




2026/ NDG BASEBALL COACHING GUIDEBOOK



NDG BASEBALL: TEAM FIRST, ALWAYS.

NDG OUR MISSION /

1 FUN 
The kids need to have fun playing baseball.

2 DEVELOPMENT 
The kids need to continuously improve at baseball.

3 CULTURE 
The kids need to learn a team-first mentality.

NDG BASEBALL ATHLETES, ADMINISTRATORS, COACHES, PARENTS, AND VOLUNTEERS SHOULD REFER TO OUR MISSION STATEMENT OF **TEAM FIRST, ALWAYS** WHEN MAKING ANY DECISIONS RELATED TO NDG BASEBALL.



SECTION 1/ ***TEAM PERSONNEL***





ROLES & RESPONSIBILITIES /



/HEAD COACH

This is the leader of the team. The HC is ultimately responsible for the tone and tenor of the season, as well as for the overall performance of the team both on and off the field. Even teams that are “led by committee” need to have one person who is the official HC who does the training and makes final decisions.

/ASSISTANT COACHES

This is a group of 2-3 official assistants and typically 1-2 more helpers (who are all background-checked and registered with BQ). An AC’s job is to help the HC execute their vision for the team and serve as a sounding board for ideas.

/TEAM MANAGER

This is an often overlooked, but crucial position. The Manager’s job is to help the HC manage the day-to-day, make sure the lineup card is filled out, book tournaments, coordinate team purchases and fundraisers, etc, as well as:

- Submitting scoresheets
- Resolving scheduling conflicts (on/off field)
- Communicating with the convener and or league administration



ROLES & RESPONSIBILITIES /

TYPES OF COACHES

/ROLE: PARENT VOLUNTEER

This type of volunteer coach will make up the majority of the ACs and MGRs. Often, however, and especially at the youngest levels, less experienced coaches will have to take on the HC duties in order to ensure every team has an engaged and enthusiastic leader. This role includes:

- Helping the association to provide a safe and fun environment for the kids in which to play baseball.
- Helping manage the spirits and energy, as well as the participation and engagement of the kids.
- Helping keep the parents in the stands engaged in the process, but separated from the kids who are on the field during a practice or game.
- Helping maintain calmness and politeness during tense situations during a game - in particular if it involves a game official in any way.
- Learning from the more experienced coaches in order to develop into a more experienced coach and future leader themselves.





ROLES & RESPONSIBILITIES /

TYPES OF COACHES



/ROLE: HIGHLY EXPERIENCED PARENT VOLUNTEER

This is the group from which most HCs and leaders will come.

The expectations of an experienced volunteer coach/HC are essentially to:

- Help the association to provide a safe and fun environment for the kids to play baseball in.
- Set the culture of the team from Day 1 through a detailed and clear parents meeting. The parents need to know that their kids are going to be taken care of, safe, given good examples of how to comport themselves, and that they will be taught the skills they need for success.
- Coaches are expected to teach their players every defensive position and must rotate them throughout the regular season games. Best efforts should be made to keep playing time equal for all players, regardless of skill level.



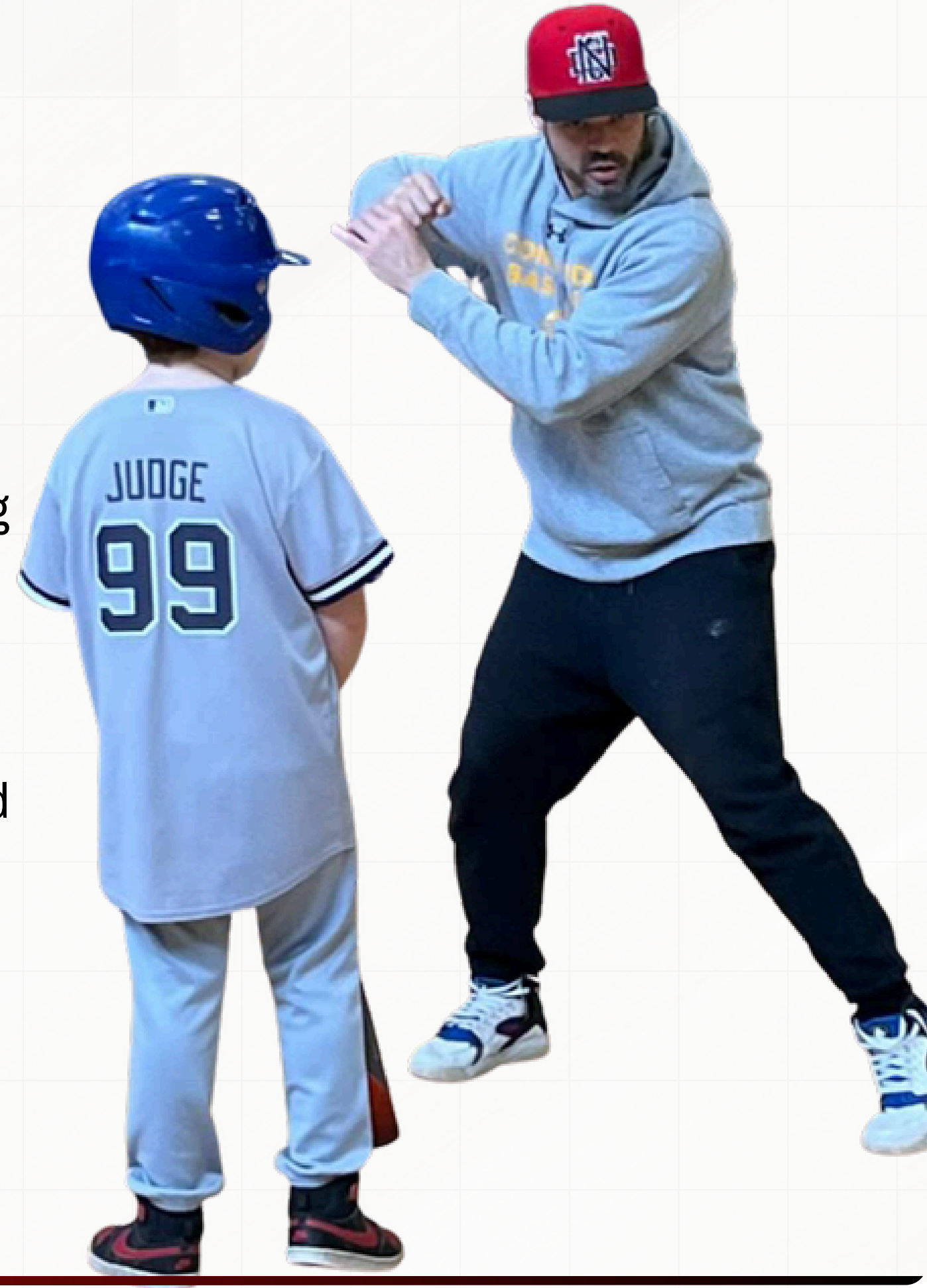
ROLES & RESPONSIBILITIES /

TYPES OF COACHES

/ROLE: HIGHLY-TRAINED VOLUNTEER OR SKILLS COACH

This group includes the most experienced coaches, the former pro/semi-pro ballplayers, and the technical coaches who are paid by the association to provide a service.

- HCs and ACs should defer to these expert coaches in practice and/or when setting up practice plans.
- HCs and ACs should be open to receiving advice on everything from technical instruction or game management/strategy to parent and player management techniques and strategies.
- Technical coaches will regularly plan or join team practices and should be deferred to/leaned on for advice, without exception.
- The Technical Director, along with the Competition Committee as a whole, will be evaluating coaches, teams, and individual players throughout the season and will provide feedback and/or design practice plans to work on the needs they determine when watching games.



SECTION 2/ **SEASON START-UP**





MANDATORY PARENT MEETING/

A GOOD YEAR STARTS WITH A GOOD PARENT MEETING

/SET THE TONE

Buy-in from your team parents is the first, and most important key to getting performance from your players.

Gather your parents together and establish who the leaders are and what the team's philosophies will be for the season and you will gain their trust and support right away.

/PARENT MEETING TIPS

- The Head Coach should set their standards from Day 1
- The Assistant Coaches should be given the opportunity to introduce themselves and demonstrate that the whole coaching staff is on the same page
- The meeting should be an open forum for parents to ask questions
- The kids should not be present at this meeting (send them to warm up/do an activity with an adult if they're younger or with a veteran teammate if they're older)
- The whole meeting should take no more than 10-15 minutes



THIS MEETING IS MANDATORY FOR ALL TEAMS

Every HC must confirm they've had their parent meeting in order to coach a game.
Coaches who do not hold parent meetings will be suspended or removed as coaches.



UNIFORMS/

PLEASE FOLLOW THE UNIFORM CODE

- Bench personnel must be in full uniform
 - **Coaches not in uniform will be fined and/or suspended by the league**
- No shorts or metal jewelry larger than small earrings or necklaces - metal rings are expressly forbidden for safety reasons
- Shirts must be tucked in, including for coaches
- All clothing and caps worn on the bench must be NDGBA-issued
- Named and numbered Lynx or Bobcats practice shirts may be used for games





UNIFORM DAY!

ANNUALLY ON THE 2ND SATURDAY OF MAY

Head Coaches are responsible for ensuring all players and coaches either come get their gear on Uniform Day or make arrangements to have it picked up for them.

NOTE/

This is the only day each year that the whole association is at the same place over the course of a single day. Due to the compressed timeline to start up each season, there are no alternate dates for uniform pickup.



MID-MAR/	LAST WEEK OF APR TO 1 st WEEK OF MAY/	2 nd THU OF MAY/	2 nd SAT OF MAY/
Lynx tryouts players receive a numbered Property of NDG Baseball t-shirt	Bobcats and Wildcats receive a Property of NDG Baseball t-shirt for evaluations	All teams are finalized & rostered	Uniform Day

SECTION 3/ ***COACH SUPPORT***





OFF-FIELD REQUIREMENTS/ CERTIFICATIONS & OBLIGATIONS FOR COACHES

/ALL COACHES ARE REQUIRED TO:

- Attend and participate in the NDGBA pre-season coaches meetings;
- Get certified as required (details to be provided once teams are made). **There is an automatic suspension per LSL rules for the Head Coach of any teams that has coaches who have not fulfilled their certifications;**
- Pick up the team equipment bag at Uniform Day, keep it for the season and return it at Uniform Return Day;
- Pick up the team's BQ coaches kit and read the manual;
- Be prepared for basic first aid/make sure the association-provided first aid kit is in order and in the team bag;
- Plan & run team practices;
- Ensure players are properly equipped and in uniform;
- Provide game balls for home games;
- Upload scoresheets after home games. **Failure to upload the scoresheet to the LSL site within 24 hours of a game will result in a fine from the region that the team will pay out of pocket;**
- Do your level-best to always put the kids first and ensure a collaborative and productive atmosphere within your team environment.





MEETINGS & TRAINING/

MANDATORY FOR ALL COACHES



MANDATORY TRAINING SESSIONS/

Each year, NDG Baseball hosts at minimum, three mandatory sessions for all Head Coaches and Assistant Coaches (mandatory for at least one representative per team):

/EARLY MAY

PRE-SEASON VIDEO MEETING

As soon as the teams are finalized, we'll host an all-coaches meeting via video chat on which NDG Baseball administrators will set the tone for the season and field all questions.

/MID MAY

PRE-SEASON ON-FIELD TRAINING

1. Basic practice management
2. The parent meeting/team management
3. How to teach basic skills

/LATE JUNE

MID-SEASON CHECK-IN

As we head into late-June, we'll host another video meeting to discuss the season so far as a group and field all questions & comments as a team.

/MID-AUGUST

PLAYOFF PREP MEETING

This meeting is to ensure everything is in order before the regionals playoffs.

NOTE/

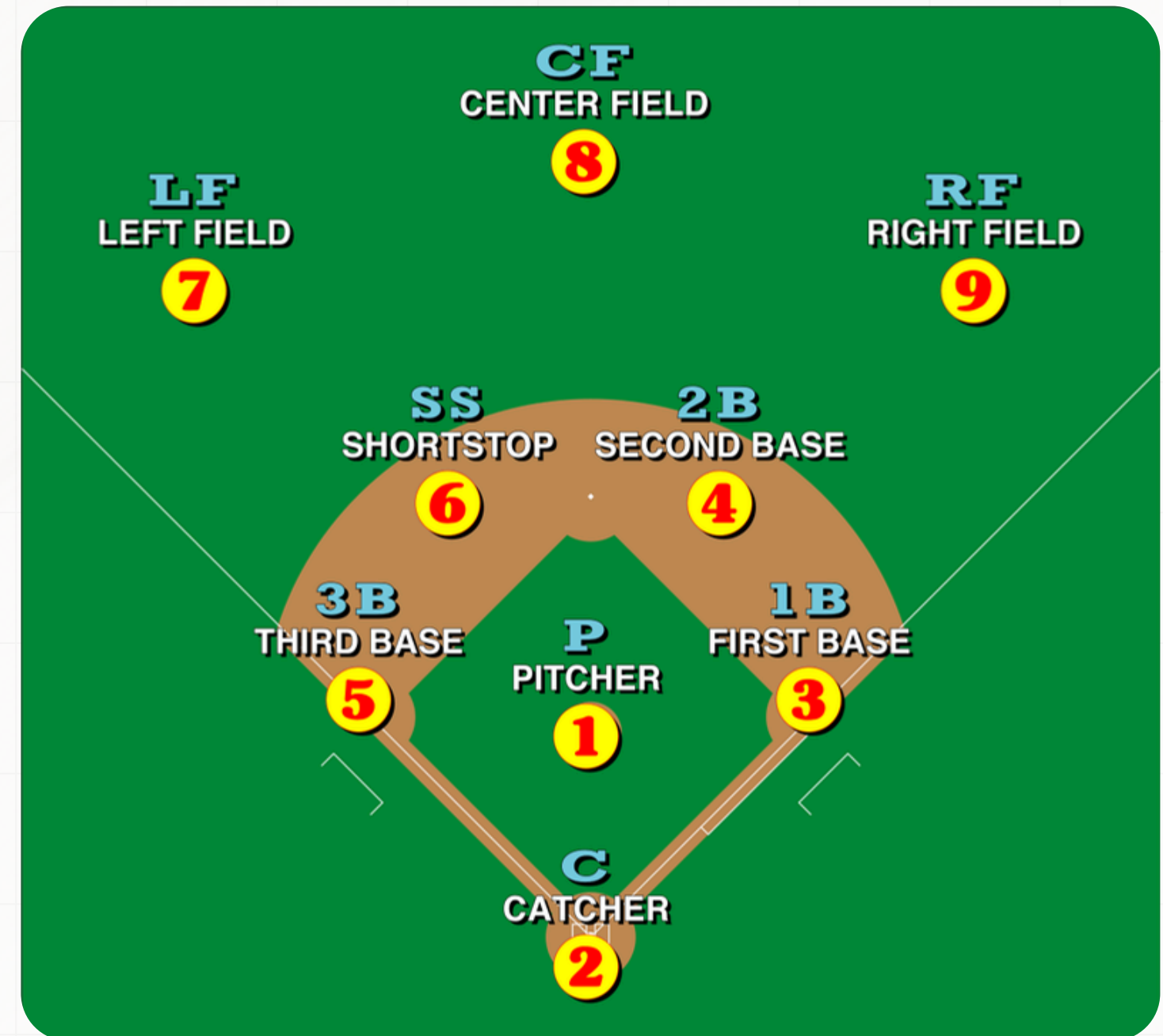
This is for Head Coaches & Team Managers only.

NDG DEFENCE/

BALANCING COMPETITION, DEVELOPMENT, & PLAY EQUITY

/HOW TO BUILD A DEFENCE

- Aside from pitcher, the most “important” positions in most levels of baseball are C, SS, and CF.
- Because of that, some coaches will go against the principles of development and only play their “best” players at those positions, which is not acceptable and is in direct violation of the principles of youth sports.
- **Playing the same players at the same positions for all or most of the year is strictly forbidden at all ages and all levels - this applies to all Bobcats, Lynx, and Wildcats teams without exception.**
- Do not, however, feel obligated to play a brand new player at SS in the first game... the idea is to practice and develop all of your players so they are eventually able to play all positions. Considering safety first and before all else, all players should be given equal reps in practice and worked with so that they can safely play all positions by mid-season.





SUBSTITUTE COACHES/

WHAT TO DO WHEN YOU ARE MISSING COACHES

While most coaching staffs have 3-4 members, it will still occur that teams will need a substitute coach to help out.

/SUBSTITUTE COACHES MUST MEET ALL OF THE 3 FOLLOWING CRITERIA

1. Be of legal age
2. Be registered as a coach with Baseball Quebec through Spordle
3. Have a current successful police background check

/TO GET A SUBSTITUTE COACH, HEAD COACHES SHOULD

1. Inform and work with their convener to find a suitable replacement
2. Ensure that any replacement found is confirmed to meet the criteria above
3. Ensure that the coach is in full uniform per league rules
4. Ensure the coach is recorded on the scoresheet.

ALL COACHES MUST BE REGISTERED & BACKGROUND CHECKED/

Substitute coaches can be any registered coach from any team in the association or even a coach borrowed from another association, so long as they meet the criteria above and are in uniform, and you confirm with your convener beforehand.





CALL-UP PLAYERS/

WHAT TO DO WHEN YOU ARE MISSING PLAYERS

/TO BE A CALL UP, PLAYERS MUST

1. Be registered with NDG Baseball or another Baseball Quebec-affiliated association
2. Come from an age group or skill division that is lower (details below)

/TO GET A CALL UP, HEAD COACHES MUST

1. Inform and work with their convener to find a suitable replacement
2. Ensure that any replacement found is confirmed to meet the criteria above
3. Follow all of the call-up rules as listed in the Baseball Quebec rulebook

Please consult the rule book for call-up rules before anyone plays for you. The rules change from year to year and it's important you know the updated rules to avoid a forfeit or calling up a player you can't use.

No player can be forced to play with the higher team as a call-up, however NDGBA policy is to help the higher team in need. We are one association working together on a common goal of building and developing a program that is bigger than the sum of its parts.

**DO NOT FORFEIT GAMES FOR LACK OF PLAYERS/
TEAMS WILL BE DIRECTLY RESPONSIBLE FOR PAYING ANY FINES
RELATED TO FORFEITED GAMES DUE TO LACK OF PLAYERS.**



WORKING WITH OFFICIALS/ **RESPECT. RESPECT. RESPECT.**

/REMEMBER THE FOLLOWING WHEN SPEAKING WITH OFFICIALS:

- Coaches are not allowed to argue calls, ever. Full stop, no room for discussion. You may politely request a clarification of a call for your own understanding, but that is the limit.
- Most of the officials are, themselves, children. It is incumbent on you as the adult to... be the adult. Do not argue with, berate, or mock any official, let alone when the official is a child. This includes older teenagers who may look like adults, but are often still only just 15-16 years old.
- Always bear in mind that you are representing all of NDG Baseball at all times when you are coaching one of our teams. NDG Baseball does not and will never tolerate abusive behaviour from coaches and/or parents in the stands.
- On top of all of this, the Lac St. Louis region has put an extremely punitive system in place to deal with abusive parents and coaches. Your behaviour as adults will have a direct negative affect on the games themselves if you are out of line.



ACT WITH RESPECT, ALWAYS

It's very hard to recruit and retain officials, and the primary reason is that people simply don't want to be abused by coaches and parents in the stands.



WORKING WITH OFFICIALS/ **PRE-GAME PLATE MEETING**

All games are preceded by a pre-game meeting at the plate with the two Head Coaches and the umpire(s). This meeting sets the tone of the game and is the time and place to go over any possible rule interpretation questions and/or ground rules.

- Understand that the umpires and coaches are all humans who interpret the rules. That means that sometimes rules are interpreted differently, and that also means that sometimes rules are unintentionally changed, forgotten, or disregarded.
- The pre-game meeting is the time to go over situations you've encountered in which rules were incorrectly interpreted or invented on the spot - Ex: In 11U-B, if a player hits the tee instead of the ball, but the ball lands fair, it is live, which many people don't realize. This can be resolved before a problem arises with a good pre-game meeting.
- The rulebook should always be followed both in the letter and the spirit of the rules, but we must understand that we are all humans who have our own way of interpreting the rules. Talk to the umpire and other coach before the game to make sure everyone is on the same page.



BE THE ADULT

Most umpires are themselves still teenagers. Always keep in mind that while no one should ever yell at anyone, adults especially should never yell at children who are officiating a game. Be the adult.





WORKING WITH OFFICIALS/

ASSISTANT COACHES CANNOT SPEAK WITH OFFICIALS



- By BQ rule, Head Coaches may speak to officials under the following circumstances only:
 - To politely ask for rule clarifications
 - To advise of player substitutions
 - While the rulebook states that no other interactions are allowed, a polite and calm coach may ask other questions with one major exception:
 - **No coach may ever question balls and strikes. This will result in an ejection and a suspension.**
- Assistant coaches are forbidden, by BQ rule, to speak with an official for any reason during a game, full stop. Any Assistant Coach who approaches an umpire may be ejected and this may result in a suspension.



TREAT THE UMP LIKE IT'S YOUR OWN KID - IT MIGHT BE ONE DAY

Most umpires in NDG come from our own pool of players and volunteers. Aside from being kind for nothing more than the sake of being kind, remember these are our own people. Be respectful.



INJURIES/

WHEN CAN A COACH CHECK ON A PLAYER?

/DO NOT RUN ONTO THE FIELD

With very few exceptions in the cases of major injuries, coaches must be aware that they cannot run onto the field to check on an injured player during a play.

The ball is live until the umpire makes a call on the play and then calls time out.

If a coach runs onto the field and touches an injured player while the ball is live, that player will be called out.

In the case of any injury, coaches and team personnel should follow the protocols as laid out in the NCCP coach training.



PLAYER & COACH SAFETY / *NEVER BE ALONE WITH A PLAYER*

This important subject is addressed in detail as part of the coach training program.

There are a few extremely important points, however, that should be top of mind for all coaches at all times:

- Never be alone with a player in a closed room.
- If you're in a situation in which you have to give a player a ride and end up alone with that player, get on the phone with one of that player's parents or someone you trust and stay on that call for the duration of the drive.
- **Always respect the 24-hour rule when speaking with an angry parent or player or if you are angry yourself.**
- Never talk to a parent about an important issue solo. You should always have another coach present for your own safety, as well as that of the parent.

In all cases, coaches and any other adults should follow their NCCP training.

NDG PRACTICE PLANNING/

HOW TO BUILD A PRACTICE PLAN

/INCLUDE THE FOLLOWING ELEMENTS IN PRACTICE:



- Warm-up
- Throwing and Receiving
- Defensive skills
- Batting Practice
- Base running
- Cool-Down

Consult Baseball Quebec's coach tools hub for drills for all levels here:

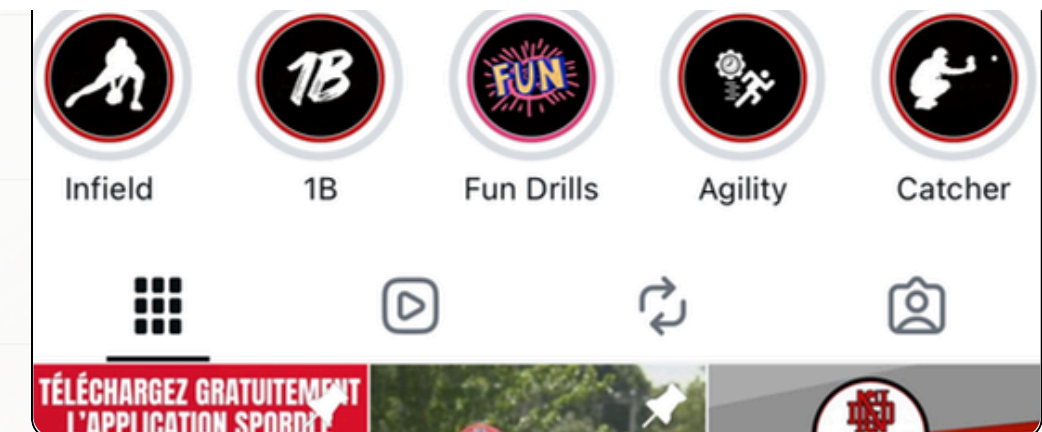
<https://entraîneur.baseballquebec.com/fr/page/outils.html>

Social media is a great tool for finding drills and practice planning ideas. NDG Baseball's official Instagram account has a series of drills available that can be consulted at any time.

<http://www.instagram.com/ndg.baseball>



INSTAGRAM.COM/NDG.BASEBALL
CLICK ON THE CIRCLES FOR MANY DRILLS AND GAMES



NDG PRACTICE PLANNING/

HOW TO BUILD A PRACTICE PLAN

/A BASIC PRACTICE PLAN CONSISTS OF 3-4 STATIONS, TYPICALLY:

- An infield station with either a live batter or a coach hitting
- A station deep on one side of the outfield working on a specific skill
- A station deep on the other side of the outfield working on a different skill
 - A pitching station if possible/applicable
 - A batting station

/PRACTICES ARE 90-120 MINS & CAN BE BROKEN INTO A FORMAT ALONG THESE LINES:

- 15 minutes: Arrival, warmups, running, stretching
- 2-3 minutes: Water break
- 45 minutes: Break into stations on an approx 15-minute rotation
- 2-3 minutes: Water break
- Remaining time: Live batting/base running/fielding, mini-games, or other team building activities



/A typical practice layout, broken into stations

*There are many way to run a practice. This is just one example.

NDG **GROUP PRACTICES /** **FOR BOBCATS AND WILDCATS**

/TEAM FIRST, ALWAYS = ORGANIZATION FIRST AS WELL

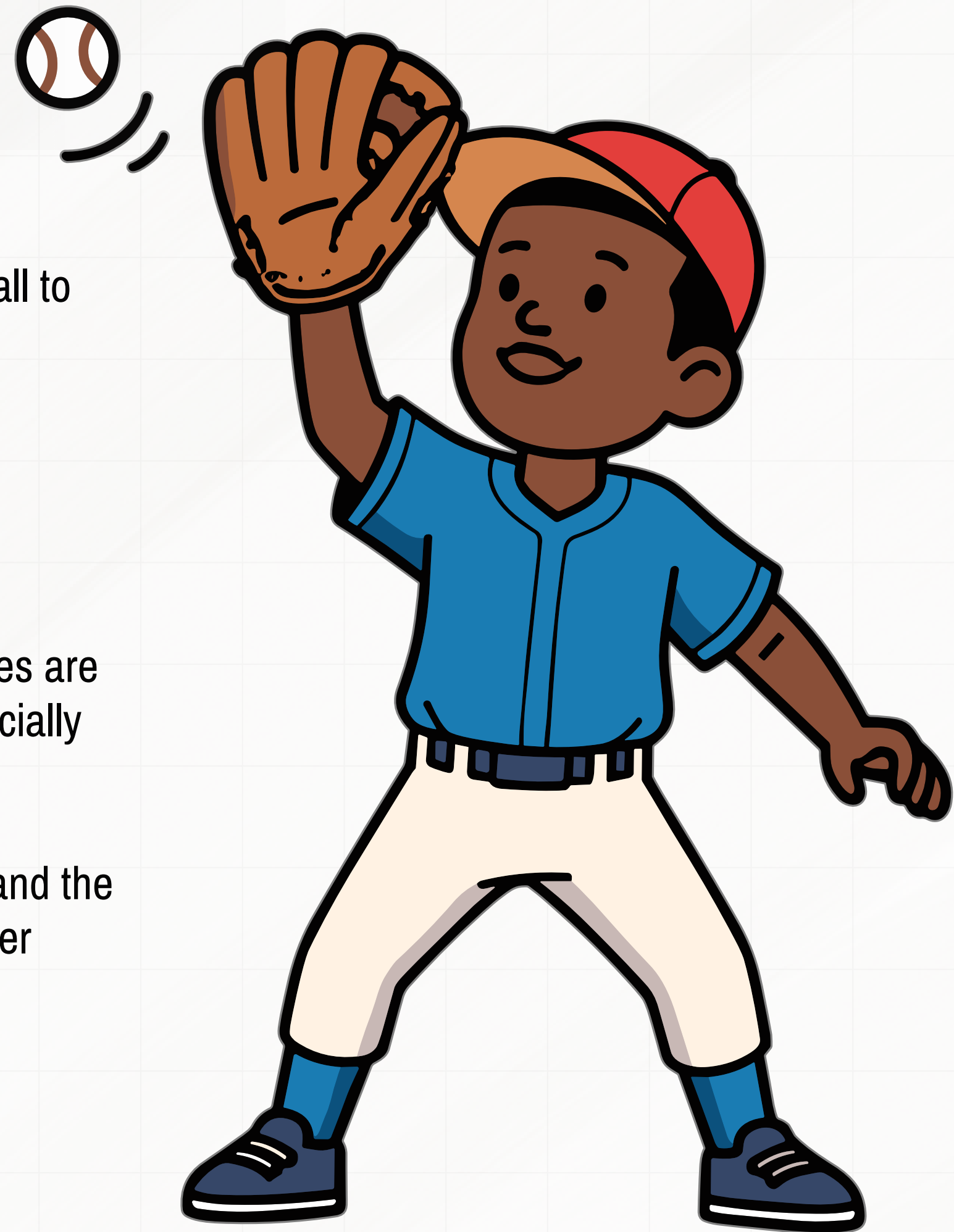
Bobcats and Wildcats teams of the same age group are required by NDG Baseball to practice in groups of 2-3 teams at a time. This is done to:

1. **Ensure sufficient attendance**
2. **Ensure equal access to coaching**
3. **Build a collaborative association**

Every year, there is a new coach that inevitably comes in and feels group practices are not in the best interest of their team and requests individual team practices, especially at the beginning of the season when attendance is high.

Please understand going in that no single team is bigger than the program itself and the group practice methodology has been put into place in the interest of overall player development.

Think about all of our players, not just your players: **TEAM FIRST, ALWAYS.**



SECTION 4/ **ORGANIZATIONAL** **CULTURE**



WHAT “**TEAM FIRST, ALWAYS**” MEANS

NDG Baseball exists to develop young athletes, both on and off the field.

It's inevitable that we succeed with skills development as a function of playing and practicing regularly. We have procedures and policies that set our kids up to increase their skills, regardless of their level of play or personal abilities.

Where the development program can be trickier is teaching the culture of team sports and the **TEAM FIRST** mentality that is a fundamental life skill for all. Not every kid will play ball for life, but the culture of putting a team ahead of oneself is a skill that will help everyone for life.

TEAM FIRST, ALWAYS means our coaches, parents, and administrators need to preach to their kids/players that by putting the needs of the collective ahead of your own that you are going to benefit as a teammate, which will then help you achieve your own personal goals.

Team wins and personal successes are both the products of doing things the right way.

If you put your team first, you will succeed.



DO PRIORITIZE DEVELOPMENT OVER WINNING

There's no question that everyone likes to win, but by doing things like always playing your best players at SS and 1B and never or rarely giving other players the opportunity to play those positions in games, you're failing everyone:

- Players only develop when given the opportunity to play
- Players who get stuck in RF or have to play C for 3 innings every game at younger levels get bored/discouraged
- For developmental purposes, it's generally just not a good idea to have any child focus on 1-2 single positions, at pretty much any age



DO NOT LIMIT ANY PLAYER'S POTENTIAL TO LEARN NEW POSITIONS/SKILLS

They're not happy. They're trying to make you happy.

Of course you're going to try to put your best players in the key positions in the bottom of the last inning, but it is expressly forbidden to have any player play the majority of innings at any single position, full stop.

The kid who says they're happy to sit an extra inning or play 4 innings in the OF just to win a game is being robbed of the opportunity to develop - just like the kid who only plays SS or 1B is being robbed of the opportunity to learn how to sacrifice for their teammates.



DO

MAKE SURE EVERY PLAYER PLAYS SEVERAL POSITIONS WITH REGULARITY.

BQ, LSL and NDG all have fair play rules about sit outs: No player can sit out on defence twice before every player has sat once, etc...

This isn't just about fair play... Every experienced coach has stories about kids who thought they couldn't pitch or play catcher, etc., tried a new position for several weeks at practice and were then able to eventually translate their efforts into success during games.

Your job is not to win games. It's to make sure almost every player can successfully play almost every position by the end of the baseball season.



DO NOT

HAVE ANYONE PLAY ANY GIVEN 1-2 POSITIONS EXCLUSIVELY, EITHER AT THE A OR B LEVEL.

As stated - BQ, LSL and NDG all have fair play rules about sit outs: No player can sit out on defence twice before every player has sat once, etc... But that's not the only NDG Baseball rule.

NDG Baseball obligates coaches to give every player the opportunity to try every position and bat all over the batting order within reason over the course of a season.

Any coach found playing the same player(s) at the same positions excessively and to the detriment of other players may face disciplinary action from NDGBA.



DO

MAKE SURE THE “BEST” PLAYER(S) ALSO PLAY THEIR SHARE OF THE LESS DESIRABLE POSITIONS.

Every team has kids who stand out at P, C, SS, and CF, which are the most important positions on the field.

But a kid who is an amazing SS might never figure out they're also a great outfielder or catcher or 3B, etc., if they only play 3-4 positions all year.

It's normal to build a lineup to feature your strongest players at the key positions in the first and last innings of a game, but if a player never tries a position, they'll never know if they like it.



DO NOT

KEEP YOUR “BEST” PLAYER(S) OUT OF THE LESS DESIRABLE POSITIONS.

For all the reasons listed to the left, there is also the goal of everyone trying every position for both their own betterment and to the benefit of their team.

DO

RESPECT THE BQ RULE THAT NO PLAYER MAY SIT TWICE BEFORE EVERYONE PLAYER SITS ONCE.

- Respect the fact that every player has paid to play and deserves equal opportunities to do so.
- Work with the weaker players in practice so they can play the tougher positions safely.
- Make sure that everyone knows that no player is bigger than the team.
- Make sure to properly and always fill out the sit-outs sheet and submit with your scores.

DO NOT

VIOLATE THE BQ RULE THAT NO PLAYER MAY SIT TWICE BEFORE EVERYONE PLAYER SITS ONCE. THIS WILL RESULT IN FORFEITS/COACHING SUSPENSIONS.

- Negate the fact that every player has paid to play and deserves equal opportunities to do so.
- Refuse to work with the weaker players in practice so they can play the tougher positions safely.
- Let any player be bigger than the team.

The Lac St. Louis league has advised the association that 3 coaches were suspended for breaking this policy last season and they are looking to crack down on this.

NDG CULTURE/ **GIRLS BASEBALL CULTURE**



DO **TREAT GIRLS WITH THE SAME EXPECTATIONS AS YOU WOULD TREAT THE BOYS.**

We are all cognizant of the fact that while girls sports have always existed, there has been a major mentality shift in the last few years.

While the progress being made is amazing, it doesn't automatically eliminate pre-existing structural and societal biases. **Think about your words** when addressing your girls and their parents. This applies to male and female coaches equally... We are trying to elevate our girls and make positive change.

Your words matter.

DO NOT **DIMINISH GIRLS BASEBALL IN ANY WAY.**

- Do not come to the park with the notion that girls' baseball is any less important than boys' baseball.
- Push the girls as hard as you'd push the boys.
- Teach the girls the game the same way you'd teach the boys.
- Hold the girls accountable the same way you would with boys.

Never say the words "It's just girls baseball" as a way of letting yourself or the players off the hook.

The Bobcats play regional B-level baseball that is equal in every way to the Wildcats. Treat them the same.

NDG DISCIPLINE/

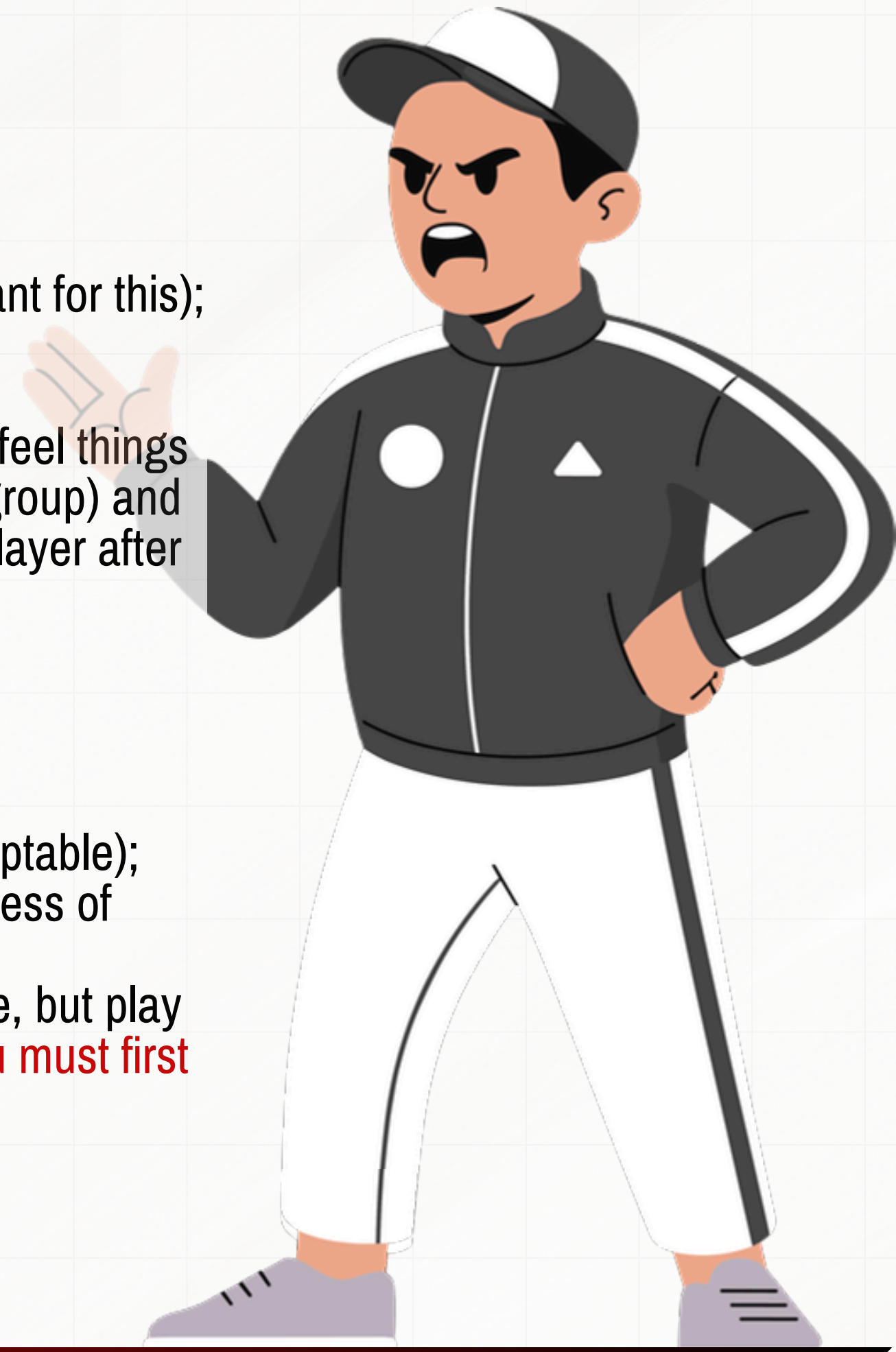
HOW/WHEN TO DISCIPLINE PLAYERS

WHEN HANDLING REGULAR DAY-TO-DAY DISCIPLINE, COACHES SHOULD:

- Make sure expectations are clear beforehand (the parent meeting is especially important for this);
- Ensure the team runs in an orderly fashion, but not so rigid as to not be fun;
- Be open with and talk with your parents proactively;
- Give players and parents the opportunity to speak freely and honestly about how they feel things are going in the proper setting (privately between parents/coaches, not in front of the group) and deal with things as they happen (Ex: Don't discipline a child the next day - talk to the player after the game with the parent present, don't wait - kids need quick resolution);
- Make sure any disciplinary measures taken are reasonable, fair, and within BQ rules.

WHEN HANDLING REGULAR DAY-TO-DAY DISCIPLINE, COACHES SHOULD NOT:

- Single out a player in front of the group;
- Yell at anyone (calling out plays, etc., is normal - yelling at players in anger is not acceptable);
- Be alone with a player (always have a parent and/or Assistant Coach with you, regardless of whether it's a disciplinary issue or not);
- Bench a player during a game - in an extreme case, this can be used for a future game, but play equity rules prevent this in-game. **If you feel you need to escalate to a suspension, you must first speak with your division convener.**



SNACK CULTURE/

Cold treats from time-to-time on a hot day are reasonable. However, regular, regimented snack routines that happen as a matter of course are strongly discouraged based on many studies demonstrating that the negatives far outweigh the positives.

That said, everyone understands that kids love snacks, so the association asks that consideration is given to both the possible positives and negatives when this is discussed at the pre-season parent meeting.

/NDGBA'S POSITION ON SNACKS AND SNACK CULTURE IS:

- Snacks are allowed
- The imposition of a mandated snack rotation is not allowed
- Fruits and healthy juices, etc., are encouraged for those who voluntarily bring snacks
- Baked goods should be a rare treat, not the standard

Do not let this discussion get in the way of having fun or enjoying a team pizza lunch. Just consider that there is ample evidence to say the expectation of snacks may be a net negative on our players' overall health.

BRIGHAM YOUNG UNIVERSITY

Study: Kids eat more calories in post-game snacks than they burn during the game

- **AVG. ENERGY EXPENDITURE/GAME: 170 CAL**
- **AVG. POST-GAME CONSUMPTION: 213 CAL**

Conclusion:

Snacks are good and fun - a regimented snack culture is counter to the idea of physical fitness through sport. Post-game treats like cookies, brownies, and sugar-sweetened drinks results in more calories in than out for a given activity.

SECTION 5/ **RAINOUTS &** **CANCELLATIONS**



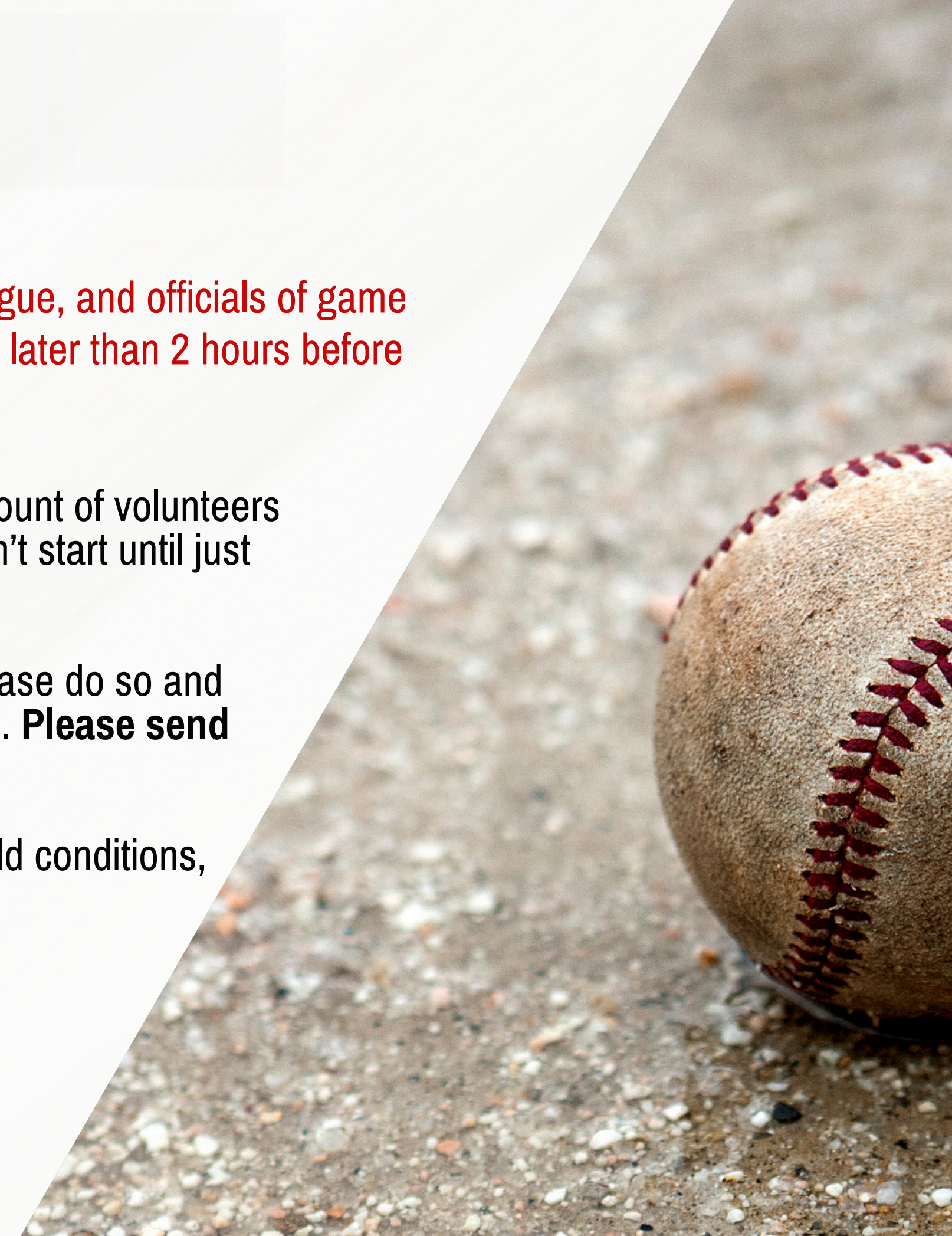
RAINOUTS / PLEASE BE PATIENT



Lac St. Louis obliges associations to advise visiting teams, the league, and officials of game cancellations due to rain, poor field conditions, or city issues by no later than 2 hours before the game.

NDGBA has, however, a very large territory with many fields and a limited amount of volunteers who can visit the fields in time, and the borough's field crew shifts typically don't start until just before that 2-hour barrier is broken. Therefore...

- If you are a coach who can go check your own field earlier in the day, please do so and advise info@ndgbaseball.com on the conditions of the field (good or bad). **Please send pictures of poor conditions.**
- If you are a coach or parent who is simply waiting on information as to field conditions, please do not call/text/email the association.
- **Please be patient. We are volunteers.**



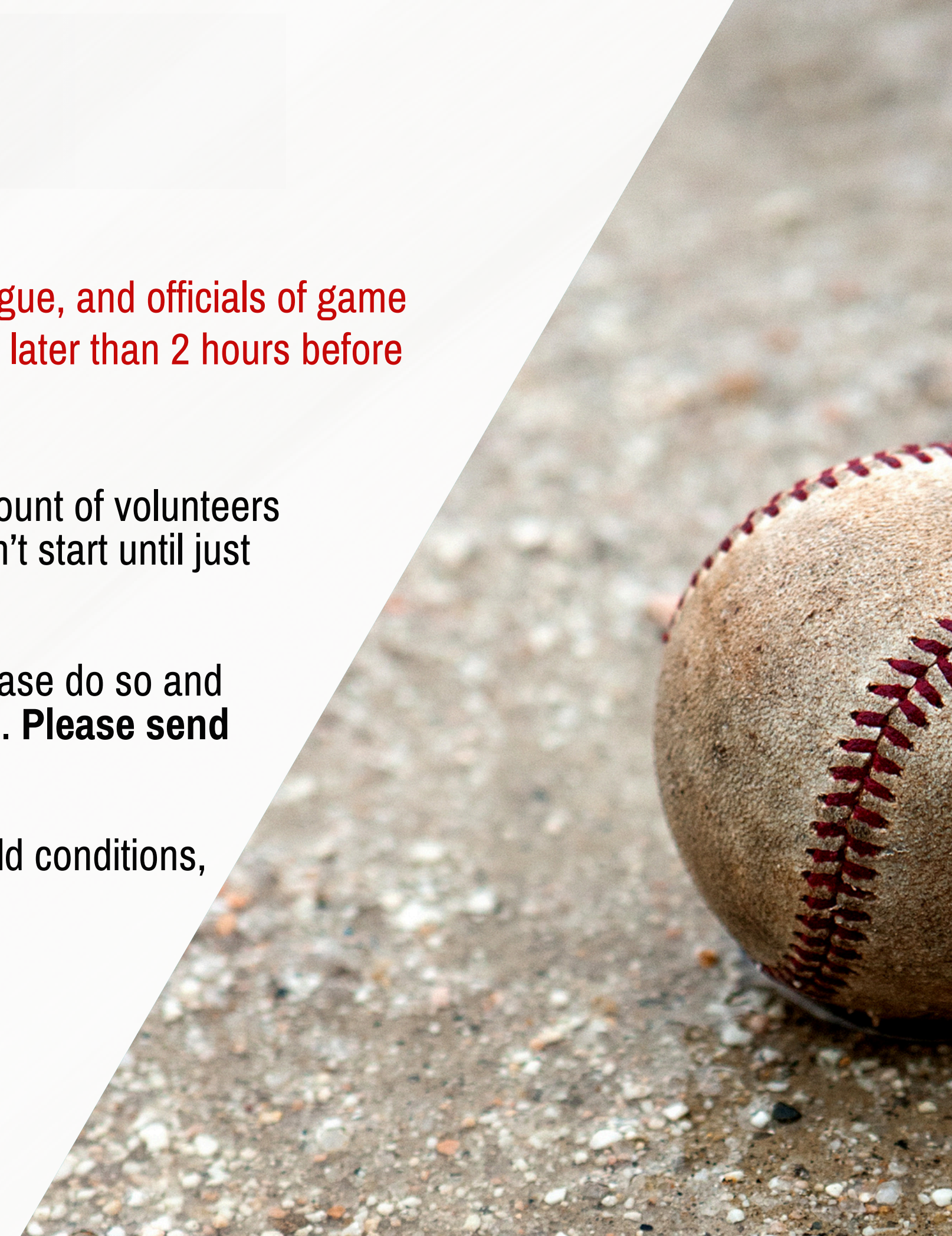
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Lac St. Louis obliges associations to advise visiting teams, the league, and officials of game cancellations due to rain, poor field conditions, or city issues by no later than 2 hours before the game.

NDGBA has, however, a very large territory with many fields and a limited amount of volunteers who can visit the fields in time, and the borough's field crew shifts typically don't start until just before that 2-hour barrier is broken. Therefore...

- If you are a coach who can go check your own field earlier in the day, please do so and advise info@ndgbaseball.com on the conditions of the field (good or bad). **Please send pictures of poor conditions.**
- If you are a coach or parent who is simply waiting on information as to field conditions, please do not call/text/email the association.
- **Please be patient. We are volunteers.**





RAINOUTS / **PLEASE BE PATIENT**

/REASONS TO CANCEL A GAME OR PRACTICE

1. Excessive rain and/or lightning (we play in a light drizzle)
2. Unplayable field conditions
3. The city has cancelled

/THERE ARE NO OTHER ACCEPTABLE REASONS TO CANCEL A GAME, INCLUDING HEAT

Make sure you are taking attendance and working with your convener if you are short players - having too few players results in a forfeit and a fine to the team and association.

/FIELD TIME IS CONDITIONAL TO FIELD USAGE

NDGBA is in a privileged position: As the only official minor baseball organization in CDN-NDG, we get first right of refusal on fields and we do not pay for field time, nor field maintenance.

If we no-show for practices, however, we will both lose our field times and have to pay. This is in our contract. Do not cancel your practices without approval from your convener.

NDG Baseball functions thanks to great volunteers like yourself who step up to give our players a great experience.

Please email any comments or questions about this document or anything else you may need to info@ndgbaseball.com.

NOW LET'S PLAY BALL!

