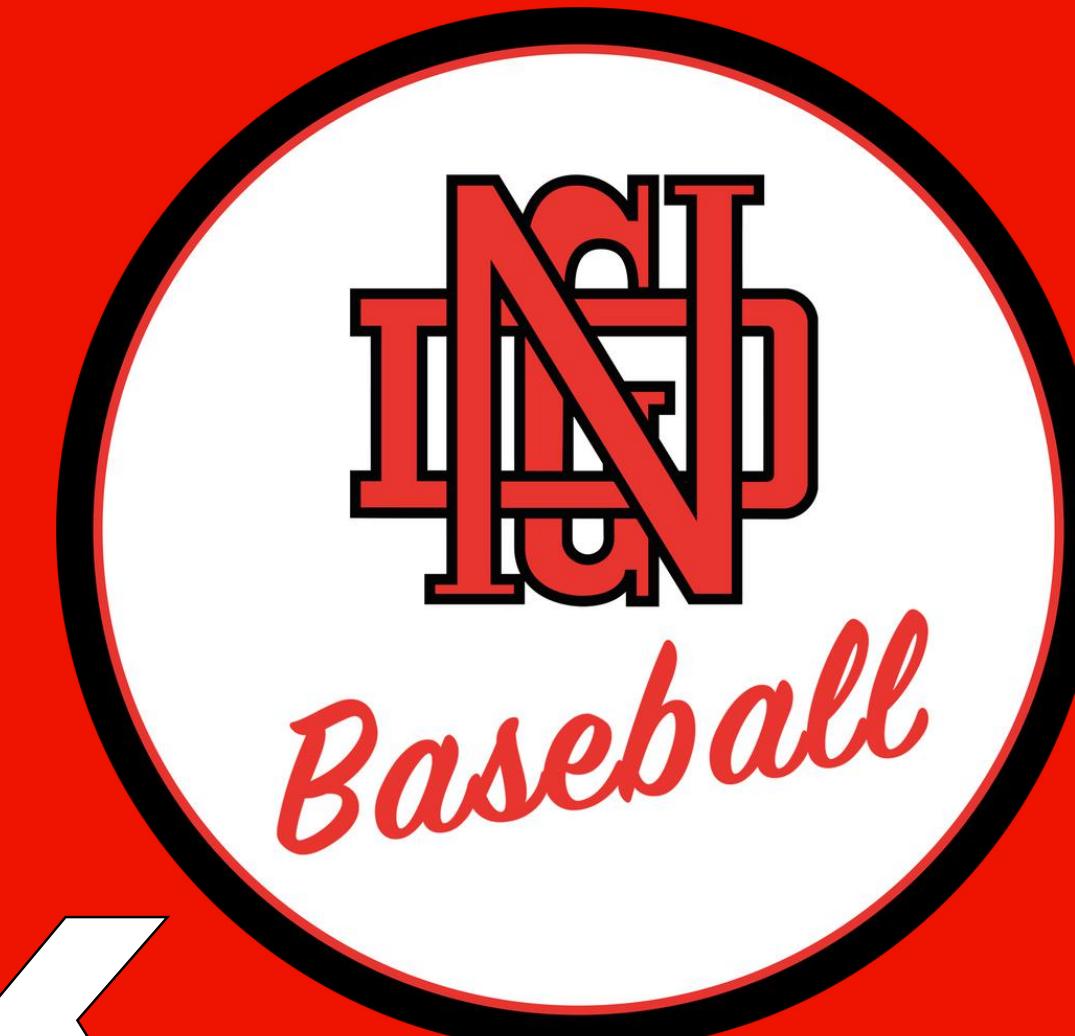


NDG BASEBALL TEAM HANDBOOK



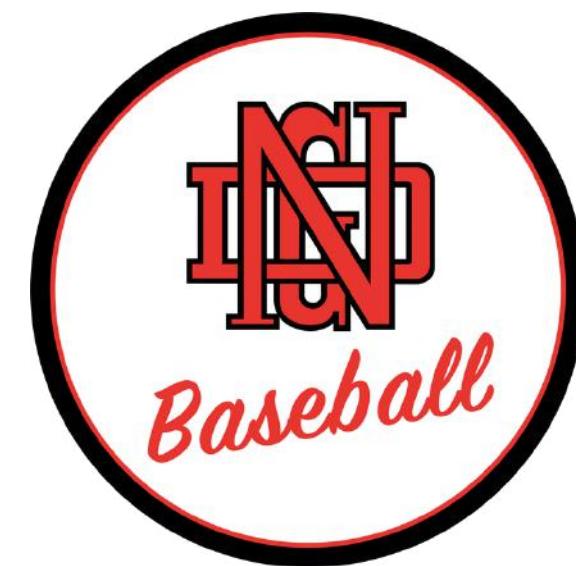
NOTES:

- This is a “living document” that will constantly be updated with feedback and ideas from our coaches.
- SVP prenez note que ce document existe et en français et en anglais.





Welcome to
the 2024
season



A night baseball game is in progress on a dirt field. A player in a red shirt and black pants is in the foreground, swinging a bat. Other players in blue and red uniforms are on the field. A chain-link fence runs along the background, and a bright stadium light illuminates the scene against a dark, cloudy sky.

TRYOUTS ARE DONE TEAMS ARE MADE

The following pages highlight the basic steps teams needed to get your team ready for the season and some helpful tips on managing your group throughout the summer.

PLAY BALL!

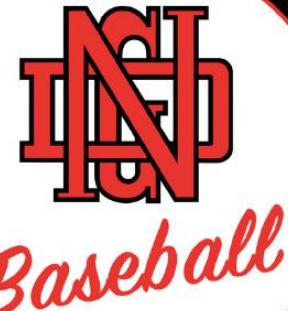


A GOOD SEASON STARTS WITH A GOOD INTRODUCTION

As detailed in the Coaches' Guidebook, the pre-season Parent Meeting is the time and place for coaches to set the expectations for both players and parents.

Some basic association-wide expectations, regardless of age or skill level include:

- **Being on time.** This generally means 15 minutes before practice and 45 minutes before a game.
- **Giving your attendance in advance.** Every team and player has access to SportsEngine. Players must give their attendance at least 48 hours before a game so coaches/conveners can find replacements if needed. This is the most basic way of showing respect for volunteer coaches and administrators - it takes a lot of work to find replacements, so please be respectful.
- **Attend most team activities.** The schedule is the same for everyone. If you've signed up for baseball, you're expected to be there most of the time.
- **The coaches are in charge, not the parents.** All parents are welcome to volunteer, but if you're not part of the coaching staff, please make it your goal to help them, not coach over their shoulders from the stands.

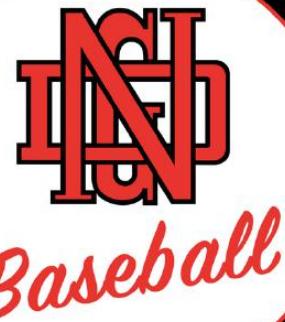


THE PARENTS CODE OF CONDUCT

COACHES COACH, OFFICIALS OFFICIATE, KIDS PLAY, PARENTS CHEER.

All parents agree at the time of registration to adhere to a common code of conduct. This means:

- **Respect for officials:** Parents may not, ever, argue with, insult, or otherwise mock game officials.
- **Respect for coaches:** Any parent who is able is invited before the season to join the team of volunteers who coach our kids. It's essential that those who do step up as volunteers are given the respect and space to manage their teams. **Kids who receive instruction from their parents from the stands get distracted, confused, and become disengaged from their teammates and the game. Please do not instruct your kids from the stands.**
- **Respect for opponents:** NDG parents are known around the region for being among the most courteous and respectful of visitors to our fields and when we are visiting others. Let's keep it that way.



PLEASE ALWAYS KEEP IN MIND...

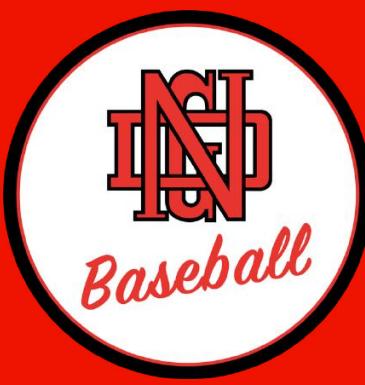
The umpires are, most of the time, children themselves.

Adults may not yell at or insult children, ever.

The coaches are volunteers.

The children on **both teams** are children - even with the older kids, yelling at or mocking a child is not acceptable.

Please do not coach from the stands. Step up and be a volunteer. We'll find a place for you, we promise.



ATTENDANCE @ SPORTSENGINE



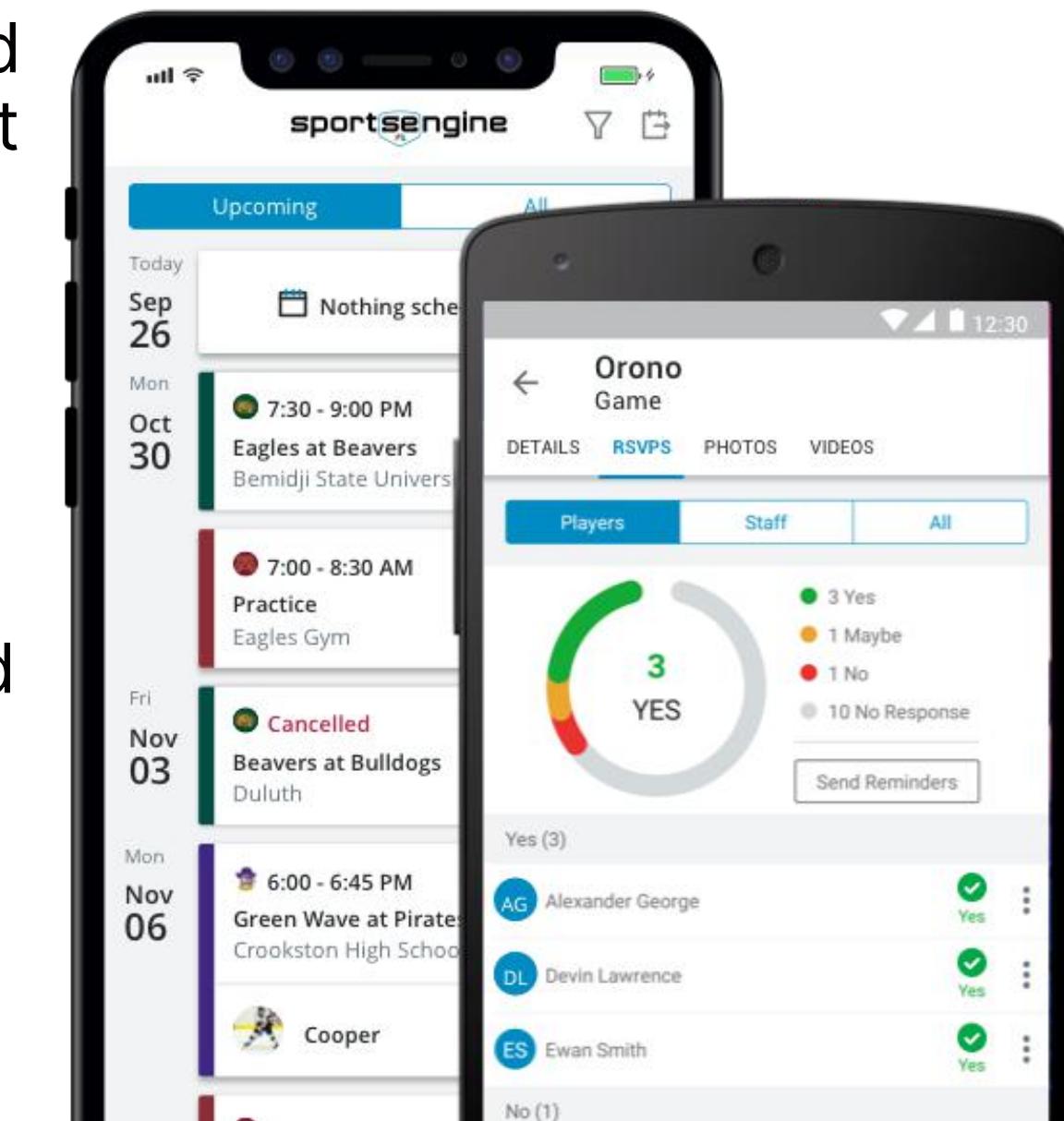
PLEASE USE SPORTSENGINE

Our volunteer coaches and administrators step up for your kids - please show them the basic respect of updating attendance on SportsEngine proactively.

All games, practices, and other activities are uploaded into the SportsEngine app. Everyone understands that emergencies happen, but aside from unforeseen illness, etc., parents are **obligated** to update their children's attendance in SportsEngine at minimum 72 hours before each team activity.

Please note that if you do not put in your attendance and your team gets a call-up to replace your child and you show up anyway that your child will sit out in favour of the call-up. Coaches have the right, within reason, to sit players in games if they are not updating attendance on SportsEngine.

SportsEngine is available in the Apple App Store, Google Play Store or on ndgbaseball.com.



sportSEngine

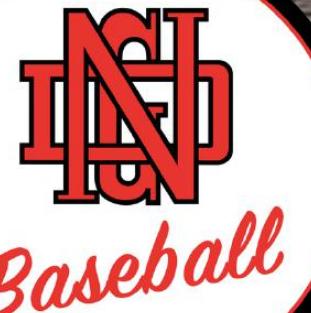
OUR IDENTITY

BOBCATS, LYNX, WILDCATS



Our organization has invested a significant amount of time, energy, and money in establishing and building the Bobcats, Lynx, and Wildcats identities.

While it may sometimes seem trivial to enforce a brand identity on a youth sports organization, please bear in mind that we are **building a team-first culture** that starts in Rally Cap and grows with the kids as they age up. Please respect the brand's names, colours, logos, and uniform and do not use alternatives. NDGBB is happy to support teams with access to branded merchandise to create attachment to the organization.



EQUIPMENT

THE GEAR: ON DEFENCE

The basic equipment needed to play baseball includes:



A hat:

- A team-issued baseball hat is a mandatory piece of equipment, day or night.
- This is provided by the association.

A baseball glove:

- The glove should comfortably fit the player and the player should be able to open/close it easily.
- Players must have their own glove.

A jock/jill:

- Obviously this can't be verified, so please use common sense.
- Players must have their own jock/jill.

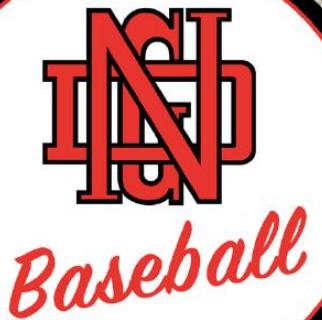
Baseball cleats (or running shoes):

- While cleats are not mandatory, they are highly recommended - the grass can be very slippery.
- The spikes must be plastic or rubber - metal spikes are not allowed.
- Players must have their own shoes.



Baseball

EQUIPMENT



THE GEAR: AT BAT

The basic equipment needed to play baseball includes:

A batting helmet:

- A certified batting helmet is required for batting and running the bases at all ages and levels, for both practices and games.
- Most people buy their own, but each team bag has helmets in it for team use.

Batting gloves:

- Batting gloves are optional, but generally preferred. Most people wear two, but if they choose to wear just one, it goes on the bottom hand.
- Players must have their own batting gloves.

A jock/jill:

- Obviously this can't be verified, so please use common sense.
- Players must have their own jock/jill.

Bat:

- Please consult the Baseball Quebec guidelines on certifications before purchasing a bat. There are different rules for different ages/skill levels.
- If you travel outside of Quebec for a tournament, the rules may be different. It's important to verify before going.
- Most people buy their own, but each team bag has bats in it for team use.

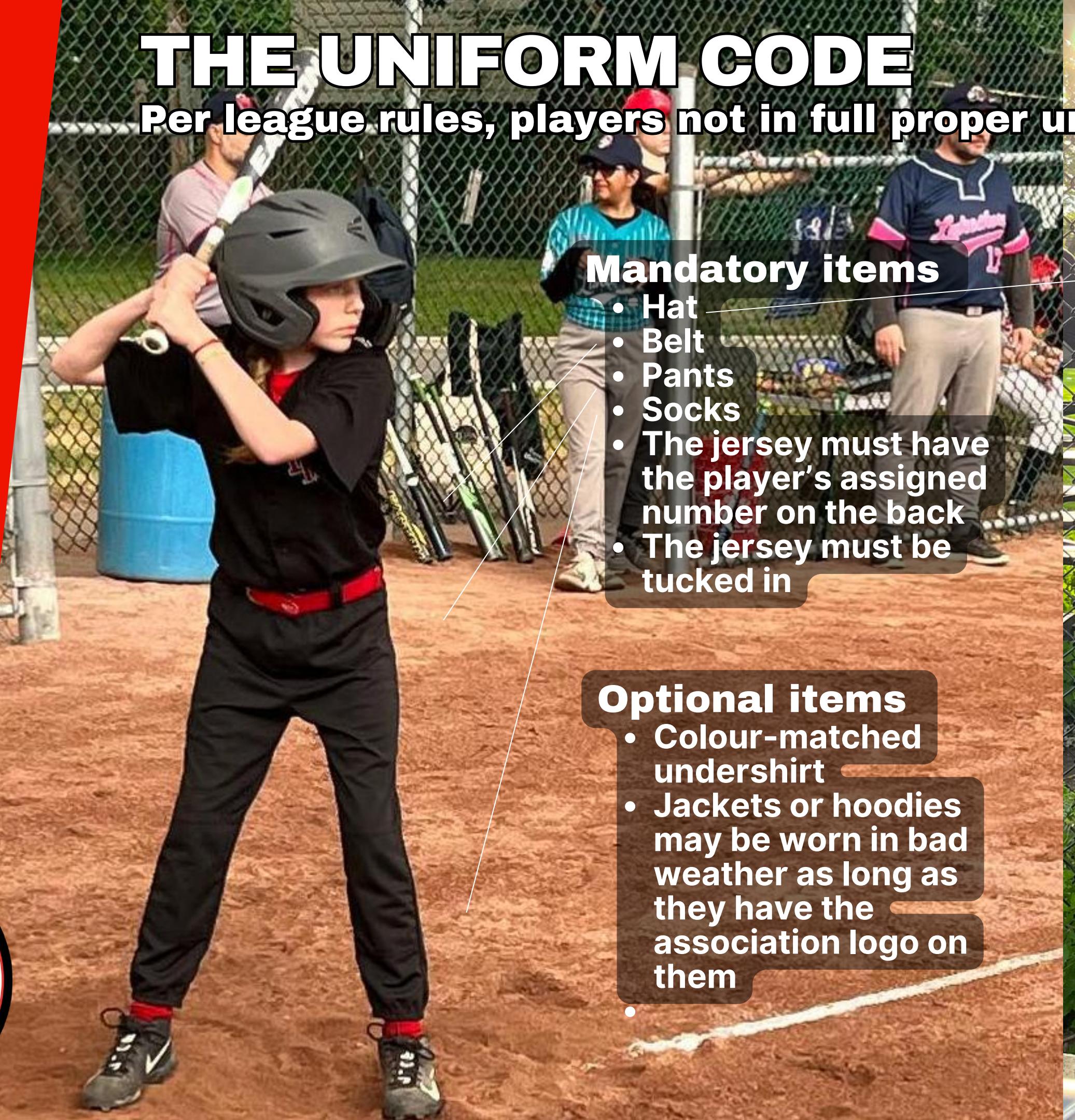


UNIFORM CODE



THE UNIFORM CODE

Per league rules, players not in full proper uniform are not allowed to play



Mandatory items

- Hat
- Belt
- Pants
- Socks
- The jersey must have the player's assigned number on the back
- The jersey must be tucked in

Optional items

- Colour-matched undershirt
- Jackets or hoodies may be worn in bad weather as long as they have the association logo on them



“ISN’T IS ALL A BIT MUCH?”

We get it... sometimes all the uniform code rules and league regulations can seem “a bit much” - after all, these are just kids playing a game.

However, as part of the Baseball Québec program, we have agreed to the rules from equipment to uniforms, and everything in between.

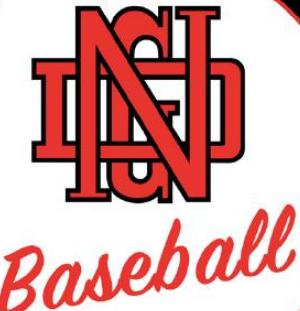
Baseball is about fun above all else, but we teach the kids to take themselves seriously in between the lines, and we urge you all as parents to be proactive and enthusiastic partners in that process.



PLAYOFFS

- At the end of the season, all NDGBB teams aged 9U-and-up are entered to play in the Lac St. Louis regional playoff tournament.
- Each association in LSL hosts 1-2 divisions, and each team plays wherever their division is hosted.
- The schedule typically comes out at the very end of July or in the first 10 days of August. NDGBB does not control this schedule in any way and once it's released, it is non-negotiable.
- There is a buy-in fee that NDGBB pays in advance for all teams.
- In order to qualify to play in regionals, each player must have played in a minimum of 50 per cent of their own team's regular season games. The only exceptions to this are due to documented injury (please reach out to the association at info@ndgbaseball.com proactively if this comes up - after-the-fact exemptions will not be accepted by the league).
- Starting in 2025, NDGBB will no longer host a local playoff tournament for 9U as it will be replaced by the LSL regionals. Rally Cap does not participate in regionals and will continue to have its own festival day to conclude the season.
- For all questions about regional playoffs, please consult lacstlouis.baseballquebec.com o email info@ndgbaseball.com.

TEAM MERCHANDISE



LOOK LIKE A TEAMMATE PLAY LIKE A TEAMMATE

All NDG Baseball teams are encouraged to collect \$25-40 per player for a team merchandise purchase.

This can be done by a fundraiser (see next page).

No one is obligated to participate, but everyone is encouraged to participate. **All merchandise is offered to our players and coaches at cost.** As a not-for-profit, NDG Baseball does not and will not profit off of its players - the idea of getting kids and parents into merchandise to build a community.

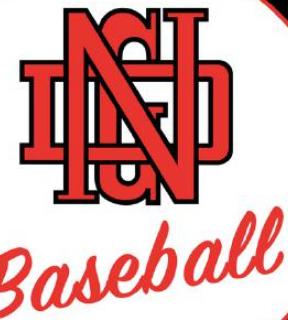
Other associations do this and we believe strongly that when we are hosting or visiting others that we should be repping our own colours and logos just like everyone else does.

To make a team purchase, contact your convener or email info@ndgbaseball.com, subject line: Team Purchase (team name and level).



TRAVEL & TOURNAMENTS

- All teams registered in the Lac St. Louis Baseball Region will travel to some degree within the region.
- A-level teams will typically travel from the NDG Baseball territory to as far as Mercier to the South-West or Vaudreuil to the West, but most away games will be closer, in places like Lachine, Verdun, St-Laurent and the West Island.
- Practices are all local to the NDG Baseball territory.
- All 9U-B-and-up teams are eligible to play in tournaments, and are expected to fundraise to pay for the entry fees.
- If you would like to look into registering for a tournament, please contact the association at info@ndgbaseball.com to get the details of how to do so.



FUNDRAISING

Fundraising is not only common in minor sports, it's the norm.

Teams are encouraged to run fundraisers during a season to pay for anything from tournament fees to team meals/activities, merchandise, and more. While teams are welcome to use any reasonable fundraising method, below are some common successful fundraising options:

50/50 Draw

Sell tickets to your team parents/families/friends. Half the proceeds go to the team, half go to the winner. Make sure your draw is done in front of the whole team for transparents.

Raffle

Donate or find someone to donate sports tickets or other prizes, sell the tickets to your team community, and do the draw in front of the whole team.

Lave-auto/Vente de limonade

These are classics that speak for themselves. Easy to do and fun for everyone.

Pack groceries

Many local grocery stores will accept having teams pack groceries and collect tips as the fundraiser. Simply ask your local grocer.



LYNX UNIFORMS & EXTRAS

Being a member of the NDG Lynx program makes you part of a special club with a reputation of excellence that is generations-long. Lynx players are expected to carry themselves with the pride of the Lynx tradition, which includes:



THE RED HAT

The colour red is earned in NDG Baseball. Only the Lynx and Bobcats have the privilege of wearing a red NDGBB cap.

PRACTICE JERSEY

Lynx players earn their own red NDG Lynx practice jersey with their name and number on the back. Look around the streets of NDG, and you'll see current and former Lynx wearing their shirts regularly.

RED BELT & SOCKS

Only the Lynx and Bobcats get a red belt and red socks.

BAG & SLIDES

Lynx players will have the option to purchase an NDGBB-branded baseball bag at a discounted rate.

THE LYNX BUTTON-DOWN

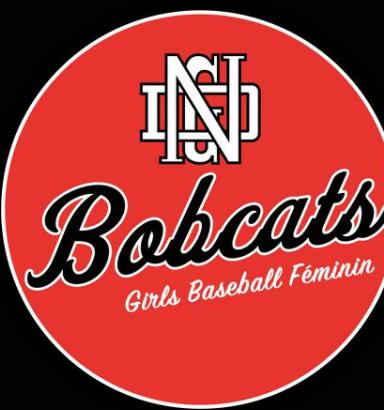
Only the Lynx or Bobcats earn the privilege of wearing NDG red, black, or white on the field. These prestigious jerseys are loaned for the season.

EXTRA TECHNICAL TRAINING

As part of NDGBB's Technical Program, Technical Coaches will be present at a significant amount of Lynx practices. These instructors will work with Lynx coaches to develop each player and the the team as a whole beyond the levels that coaches alone could provide.

BOBCATS UNIFORMS & EXTRAS

Being a member of the NDG Bobcats program means you represent the values of our girls-first program. The Bobcats were created by and are led by women who know that girls thrive even more in an all-female environment. Our Bobcats form the biggest girls baseball program in the region and are a major source of NDG pride!



THE RED HAT

The colour red is earned in NDG Baseball. Only the Lynx and Bobcats have the privilege of wearing a red NDGBB cap.

PRACTICE JERSEY

Bobcats players earn their own red NDG Bobcats practice jersey with their name and number on the back. Look around the streets of NDG, and you'll see current and former Bobcats wearing their shirts regularly.

RED BELT & SOCKS

Only the Lynx and Bobcats get a red belt and red socks.

BAG & SLIDES

Starting in 2024, Bobcats players will have the option to purchase an NDGBB-branded baseball bag.

THE BOBCATS BUTTON-DOWN

Only the Lynx or Bobcats earn the privilege of wearing NDG red, black, or white on the field. These prestigious jerseys are loaned for the season.

THE WILDCATS

The NDG Wildcats bring a reputation of talent and work ethic wherever they go. The Wildcats represent our B-level program, and are made up of players of many skill levels. The focus of the Wildcats program is to develop our kids into the best versions of themselves they can be, whether their intention is to try out for the Lynx in the future or just play the game they love.



THE BLACK HAT

Our Wildcats represent NDG Baseball all over the region, and do so proudly wearing our colours of black, red, and white with the letters N-D-G on their caps.

PRACTICE JERSEY

All NDGBB players are given a numbered practice jersey at the time of tryouts/evals. This shirt is to be worn at all practices, can be worn under the game jersey, and should be worn to any other team activities.

BELT & SOCKS

Starting in 2024, all Wildcats in 11U and older will get a belt and socks along with their game jerseys. These are to be worn with the team-issued pants for all games.

BAG & SLIDES

Starting in 2024, all NDGBB players will have the option to purchase an NDGBB-branded baseball bag and black NDGBB slides (while supplies last).

THE WILDCATS BUTTON-DOWN

Also new for 2024, all Wildcats in 11U and older will be loaned a blue, yellow, or orange button down Wildcats jersey for the season.

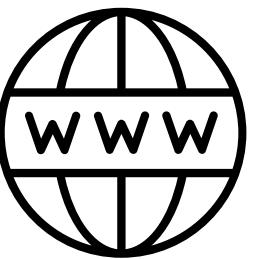


WEBSITE & SOCIAL MEDIA



Please note that over the years, several different unofficial websites and social media pages have been made for NDG Baseball. Note: There is no official Twitter account.

Only the following are official:



ndgbaseball.com



[facebook.com/
ndgbaseball](https://facebook.com/ndgbaseball)

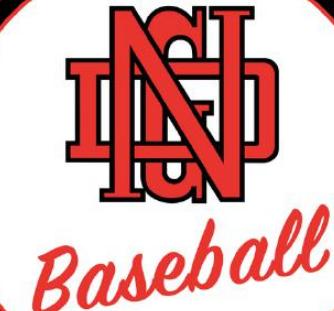


[instagram.com/
ndg.baseball](https://instagram.com/ndg.baseball)



[threads.net/
ndg.baseball](https://threads.net/ndg.baseball)

*please note the dot
between ndg and
baseball... the
@ndgbaseball
account is a fake and
should be reported
as fake



ll.com

THANK YOU!

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

Our association's motto has long been "It's All About the Kids" and your commitment to our program allows us to fulfill our mission of providing a great service for the children and families of our territory.

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

Now let's play ball!

