

All-Star teams are a chance for players to challenge their skills in a more competitive environment and play more games at the end of the season. Trying out for the All-Star team is optional. Note that All-Star teams typically play tournaments on the weekends throughout the month of July. Scheduling tournaments is at the discretion of the coach and team.

The Parks and Recreation Athletics staff will help assemble one recreation all-star team from each age group 8U and up. Uniform tops for the recreation all-star team will be provided by Miamisburg Parks and Recreation.

Any coach in good standing with the league from the current season is welcome to be a part of the All-Star Team. We do need a head coach for each age group. If you are interested in being a coach for an all-star team, please reach out to the Athletic Operations staff for approval.

Coaches will hold a tryout in mid-May. This tryout is to be open to any individual that was registered for that age group in the league. The all-star head coach will work with the Athletic Operations staff to schedule the tryout. Once scheduled, the tryout will be put into the TeamSnap schedule of all teams in that age group.

Individuals that played up in an age division for the regular season may NOT play down for the all-star team.

- For Example, if your birthday assigned age group is in the 8U age group, and you decided to play in the 10U age group, that player is only eligible to play 10U all stars.

Please use discretion when holding a tryout practice. Allow all participants an equal chance to showcase their skills and abilities for all-star team consideration.

- The Athletic Operations staff can supply coaches with a tryout practice template if a coach needs some ideas.

All recreation all-star teams will be entered at no cost into the Recreation All Star Tournament hosted at Rice Field. This tournament is usually held in early July.

All-Star teams may participate in other local all-star tournaments throughout the month of July at the expense of the all-star team – whether through sponsors or coach/parent funding.

Picture Day

Picture days will be scheduled at the beginning of the season after the uniforms have been distributed. Teams will have a scheduled picture time around the time of their usual practice time. These will occur late April or early May. The Parks and Recreation MBSL photographer is Twig and Lens Photography.

- All team photo sessions will be conducted at Twig and Lens Photography Studio in downtown Miamisburg.
- All of the photos will be taken in a controlled environment with baseball backdrops.
- We are scheduling all of the photography sessions indoors to avoid any weather issues or delays with our league pictures.
- Parents will be able to purchase individual or team pictures directly from Twig and Lens Photography.

Partner Organizations

Some of our MBSL age groups do not garner enough participation to form their own league so we work with other local groups in a similar situation to form a league. Some children may have to travel to other local communities for games. This aspect can slightly alter the overall league timeline that we have laid out. Partner Organizations are listed below:

- GDAA – Greater Dayton Athletic Association
 - This is a parent-run softball only organization based out of West Carrollton. MBSL partners with this group for gameplay in softball age groups 8U – 14U.
- SCBA – Springboro Clearcreek Baseball Association
 - Based out of Springboro's Clearcreek Park, this parent-run organization is a valuable partner to MBSL for baseball and softball age groups. MBSL partners with SCBA in all needed age groups.
- Waynesville Baseball Softball Association

Miamisburg Parks and Recreation MBSL Sponsors

Miamisburg Parks and Recreation MBSL Office endeavors to procure one jersey sponsor per team from local businesses. Coaches or parents are more than welcome to seek out a sponsor for their own team. If your business is interested in being a team sponsor, please reach out to the Athletic Operations office or go on the MBSL website for the sponsor application.

TeamSnap Platform

TeamSnap is the platform MBSL uses for registration, team formation, communication, and scheduling. Once we make your team, you will receive an email from TeamSnap to manage your teams. This is where you will find everything you need for the season. Your team roster, practice and game schedule, and team communication are in your TeamSnap account. We highly recommend downloading and using the TeamSnap App.

Communication

Player/Coach/Parent communication is extremely important. TeamSnap is our main form of communication. All practice and game schedules can be found in your TeamSnap account. There are also group and individual chat features in TeamSnap for you to communicate with your team.

Additionally, the Athletics Team will send general information reminders and updates via email to parents and coaches throughout the season. The Athletic Manager is always available to answer questions and address any concerns.

How to Accept Your Invitation to Manage Your Team

1. Go to your email and find the TeamSnap invitation.
2. Click the blue **Take Control of "Your Team"** button.
 - a. If you've been invited but can't find the invitation email, please email athletic staff. They can send you another invitation.
 - b. NOTE: The link will take you to the online version of TeamSnap, not the app.
3. New to TeamSnap
 - a. Click the Create New Account button.
 - b. Create a password.
 - c. Click **Create Account**.
 - d. Select **Yes** or **No** for whether you are the person joining or joining on behalf of someone else.
 - e. Enter your phone number and gender.
 - f. Click **Continue**.

4. Existing TeamSnap account
 - a. Enter your email and password to sign in to your account.
 - b. NOTE: the email you provide the Athletic Operations staff needs to match the email you use for your TeamSnap account.

Once you have signed into your existing account or created a new account from the online version using the link from your email, you can then switch to using the app to view your team.

How to Send a Message

1. Once you are logged in, toggle to the **Chat** tab at the bottom of the screen.
2. To send a message to the entire team, choose **Team Chat**.
3. Enter your message and click send.
4. To send a message to a specific person, click the plus icon in the top right corner.
5. Select who you want to send the message to.
6. Enter your message and click send.

How to Update the Score

1. Once you are logged in, toggle to the **Schedule** tab at the bottom of the screen.
2. A pencil will show up next to the games once they are complete. Click the pencil icon.
3. Add the score and save.

How to Cancel a Practice

1. Once you are logged in, toggle to the **Schedule** tab at the bottom of the screen.
2. Choose the practice/event you want to cancel.
3. Click **Edit** in the upper right corner.
4. If this is a series, chose **Edit Only This Event**.
5. At the bottom, toggle the cancel button.
6. Click **Save**.

How to Add an Event

1. Once you are logged in, toggle to the **Schedule** tab at the bottom of the screen.
2. Click the click the **+** in the upper right corner.
3. Add the event details
 - a. Name, Day, Time, Location, Duration
4. Click **Save** in the upper right corner when ready.

NOTE: When adding a practice please communicate with Athletic Operations staff to ensure field space is available. Once you receive confirmation from staff to add a practice, you can update TeamSnap.

Injuries

Children are playing at their own risk. There will be physical contact in this game. It is the intent of the officials and staff assigned to your game to provide a safe level of competition; however, injuries may still occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. The safety and well-being of players is our top priority, and it's crucial that we handle all injuries with the utmost care.

If you have players injured during practices or games, especially head injuries, staff must be notified immediately. If staff are not near your field call the Site Coordinator phone **937-477-6712**. Our staff is First Aid/CPR certified, and we have first aid supplies we can provide. For head injuries the concussion protocol everyone received, and signed during the application process must be followed. Staff will also fill out an incident report if necessary. This ensures that we have accurate records and can follow up appropriately.

In the event of a severe injury, Parks and Recreation staff will follow-up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

Your diligence in this matter helps us maintain a safe environment for all players. If you have any questions or need further clarification, please don't hesitate to reach out to Parks and Recreations staff.

Fostering Positive Mental Health

Tools and Techniques

All of these tools and techniques have athletes focus on the present moment – this is more challenging than it seems. It is a challenge to forget about the past and not worry about the future. Moving on from a mistake is difficult and setbacks linger. Then, minds are consumed with thoughts and fears about what could/might happen. It is your job as a coach to bring the athletes back to the present moment and turn their negative thoughts to positive ones.

Mindfulness is about having clear and focused attention about what is happening at the exact moment. It is paying attention to our body on purpose.

- Have athletes connect to their senses – have them close their eyes and focus on their 5 senses. Prompt them to focus on what they can hear, then what they taste, then what they feel, then what they smell, and finally have them open their eyes and focus on what they see.

Diaphragmatic Breathing or Deep Breathing calms the mind and body, decreases heart rate back to baseline quicker and speeds up mental recovery.

- Box Breathing is an easy tool to have athletes practice. Have athletes close their eyes. Start with a big inhale and exhale. Then start, inhale for four seconds, hold for four seconds, exhale for four seconds, hold for four seconds, repeat.

- Be sure to walk them through this a few times and prompt them with “inhale 2, 3, 4, hold, 2, 3, 4, exhale, 2, 3, 4 . . .” When you are prompting them, they are focused on your voice and their breathing, and they can’t think about anything else.

Positive Self Talk or Power Statements are something you tell yourself or repeat in your head when you want to dial up your confidence. Power statements and affirmations/phrases that shift negative self-talk, boost confidence and help to keep focused under pressure.

- The way we talk to ourselves has a huge impact on our mindset and performance.
- When it is well rehearsed it comes naturally. Confidence is a skill, and it needs to be practiced.
- “I am” exercise is something you can practice during warmups. Have players think about how they would finish the sentence “I am” with a positive thought about themselves. Have a few or all players share.
 - Sometimes it is difficult to think positively about ourselves. If players are having trouble, ask what they would say about their friend. Then apply it to themselves.
 - You can also have players say positive things about each other the first time you do this.

Setting Intentions or Process Goals helps to focus athletes on actions in their control.

Keeping athletes grounded in what they can control builds confidence and leads to long-term success by focusing on daily improvements rather than just results.

- ACE - Attitude, Concentration and Effort - all the things you can control.
- Have athletes set an intention or process goal at the beginning of practice. Ensure the goal is specific and something within their control. If an athlete says their goal is to strike everyone out, let them know that is an excellent results goal, but someone else striking out is not within our control. Ask what they can focus on in order to throw strikes.

Visualization allows athletes to mentally rehearse successful outcomes. Seeing and feeling themselves succeed before it happens allows athletes to build confidence, reduce anxiety and improve performance.

- Have athletes close their eyes and see what they want to do in their mind.
- Practice pressure - set up a scenario for athletes at practice. Ask where are you going to go in your mind? Picture yourself executing things the way you want.
- Your mind is the only place you can be perfect.

Encourage athletes to practice these techniques on their own. We can give tools, but if they do not know when to use them, it is not going to be helpful in the long term.

Practical Applications

All five tools and techniques listed above can be taught and practiced during warmups or incorporated into your practice schedule. These do not need to take away from practice time. All the exercises take less than a minute.

- **Cues and phrases** – have specific instructional cues or phrases that refocus athletes. Just telling them to focus is not helpful, they need to be taught how to focus. For example, once you teach visualization and your players understand what to do. Have them practice the skill during practice by pausing and having a phrase that prompts them to take a second to think about and visualize what to do next.
- **Be a transparent teacher** - share when your focus is not on point. Tell your athletes what you are going to do to get refocused or have them help you get refocused. This shifts the power and helps them understand that everyone has off days and needs help.
- **Create a learning culture** - mistakes can fuel growth and development. When mistakes happen, acknowledge them, nobody is perfect. What can we learn from the mistake? And then use one of the tools to refocus on the present moment for the next play.
- **Post game feedback** - it is important that everyone is headed home in the right frame of mind.
 - Have them outline 5 things that went well and 5 things that did not - even on games you win.
 - Provide positive feedback on effort.
 - Highlight controllables – attitude, hustle, effort, etc.

Voicing Suggestions and Concerns

Process for Suggestions and Concerns

We believe that our program participants have valuable thoughts and insights to share regarding our operations. Accordingly, we encourage the free sharing of suggestions, concerns, and/or questions about our policies, personnel, and/or other matters impacting your experience or the safety of others.

In general, the best person initially to bring opinions, suggestions, concerns, and/or questions to is the Athletic Manager. You can contact the Athletic Manager by using the contact information located on page 2. However, if the concern relates to the Athletic Manager or if the Athletic Manager did not fully address the matter, program participants may direct their opinions, suggestions, concerns, and/or questions directly to the Athletic Operations Supervisor by using the contact information on page 2.

Written Complaint Required for Formal Process

Verbal complaints are encouraged, particularly for issues that may be easily and expeditiously resolved, but a written complaint is required to initiate our formal process. To ensure a timely and effective response, complaints should include the following information to the fullest extent possible:

1. The name(s) of individual(s) involved
2. The date(s) the behavior occurred
3. The name(s) of any known witness(s)
4. A summary of the conduct meriting the complaint including:
 - a. The behavior complained of and/or the alleged policy
 - b. Direct quotes when relevant and available
 - c. Any relevant documentation

Once received, Miamisburg Parks and Recreation staff will:

1. Reply with an initial response of acknowledgement within two business days.
2. Follow up with the referenced individuals that have first-hand knowledge of the situation.
3. Once all information is gathered and analyzed, appropriate action will be taken.
 - a. If disciplinary action is deemed necessary based on staff findings, Miamisburg Parks and Recreation staff will follow disciplinary action outlined below.

Disciplinary Action

Any player, parent, spectator, or coach exhibiting unsportsmanlike conduct or failing to adhere to the codes of conduct outlined above are subject to any of the following disciplinary actions:

- Verbal warning issued by Miamisburg Parks and Recreation MBSL Office.
- Written warning issued by Miamisburg Parks and Recreation MBSL Office.
- Additional training.
- Immediate dismissal from the facility.
- Suspended from attending practices, games or program functions for a specified period of time as designated by the program.

Age Group Specific Rules

Age group specific rules can be found on the MBSL webpage on the Miamisburg Parks and Recreation website. Below are instructions on how to find the age group specific rules.

1. Visit the City of Miamisburg Parks and Recreation website at playmiamisburg.com.
2. Select "Programs & Events" on the top right of the screen.
3. Select the "MBSL & Sports" box in the middle of the screen.
4. Select the "MBSL Rules and FAQs" box on the left side of the screen.
5. Select the correct age group under "2025 MBSL Rules."

Coach Practice and Game Resources

We have several different resources available to coaches to aid them in leading their team:

- TeamSnap – Scheduling of team games and practices; Communication with team.
 - TeamSnap Coaches Corner – TeamSnap provides resources for coaches that include skills and drills, mental health, team building, and more!
 - You can search TeamSnap Coaches' Corner or use the link below.
 - **[TeamSnap Coaches' Corner](#)**
- MBSL Coach Clinic with Homefield Instruction – Date and details TBD
- Practice and Game Resources created by Athletic Operations Staff for Tball, Baseball and Softball. These resources are designed to be a tool to support planning and organizing for games and practices. They include drills, templates and player development.
 - These resources can be found on the City of Miamisburg website on the coach's page. [MBSL Coaches Registration - Miamisburg Parks and Recreation](#)
- Game Day Roster and player rotation tracking. The Athletic Operation staff created an excel spreadsheet for you to use to track player rotation by game or throughout the season.
 - These resources can be found on the City of Miamisburg website on the coach's page. [MBSL Coaches Registration - Miamisburg Parks and Recreation](#)
- There are a ton of resources online and YouTube videos with practice plans and drills for specific skills you want your team to work on.