

## **2008 Nebraska Baseball Academy Fall League**

### **About the Fall Baseball League**

Welcome and thanks for participating in our FALL BASEBALL LEAGUE through the Nebraska Baseball Academy. We appreciate all of the regional baseball enthusiasts (YOU) who are going to make this fall a great experience for our participants. The purpose of the FALL BASEBALL LEAGUE is simple – to provide an opportunity for baseball players who wish to improve their skills in the off-season. The Fall is a time to build and refine skills so that you are ready to improve your performance for next season. While we want all players to play hard and compete with their best efforts, you will notice that we will not keep individual statistics. Our focus will be skill refinement and improvement through competitive game experiences. We will also be working with all team coaches to develop a throwing program to be implemented by all teams and emphasized by each coach and routinely practiced at the start of each Fall League game.

### **Nebraska Baseball Academy Goals**

- To educate parents, players and coaches with only the BEST baseball instruction in the region, utilizing the same fundamental approach and principles as taught in the Nebraska Baseball program.
- To emphasize the importance of coaching and parenting using the principles of positive youth development.
- To equip coaches and parents with the information needed to help players and teams experience success and grow their love for the game.

### **Coach and Parent Expectations**

We expect you to conduct yourself in a positive and supporting fashion, demonstrating only the best sportsmanship and encouragement for the players. Nebraska Baseball has established an excellent reputation throughout the country not only as an elite program, but also as having coaches, players and fans known for their consideration and class act. Our expectation is that you continue to help us build this tradition in our Fall program.

#### *Coaches -*

We expect you to take the opportunity to focus on instruction. The Fall Baseball League is designed for participants to learn more about baseball, stay in off-season shape and to maintain and/or expand their playing ability. We want our coaches to teach competition but not at the expense of sportsmanship. We want you to teach HUSTLE.

#### *Parents –*

We would ask the parents to provide the necessary encouragement to handle the “ups and downs” of baseball. We hope you will provide your child with the ownership and accountability needed to cope with the challenging days and be humble on the “4 for 4” days. The journey our kids take are made by the skills we give them daily.

### **IMPORTANT – this is your only warning**

IF ANY PLAYER, COACH OR PARENT IS EJECTED FROM A GAME BY THE UMPIRE OR BY THE SITE DIRECTOR OR BY ANY MEMBER OF THE NEBRASKA BASEBALL ACADEMY STAFF, YOU WILL BE IMMEDIATELY EJECTED AND PERMANENTLY BANNED FOR THE REMAINDER OF THE FALL BASEBALL LEAGUE – NO QUESTIONS ASKED. GAMES ARE GREAT OPPORTUNITIES FOR ADULTS TO DEMONSTRATE “HOW TO” REACT IN COMPETITIVE SITUATIONS.

- Umpires and site directors are not required to give you a warning.
- Any Coach/Parent disagreements should be handled away from the ballpark on non-game days. Please don't let emotions of the day enter into it.
- We will support your child, but you will not be allowed on site.

### **Division Levels**

Players and teams have been asked to sign up for the level of play in which they participated over the summer (if someone played at the 12U level, then they are likely in the 11s / 12s division). While we encourage players to participate in the same level in the fall as they did in the summer, we realize that some players have moved up to a higher division level.

### **Daily Schedule**

On game day, you will play both games at the same field location. Teams will alternate between HOME and VISITOR but will not switch dugouts between games.

### **Participation**

All participants must have completed an application and paid the registration fee and have the approved medical information turned in and accepted by the Nebraska Baseball Academy prior to the first game, or that player will not be allowed to participate – no exceptions. Only players who are registered to play in the Fall Baseball League may participate. If a player is found to NOT BE REGISTERED, then the coach will be expelled from the Fall Baseball League, and the team and all players will not play for the next TWO weeks (we expect parents to help pay attention to and take care of ALL the players on your team).

### **Playing Time**

Playing time will be at the discretion of the coach, and this will be his/her final decision. We expect parents to respect the decisions made by the coach. Should a parent have a question regarding his or her child's participation, we would expect the parent to engage in a respectful conversation at an appropriate time with the coach (after the game is not an appropriate time). While we do not expect all coaches to keep playing time exactly equal, we encourage coaches to keep playing time balanced, providing opportunities based on consistent expectations set out by the individual coaches.

### **Scorekeeping**

One score book will be provided for each team. The HOME TEAM is expected to keep the official book, while both teams are expected to keep a book and communicate to ensure accuracy. The HOME TEAM is responsible for sharing the final result with the site director at the conclusion of the game.

### **Attendance**

Coaches will be provided with weekly rosters and are expected to keep track and record attendance throughout the Fall Baseball League. You will be asked to turn this roster in each week to the site director before the end of the day. IF A PLAYER WILL NOT BE AT A GAME, please be sure to let your coach know. DO NOT contact the Nebraska Baseball Academy or the Nebraska Baseball Office.

### **Instruction**

In addition to the regular games scheduled, each team will be scheduled for one (1) skill instruction session. These sessions will be held from 6 – 8pm on Tuesdays (September 16, 23, 30). This instruction will be conducted by the Nebraska Baseball Academy Staff and the Nebraska Baseball Coaching Staff. We will also provide on field instruction on Sundays in cooperation with each team coach. We hope this will add activity to our instruction and provide players and coaches the techniques and teaching tools to advance the learning progress for all participants.

### **Uniforms**

Every player will be provided with a jersey and hat. Jerseys will be red and hats will be red & white. Players are required to wear proper baseball pants with a belt, and proper baseball socks. WE STRONGLY ENCOURAGE teams to coordinate their efforts, and wear the same color socks, belt and pants.

\*COACHES WILL DISTRIBUTE TEAM UNIFORMS AND HATS ON THE FIRST DAY. AT THE FIRST GAME. JERSEYS AND HATS WILL NOT BE AVAILABLE PRIOR TO THIS DAY.

### **Shoes**

9/10's and 11/12's may not wear metal cleats. 13/14's and 15/16's may wear metal cleats.

### **Equipment**

All teams must supply bats, batting helmets, practice baseballs, catching gear, safety equipment and water/cups.

### **Practices**

Practices are at the discretion of the coach, and can be held at any time. Fields will need to be arranged and coordinated by individual teams.

NOTE - Players are encouraged to continue to practice on their own or with other teammates during the week, especially to keep their arms in proper throwing shape.

### **Weather Information**

We know that some of you are coming from out of town. However, we all know that Nebraska weather can provide for some interesting times. Cancellation information may not be available until close to game time. Weather information and any cancellation information will be available by calling 402.472.2269. We will update the information as soon as we can make a decision – *our goal will be to play on the scheduled day.*

### **Make-Up Dates**

October 19, 2008. If for some reason games cannot be made up, the games will be cancelled.

### **Site Directors**

Each field will have a site director. This person is responsible for preparing fields before the first game, collecting attendance forms, and ensuring that all events of the day run smoothly. The site director WILL NOT answer or judge on a play at the field – the final decision rests with the umpires on the field. If a player is injured or needs medical assistance, please report this to the site director right away.

### **Trainer**

There will be a medical trainer on call.

### **Water**

Teams must provide their own water and water jugs.

### **Concessions**

Optimist and Valparaiso fields will offer full concessions. Limited concessions will be available at Lewis Fields. The Holmes Lake and Waverly fields will NOT have concessions available. We would encourage you to provide the necessary nourishment for each participant between games.

### **Field Maintenance**

Each field will have bases set, infield lines chalked, and have the infield prepared and field ready to go. In between games, we would appreciate parental help in getting the field ready to play (it is possible that they will be fine and will need no refreshing). At the conclusion of the game, the site directors will put away the bases.

### **Field Upkeep**

Keep the fields and dugouts in top shape! Pick up trash and leave the fields and dugouts in better shape than when you arrived to play.

### **Rules**

Fall League game rules will be available at [www.bigredacademy.com](http://www.bigredacademy.com) when rosters and schedules are posted on August 29, 2008.

## **Directions**

### **Optimist Complex**

Go South on Highway 77 to Pioneers Blvd, turn right and then turn left on Folsom. The entrance is on your left.

### **Lewis Fields**

The fields are located northeast of Lincoln High School (2229 J Street) near Capital Parkway and J Street.

### **Holmes Lake Fields**

The fields are located on the southeast end of Holmes Lake Park. The park is located between Van Dorn and Pioneers on 70<sup>th</sup> Street.

### **Waverly Field**

The field is located in Waverly off of Highway 6 and 140th. Turn south at Casey's Convenience Store. The field is on the left side of Wayne Park.

### **Valparaiso Complex**

The fields are located in Valparaiso on Highway 79. The complex is located on the West side of Highway 79 on the South end of town.

## **Questions? Please contact us:**

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