



**2009
HYB
Tee Ball
Parent's Guide**

Dear T-Ball Parents,

Welcome to the 2009 season of Hudson Youth Baseball.

Hudson T-Ball is a non-competitive division for children ages 5-6 years old...everyone wins. No scores or standings will be kept. Our goals in T-Ball are to:

- Have FUN
- Learn the fundamentals of baseball
- Learn good sportsmanship
- Develop and improve skills
- Learn to play as a team
- Build player confidence

As parents, we all want our child to be the best ballplayer possible. We go to great lengths to give our children the best opportunity to succeed in sports. However, on this pursuit of excellence for our children, we sometimes forget the most important thing when starting a child in sports. We MUST make sure the child enjoys his or her first experience with the game.

Winning every game is not the objective at this level. Teaching EVERY child the basics of the game and allowing them to enjoy their first experience with the sport is what we are looking to deliver to our TeeBallers.

In Hudson T-Ball we will focus on player development. Remember, this is an educational, recreational league. Some T-ball players may have never even touched a baseball. Our coaches strive to always be encouraging. The goals listed above are the basics we aim for in T-Ball. These are introductory years and we cannot expect all the players to know everything by the end of the season. But we will strive to have a good grounding in the player's basic skills. And most importantly to have fun!

Important Dates:

- Saturday April 4, Field Clean-up Day...Meet at Nottingham West Field....8am
- Our first games will begin on Saturday April 18th
- Our last games will be played on Saturday June 20th
- HYB Night at Fisher Cat Stadium is on Saturday June 20th

Please visit www.hudsonyouthbaseball.com frequently for other important dates and information during the season.

Time commitment for T-Ball is a 90-minute block every Saturday beginning April 18th. Every team will practice for 45 minutes and play a game for 45 minutes during this time; all games are played at the Nottingham West Field. There will not be any games played over Memorial Day weekend.

The following are the regulations to be adhered to throughout the season:

Attendance

1. Players should arrive at least 10 minutes prior to the start of their practice/game.
2. For the protection and safety of each player, at least one parent or guardian should be present during practices and games.

Equipment

1. All players should wear a protective cup and supporter to all practices and games.
2. All players are expected to have their own gloves. Players can wear cleats or sneakers and baseball pants or sweatpants.
3. HYB will issue a game shirt and a hat to each player.
4. HYB will provide each team with bats and helmets.
5. All personal equipment should be marked to identify the owner. Coaches will turn in any personal equipment left at the fields to the Nottingham West Field concession stand.

Medical

1. Communicate any medical or safety issue to the head coach immediately.
2. Coaches are not permitted to perform routine medical testing or dispense medication to any player. Only a parent or guardian may perform these duties.
3. Please be sure the head coach is aware of any physical handicap or learning disability your child may have prior to the first practice. This information will be held in strict confidence.

Nutrition

It is highly recommended your child bring a bottle of water or Gatorade to every practice and game. It is very important players maintain proper hydration at all times, especially on hot, sunny days.

Player Conduct

1. Unsportsmanlike conduct and disrespectful acts such as bullying, threatening, fighting, teasing, swearing, etc. will not be tolerated. If a player engages in such behavior then he or she may be subject to suspension or expulsion from the league.
2. Jewelry is prohibited on the playing field unless for religious or medical reasons.

Please contact me with any questions.
Enjoy the 2009 season.

Scott Power
T-Ball Director
spower@nhcuc.org

HYB's Mission

Hudson Youth Baseball is an all-volunteer group which organizes recreational T-ball and baseball for boys and girls who live in the town of Hudson. We are a non-profit organization dedicated to giving any child a chance to play baseball at a recreational level

Expectations of parents and volunteers: We want our managers to think of themselves as ambassadors of the league. In other words, in addition to running the team, leading successful practices and game play, we also expect leadership in areas of administration. For example, managers will help promote and distribute lottery calendars, other fundraisers to families, organize concession volunteers, etc.

We want our parents to think of themselves the same way. Please get involved. Don't hesitate to ask the coach if you can help in practices or games. While the concession stand volunteers are a huge help, have some fun at the practices and games too...cheer, participate, make every Saturday a family day.

Game Rules:

1. Non Competitive.....no scores or standings are to be kept.
2. All Games will be played on Saturdays at Nottingham West School.
3. There will be 4 teams at the field at the same time. Two teams will be on the baseball diamond and will play a 45 minute game. The other two teams will use a corner of the outfield to have a 45 minute practice. Teams will switch after 45 minutes.
4. For the first six weeks, every player will hit from the tee during games.
5. 3 and Tee...after six weeks (Memorial Day), coaches will pitch to the players who are ready. But after three misses, the player will hit off the tee for that at bat.
6. No leading or stealing on the bases.
7. An inning is over when all players on both teams have been up to bat.
8. Your game ends after 45 minutes are up. Do not try to finish the inning based on where you are in the batting order. If you go over your time slot as it will bump into the next games.
9. At the end of your game, all players and managers should line up and shake hands
10. The first teams scheduled at the field will be responsible for setting up the equipment.
11. The last 2 teams scheduled at the field will be responsible for returning all equipment to the equipment shed and making sure that it is locked and the concession stand is closed

Tee Ball Skills

Overview:

We will focus on the player development. Remember, this is an educational, recreational league. Many Tee-ball players have never touched a baseball. We will encourage and never yell at the players, parents or other coaches. The guidelines below are the basics we try to aim for in Tee Ball. These are introductory years and we cannot expect all the players to know everything by the end of the year. But we should strive to have a good grounding in the basic skills for the players. And remember to HAVE FUN!!!

Unfortunately, a late start in a game like tee ball or baseball typically means players won't make up the difference until the following season when they can get a better start.

We strive as coaches and volunteers to be organized, develop a plan, and prepare to work hard. We want our players to learn as much about tee ball and baseball as they can.

We will present the material in "kid terms."

We will strive to be patient, available, and put ourselves in the child's position.

Create a fun environment; help build self esteem; and instill sportsmanship.

This is Tee Ball, not Baseball

Understand the difference between t-ball and baseball. This is an educational league and not a competitive league. The guidelines in here should help you understand the exceptions for the tee ball league.

Parents

Parent Participation

1. Parents are encouraged to assist in practices and games (please contact your head coach regarding your interest).
2. Please be respectful to all coaches, players and other parents. It is important that we as adults set a good example of appropriate behavior for our children.

NOTE: HYB has a ZERO TOLERANCE for parent conduct.

Parental conduct is very important. Remember that your child is likely to listen to you first when they are on the field. This is not a problem until the coach tells the player to stop and the parent tells them to go! Instructing the players is the job of the coaches. The only thing a coach can do about this is tell the parents how tough it is to communicate with the players when there are conflicting instructions on the field. At times, it can be a safety issue.

And remember, this is an instructional league. As such, we try to minimize the competition and focus on learning.

Meet & Greet:

Week 1 – On Opening Day there will be an extra half hour built into the schedule. This half hour will be used for the following activities:

- Meet your coach and receive shirts and hats
- Have a parents meeting for 5-10 minutes
- Introduce coaching staff
- Cover Goals of T-ball, T-Ball format, and general rules (use this Document)
- Reiterate the fact that parents are welcome to participate in practice and games. Bring a glove every week.

Team will try to hold a 20 minute practice to show the following fundamentals (remember this may be the first time some of the players have ever picked up a baseball):

- How to hold and swing the bat
- How to hold and throw the ball
- Where the bases are
- How to run to first
- How to drop (and not throw) the bat after they hit

General Knowledge:

The following guidelines are meant as an aid in determining what the players need to learn. Some players/teams will be more advanced and ready to learn more. Other players/teams will take all season to get the basics down. Neither situation is a problem, but the coaching staff will need to work together to determine when it is time to move on to more advanced skills. The players should understand and be proficient at the basics before they move to more advanced skills.

Equipment usage

- Bats – remind the players not to swing a bat unless they are in on-deck area or in the batter's box.
- Balls- remind the players balls are to be thrown only when a player is looking. This is to avoid someone getting hurt because they didn't see the ball coming.
- Helmets – demonstrate proper helmet fitting. Players may need to wear their hat under the helmet to fit better.
- Gloves – proper way to wear a ball glove. Keep the glove on when in the field.
- Tee – show where the ball goes and how to adjust the height. Many players still won't be able to move the tee height, but show them anyway.

Attire:

Players will get their shirts and caps on opening day (that's why we include a meet/greet period). For games, players should dress comfortably, i.e. sweatpants, baseball pants, L/S shirt or sweatshirt under their jersey, sneakers, etc. Hudson Tee Ball asks that all players wear an athletic cup/supporter (even T-balls hurt). I'm sure many of them will think it's uncomfortable and won't want to wear it, but we'll try – if they get in the habit early, they'll always wear one as they get older. The only other item to bring is a glove.

Here are some frequently asked questions:

- **Does my child need cleats?** No, sneakers are just fine. But some players will wear cleats and that's fine (plastic ones obviously).
- **What equipment does my child need?** The only thing the player really needs is a glove. Each player receives a team shirt and hat and HYB provides bats, helmets, tees and tee balls.
- If parents wish for their child to have their own gear, please have them buy a helmet with a chin strap. If looking to purchase a T-Ball bat, consider this site to ensure correct length and weight of bat:
http://www.academy.com/index.php?page=content&target=sports_tips/baseball_softball/choose_bat

Choosing a bat: Typically, t-ball bats will be 24-26" in length. To ensure correct length and weight: stand the bat next to the side of the child's leg. The knob should rest within the hip area. To check out the weight, hold the bat straight out in front of you. If the end of the bat tips down right away, then it's probably too heavy. A child should be able to hold it up without straining for at least 3 seconds.

Online Reference Section:

- <http://www.hudsonyouthbaseball.com> – Official HYB site
- <http://www.coachteeball.com> – Tips on coaching t-ball
- <http://www.coachyouthsports.com> – Helpful coaching tips
- <http://www.webball.com> – Understanding basic mechanics
- www.academy.com – Apparel and equipment
- http://www.academy.com/index.php?page=content&target=sports_tips/baseball_softball/choose_bat - Choosing the correct size bat