



# **BOYS & GIRLS CLUB OF THE REDWOODS**

## **T-Ball Parent Packet 2023**



**BOYS & GIRLS CLUB  
OF THE REDWOODS**

**Need to reach the league?  
Find more program  
information, schedules and  
forms online at  
[bgcredwoods.org/t-ball](http://bgcredwoods.org/t-ball)  
or call 707-441-1030**

We would like to extend a special thank you to all of the Businesses that have sponsored our T-Ball program this year.

**2023 Season Sponsors**



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Dear Parents,

Thank you for registering your child for our T-Ball program. With your support, this can be a great experience for both you and your child. It is our job as parents to help create a safe environment for all players to grow and develop, both in their baseball and interpersonal skills.

Please remember, this program is about providing a beginning instructional opportunity to focus on developing a player's skills, foster good sportsmanship, and build healthy relationships. Because of this focus, we do not count wins and losses, runs or outs. Players should be praised for completing a play correctly, and coached (not criticized) when making a mistake.

In this parent packet, you will find a wealth of information including:

- a league schedule of practices and games
- team picture day information
- suggested parent support positions
- how you can help practice at home
- a list of our program regulations
- our T-Ball rulebook
- other Boys & Girls Club of the Redwoods opportunities for your children

Thank you for making this season a success!

Sincerely,

Boys & Girls Club of the Redwoods Staff  
(707) 441-1030



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LEAGUE SCHEDULE

Winship Middle School	2500 Cypress Ave, Eureka
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All practices and games will begin promptly at 5pm. No new inning can begin after 5:30pm, allowing games to conclude by 5:45pm. Fields **MUST** be completely cleared of equipment and any trash by 6pm. All teams will hold practices from April 4 – May 30.

Team 1: Restif Cleaning Service	Team 5: Atlas Engineering
Team 2: Humboldt Sponsors	Team 6: Jitter Bean Coffee Co.
Team 3: Arcata Cabinet & Design Company	Team 7: Evans Mechanical
Team 4: Bailey Mortgage Enterprises, Inc.	Team 8: Quality Body Works

**SEE ATTACHMENT FOR  
PRACTICE/ GAME SCHEDULE**

## PICTURE DAY

Date to be announced! We ask that everyone attends to show support for their teammates who are getting team photos, and to show the strength of our T-Ball Program to each of our Team Sponsors.

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PARENT SUPPORT POSITIONS

*In addition to the youth working as a team, to make youth sports a success, it takes a team of parents. At this age, it typically takes 4 parents to work with a team of 9-12 on the field. However, even if you're uncomfortable helping on the field, there are a variety of ways you can support the team. Below are just some suggestions of how you can be supportive. You'll find brief "position descriptions" on the next page. As parents take on certain roles, use this page to fill in their information should you need to contact them.*

	Name	Phone
Head Coach	_____	_____
Phone Coordinator / Team Manager	_____	_____
Refreshments Coordinator	_____	_____
First Base Coach	_____	_____
Third Base Coach	_____	_____
Batting Coach	_____	_____
Bench Monitor	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____
<i>Other</i>	_____	_____

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## PARENT POSITION DESCRIPTIONS

### Phone Coordinator/Team Manager

The team manager assists the team with communication. Their main responsibility is to disseminate information to parents, and from parents to the coach and league. This is the first person parents would go to when they have questions, freeing up the coach to focus on coaching. When practices or games are rained out, or there are changes, the team manager goes through the roster and makes sure every family is notified.

### Refreshments Coordinator

It is common among youth sports that parents take turns providing snacks and/or refreshments at the end of each game. This is certainly not required for participation in T-Ball, but is something optional your team can adopt. The coordinator is responsible for putting together a rotation schedule, and reminding parents when their day is. It is a good idea to find out about any allergies and remind snack-bringers what foods/drinks to avoid. It is also common practice that parents focus on bringing snacks like pretzels or oranges rather than things like candies and sodas.

### Bench Monitor

This can be one of the most challenging, yet most supportive roles at this age. The bench coach is responsible for making sure all the players are sitting on the bench when their team is on offense. They also help make sure the players are batting in order. This person helps allow the coach to focus on coaching players on the field.

### First Base Coach

The first base coach is important for both offensive and defensive plays.

*Offense:* The first base coach must stand seven feet behind and outside the base line to give a high five to every runner. This reminder about running through first base is necessary for all games, throughout the entire season. At this stage, it is necessary to remind the runner where second base is located. The first base coach must remind them to stop AT the base, and not run through it like they do for first base. Coach the player to look and listen to the third base coach once they arrive at second base.

*Defense:* Be diligent and repetitive with all players. At practice go through the motions and talk each player through the basic principles of playing first base. Whenever a first base drill is practiced, this coach should be providing guidance to the defensive player on first base.

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PARENT POSITION DESCRIPTIONS

Third Base Coach

As players get older, this is an important and strategic offensive coaching position. This is a great position to train parents who may serve as a head coach as their children progress in baseball. At this stage, this is a teaching position. Third base coach is responsible for the runner at second base AND the runner at third base.

When the runner arrives at second, get their attention with your left hand. If the second base runner is day dreaming, call “time” and get their attention. Start using the common “stop” signal when you want advancing runners to stop at third. This is with both hands, palm out, fingers together, and arms extended up or out.

Is there a runner at first? If there is, the second base runner must advance to third when the next batter bats. The third base runner is within verbal distance. As soon as they arrive at third base, point out if there are other runners on base, and if they must run on the next hit.

Batting Coach

Batting coach is a busy job. Not only does this person help demonstrate the proper stance, swing, and follow through, but they must make all attempts to stop players from flinging the bats. Some players cannot decide if they bat right or left handed. Some players will throw right, but bat left. Ask the parent if you are unsure, or observe accuracy and smoothness in execution.



**Want to know more about  
Boys & Girls Club of the Redwoods?  
Visit [bgcredwoods.org](http://bgcredwoods.org)**

**Check out our Clubhouse page for  
information on the various  
programs we offer:  
[bgcredwoods.org/clubhouse](http://bgcredwoods.org/clubhouse)**

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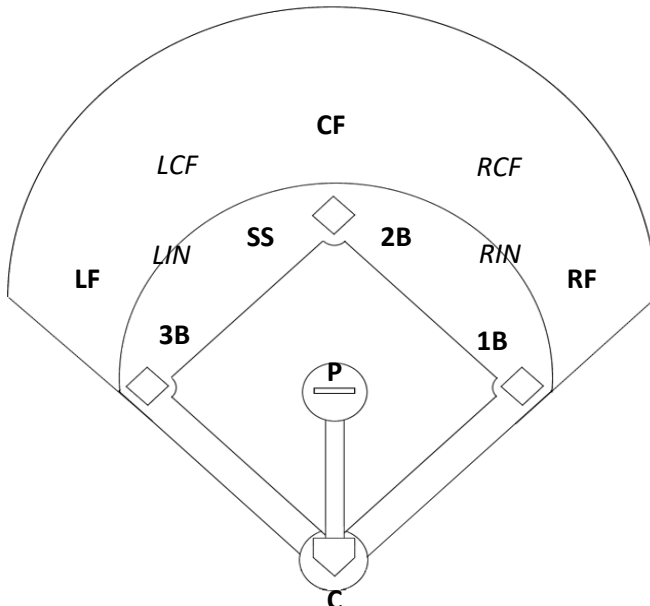
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## PRACTICE AT HOME

There are many things parents can do outside of games and practices to help their children advance their skills. One of the important lessons of T-Ball is simply teaching where the different positions are. Many times, teams at this level will add “extra” positions so that all players can be on the field each inning rather than having some sit on the bench. Below is a guide you can use to help understand the different positions.



Key: P=Pitcher C=Catcher 1B=1<sup>st</sup> Base 2B=2<sup>nd</sup> Base 3B=Third Base SS=Shortstop  
 LF=Left Field CF=Center Field RF=Right Field LCF=Left Center Field  
 RCF=Right Center Field \*LIN=Left Infield \*RIN=Right Infield

\*Positions rarely used outside of T-Ball level programs—mainly to allow more players on field

The most important drill you can do at home is simply practicing catching and throwing the ball. Use a rubber ball or other soft ball. At this stage, it's better to use a softer ball that has more bounce, than a regular “hard core” baseball. Not only will it be softer to absorb if they do not catch it properly, but the extra bounce will help build their hand-eye coordination.

Try to mimic the lessons taught at practice. How are they holding the ball? Are they throwing from the correct stance? Is their glove “in the dirt” to catch a rolling grounder? Are they using two hands to catch? Are they aiming at a target or just throwing as hard as they can?

Lastly, keep practice fun. Remember their short attention span as this age. If they're frustrated and tired, move onto something else. Don't forget, we PLAY baseball, not WORK baseball.

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## T-BALL PROGRAM REGULATIONS

T-Ball is a non-competitive, beginning instructional program designed to accommodate participants ages 5-8. As a beginning instructional program, our primary focus is on developing a player's skills, fostering good sportsmanship, and building healthy relationships. Because of this focus, we do not count wins and losses, runs or outs. Players should be praised for completing a play correctly, and coached (not criticized) when making a mistake.

### Drug and Alcohol Use

As all of our practices and games occur at school or park sites, please remember that public locations have policies not allowing pets, smoking, tobacco, drug or alcohol on or near their property. You are expected to abide by these policies and ensure that other team parents and visitors are doing the same.

### Late Registrations

When the season starts, there will likely be kids and parents who ask to join in. If you are approached, please refer them to contact our administrative office at 441-1030. It's very easy to say "I'll take one more player" but please remember, your team is not the only one affected. For example, if one team takes on many extra players, it will take longer for that team to go through a batting order. In addition, it is not always possible to provide uniforms for late registrants. Most importantly, if an unregistered child is playing and gets injured, it can leave you open to litigation. Our administrative office will notify the coach if a new player has requested to join the team.

### Rainouts

Games and practices **CANNOT** be played on fields that are wet or muddy! This is a regulation set by the schools and is often out of our control. If games or practices must be cancelled, your coach or team manager will do their best to contact you by 3:00pm. Unfortunately, due to limited field space, rained out games will not be made up. If the league has not declared a rainout, coaches may also cancel the game if the field is too wet or muddy. In either case, we advise a team parent to be in charge of notifying the other team families, and possibly visit the field to notify parents that show up to play.

### Respect

Please be respectful of all participants involved with our program as well as school staff and community members we interact with. Remember your conduct not only reflects on you, but all other members of our T-Ball program. Schools have been kind enough to donate their field space, so please be sure to clean up the field of any trash before leaving. **ANY** time a player, parent or spectator is injured, or there is a strong verbal or physical dispute, please report this to the Boys & Girls Club so we can keep record or take action appropriately.

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## RULEBOOK

### Overview:

T-Ball is a game between two teams where participants hit a ball off a prescribed batting tee situated on home plate. Upon hitting the ball, the player attempts to run to each base and eventually back to home plate before being declared “out” by the defending team.

### Field Dimensions:

Baseline will be approximately 50 feet. That is 50 feet from home to 1<sup>st</sup>, 50 feet 1<sup>st</sup> to 2<sup>nd</sup> and so on. The pitching marker shall be approximately 42 feet from home plate. If both coaches agree, this distance may be shortened to facilitate play.

### Umpires:

Assistant Coaches may be used as umpires. Since runs are not counted, their main calls in this level of the game will be to indicate when a hit ball is in fair territory, if the tee was hit during the swing, when a player is declared “out,” and declare when the ball is dead. Their role is to also handle any disputes among coaches or spectators. Both coaches and parents are expected to be supportive of all of the umpire’s decisions, serving as a role model for the players on how to respect the umpire’s calls, or respectfully discuss a call with the umpire. Safety and education of the players must take priority over all else.

### Putting the ball into play:

1. The batting tee is placed on home plate, and the umpire shall adjust the tee to the proper height. For safety, the umpire will move the tee immediately after the ball is hit.
2. A player will play the pitching position to give timing to the game and will make a pitching motion. If the player fails to make a complete pitching motion, the umpire must instruct the player to do so. The batter will not swing at the ball until the pitcher has made the complete pitching motion.
3. Batters will bat until they hit the ball into fair territory. If the batter hits the tee, and the ball goes at least 15 feet in fair territory, the ball will be in play. **Bunting is not allowed, nor are batters allowed to take a half swing.** If the umpire feels the batter is not taking a full swing, they may be called back to swing again.

### Base running, outs, and taking the ball out of play:

- If the bat is thrown, or slips, and lands five feet or more from the batter, the batter will lose that turn and return to the bench.
- Base runners MUST stay in contact with the base until the ball has been hit. When players have advanced as far as possible without being put out, the umpire shall call “time.” Coaches are expected to teach their players to stop advancing once the ball is in the infield. At the end of the play, players should learn to return the ball to the pitcher.

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When an umpire calls “time,” the pitcher shall return the ball to the umpire who will place it on the tee for the next batter.

- If the team in the field is attempting to return the ball to the pitcher, who is within 5 feet of the pitching mound, and the ball is overthrown, the ball is considered dead. If runners are halfway or more to the next base, then they will advance to that base, otherwise, they must return to the last base touched. No further running, or outs, may occur.
- Any ball overthrown that goes out of fair territory will be declared dead. If runners are halfway or more to the next base, then they will advance to that base, otherwise, they must return to the last base touched. No further running, or outs, may occur. If a ball is intentionally thrown out of bounds, the runners may be awarded an extra base, at the umpire’s discretion.
- Players are **not** permitted to lead off base, steal or slide. Any of these will be called out by the umpire. Slips on wet ground do not count as sliding (umpire’s decision).
- At this stage there is NO pop fly rule. Get players used to running as soon as the ball is hit. They will learn about pop fly outs and “tagging up” as they progress in baseball.

**Inning rotation:**

Remember, we do not keep score or count outs. We prefer that you simply congratulate the players for making a play, and let the game continue on. As T-Ball’s first role is a learning opportunity, coaches may agree mid-game to shorten base lengths, or allow “out” players to remain on base in order to enhance learning and growth opportunities for players. Players at this stage must learn both the skill of advancing around the bases, as well as how to conduct oneself when being called out. It is the job of both coaches to provide opportunities for players to have a positive experience, and learn the basics of the game without being overly competitive. Teams will rotate from offense to defense after all offensive players have had the opportunity to bat.

**Game duration:**

Typical games will last three to four innings, for a max of 45-minutes. No new inning can begin after 30-minutes. (i.e. if game time is 5:00-5:45, no new inning can begin after 5:30). If four innings have been completed before the hour is up, the game is over.

**Game forfeit:**

If a team shows up with 6 players, parents may be used to play outfield positions, but will not bat. If a team has 5 or fewer players, the official game will be forfeit, and teams should combine players from both teams and carry out a scrimmage game. Parents shall be used to fill positions as needed. Strive to use the game time as a learning experience whenever possible.

**Recording and reporting:**

If any situation arises that cannot be *easily* addressed by the rules in this rulebook, please write down the situation and how it was resolved and share this with the league. This information will be very helpful to future coaches as we continually improve our procedures.

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