

**CARY PARKS, RECREATION
& CULTURAL RESOURCES**

2006 Orioles Mite Baseball



PARENTS HANDBOOK



ORIOLES TEAM ROSTER

First Name	Last Name	Home Ph.	Parent	Name	Email Address
Filip	Palm	363-8555	Maria	Palm	mkpalm@ncsu.edu
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Isaac	Whitcomb	469-1973	Lura	Whitcomb	lura.a.whitcomb@gsk.com
Kevin	Smith	303-5414	Terry	Smith	terrysmith@ipass.net
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Brian D.	Argonis	469-4234	David	Argonis	bargonis@earthlink.net
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Zachary	Baker	367-0534	Patricia	Baker	raymondbaker@mybluelight.com
Cody	Cunningham	461-0736	Kieran	Cunningham	kieranc@bellsouth.net
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Drew	Morton	481-6911	Brandy	Morton	lemorton@intrex.net
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Parker	Colpo	319-1964	Marc	Colpo	lynncolpo@yahoo.com

2006 Orioles Mite Baseball Preseason Practice Schedule April 4 - 30

Practice	Davis Drive #1
Tues 4/4 5:30	Orioles
Sun 4/9 4:45	Orioles
Thurs 4/13 5:30p	Orioles
Sat. 4/15 6:00p	Orioles
Thurs 4/20 5:30p	Orioles
Sat 4/22 9:00a	Orioles
Thurs 4/27 5:30p	Orioles
Sun 4/30 3:30a	Orioles

PURPOSE STATEMENT:

Sportsmanship, participation, skill development, and fun for the participants are the objectives of the youth baseball program and no other concepts should transcend the welfare of the boys and girls who participate in the program.

Fun	Learning to play better for the purpose of enjoying participation.
Participation	Providing equal opportunity for play.
Skill Development	Gaining expertise to expand the individual participant's potential through practice and play.
Sportsmanship	Actively expanding the individual's social ability to demonstrate fair play.

The Town of Cary is proud of the youth programs being provided by Cary Parks, Recreation and Cultural Resources Department. The Town is appreciative of the outstanding contributions of the many adults who serve as coaches, assistant coaches, leaders and instructors in these programs.

Cary Parks, Recreation and Cultural Resources Department has prepared this Handbook to assist our coaches and their assistants. The guidelines and rules set forth herein are intended to provide a system of organization, methods of operation, and rules and regulations necessary for a youth baseball program in the Town of Cary.



**CARY PARKS, RECREATION
& CULTURAL RESOURCES DEPARTMENT**

2006 T-BALL AND MITE RULES

All rules apply to both leagues unless specifically stated otherwise.

A. League Administration

1. The Athletic Staff of the Cary Parks, Recreation and Cultural Resources Department will administer the baseball program.
2. The Athletic Committee shall serve as an advisory board to the league administrators.

B. Player Eligibility

Mite League: Players must be 7 years old as of July 31 of the current year and may not have turned 9 years old as of July 31 of the current year.

C. General Information

1. Playing Field
 - a. Distance between bases: 50 feet (Hash marks at mid-point between first and second base, second and third base, and third base and home plate.
 - b. Pitching distance: 38 feet (Distance from home plate to middle of pitcher's circle.)
 - c. Pitcher's circle: 9 feet in diameter.
 - d. There will be a 6 foot arc in front of home plate between the first and third base foul lines.
2. Equipment
 - a. **Mite league** uses a reduced injury factor safety ball provided by Cary Parks, Recreation and Cultural Resources Department.
 - b. **Steel cleats may not be worn. All players must wear athletic type shoes or shoes with rubber cleats only.**
 - c. The batter, players in the on-deck batting area, and baserunners are required to wear batting helmets.
 - d. Catchers in both leagues are required to wear helmet with face mask. Mite league catchers are also required to wear a chest protector.
 - e. **Players are encouraged to wear conventional baseball pants.**
 - f. Jewelry must be removed and may not be worn during the game Exception: Medical ID. This includes but is not limited to earrings, bracelets (including leather straps around wrists) and necklaces. Players who do not remove jewelry shall be removed from the game with no out charged in the batting order.
 - g. Players should be in matching uniform (hat and shirt) approved by Cary Parks, Recreation and Cultural Resources Athletic Staff.

3. Mite games will be played with a combination of coach's pitching and hitting off a tee.
4. All games will consist of **six innings** or **one hour and fifteen minutes**, whichever comes first. The full inning should be completed after the time limit has been reached.
5. One or two adult defensive coaches will serve as umpires. One defensive coach/umpire should be positioned in the outfield area between right field and first and second base. If a second coach/umpire is used he/she should be positioned in the outfield area between left field and second and third base.
6. **Score will not be maintained** in either league.
7. No forfeits are allowed. Teams may start and/or finish with less than nine players. If necessary, teams may share players in order for the game to be completed.
8. Home team is listed first and will occupy 1st base dugout, provide bases, game ball, and tee.
9. **The use of tobacco, alcohol or illegal drugs in any form by players or adult leaders in the dugout, on the benches, or on the playing field is not permitted.**

D. **Playing Rules**

1. Defensive team is limited to a maximum of six outfielders. Teams must play with a regulation infield. **Teams may use more than six outfielders only if both head coaches agree prior to the game.**
2. Defensive Positioning
 - a. **The catcher should stand to the side and back of home plate on the opposite side of the batter.**
 - b. The pitcher must stand within the pitcher's circle until the ball is hit.
 - c. The outfielders must be in the outfield area when the ball is hit.
3. Positions
 - a. No player shall play in a position more than two innings per game and must play each position at least two innings per season.
 - b. Defensive players must rotate defensive positions every two innings and cannot play the same position twice in one game. Players must play at least one inning in the outfield per game.
4. **The ball is dead once it is thrown to the base whether or not the throw is caught.**
5. Catchers should be encouraged to throw to the adult pitcher rather than the player/pitcher to assist in speeding up the game. (Mite league).
6. **The infield fly rule does not apply.**

7. There will be **no slinging the bat**. The following penalties shall be enforced by the coaches:
 - a. First time a player slings the bat he/she will be warned.
 - b. Second time the same player slings the bat he/she will be called out.
 - c. The third time the same player slings the bat he/she will be called out and disqualified from the game.
8. All players present for the game will bat in a continuous batting order. Any player arriving after the game has started must be placed at the end of the batting order.
9. Batting - Mite
 1. **Offensive coach will pitch a maximum of five overhand pitches to the batter**. Coaches are encouraged to pitch with one knee on the ground.
 2. If a fair ball is not hit in five pitches, a tee will be used. (Refer to T-Ball batting rules above in Rule D.9.a.)
 - a. Offensive coach will place tee in front of the plate, adjust the tee, and set the ball on the tee for each batter.
 - b. Players must be instructed to take a full swing and to aim for the ball, not the tee.
 - c. **No bunting** is allowed. If the ball does not go outside of the arc in front of the home plate, it should be treated as a foul ball.
 - d. There are **no strikeouts**
10. Offensive portion of the inning shall consist of eight batters.
11. Runners may not leave the base until the ball has been hit. **No stealing**.
12. **Sliding is permitted**.
13. Any baserunner who deliberately crashes into a defensive player in possession of the ball will automatically be called out.
14. No protests are allowed.

E. **Rainout procedure**

In case of inclement weather a decision regarding games will be made by the Athletic Staff. A recording will be made on the Athletic Game Cancellation Line of 24-Hour Town Hall. To access 24-hour Town Hall call **319-4500, then extension 505** for the Game Cancellation Line. A recording will be made by **3:00 p.m. each weekday, 7:00 a.m. on Saturday, and 12 noon on Sunday**. If a decision is needed after these times, teams should report to the field and a decision will be made by an Athletic Staff representative or coaches. When possible during inclement weather recordings will be updated throughout the day/evening.

COACHES CODE OF CONDUCT

The Cary Athletic Committee recognizes the important contribution of the coaches at each level of the Cary Parks, Recreation and Cultural Resources Department's Baseball program. The influence of the coaches during the formative years of hundreds of youths involved in this program is immeasurable and is reflective in later years, not only in athletic abilities that are developed, but also in the more important traits of character that will be a part of each individual for life.

Coaches have a responsibility to teach the basics of baseball and to provide an organized and controlled team approach to a recreational program, as well as the responsibility to teach the strategy of the game. They also have a more important responsibility to provide leadership for the development of sportsmanship, self-confidence, competitiveness with a sense of fair play, teamwork, humbleness in victory and a stout heart in defeat.

Coaching is a privilege and coaches must be expected to assume all of the responsibilities associated with working with these young people for their total development. **Winning the game is secondary to the other aspects of the program.** Any conduct by coaches that is detrimental to the overall development of the young people will not be permitted and any action by any coach that is deemed to be improper will be dealt with as set forth hereunder.

Any of the following actions by baseball coaches while coaching in the Cary Parks, Recreation and Cultural Resources Department program shall be considered improper and could be grounds for censor, reprimand, suspension or dismissal at the discretion of the Athletic Program Supervisor. Please refer to the Athletic Discipline Policy on Page 19 of this manual.

1. Use of obscene or profane language on the field or in the presence of the players;
2. Use or display of alcoholic beverages on the field or in the presence of the players;
3. Participation by the coach while under the influence of alcohol;
4. Teaching and condoning unsportsmanlike conduct;
5. Inciting by word or sign any demonstration by parents or spectators;
6. Using language that will in any manner refer to or reflect upon the opposing players, an official, staff member or a spectator;
7. Make intentional contact with any official or staff member in any manner;
8. Harassment of players, officials, scorekeepers, staff or anyone connected with the program;
9. Smoking on the field.

Any complaint received by Cary Parks, Recreation and Cultural Resources Department relating to the conduct of any coach will be discussed with the coach involved and a written report of the complaint and action taken may be made in the permanent record of that coach in the files of the Cary Parks, Recreation and Cultural Resources Department. A copy of any such report will be transmitted to the coach involved. A coach may request a hearing before the Athletic Committee on any complaint filed or any action taken by the Parks, Recreation and Cultural Resources Department.

Exposure to Blood and Blood Products Information Sheet for Volunteers

As Town of Cary Volunteers, you have committed your time and energy to the children and adults of our community. Particularly during athletic events, these children or citizens may occasionally suffer minor injuries such as scrapes and cuts which cause bleeding. The Town would like to provide important information about these minor injury situations.

Blood can carry disease. These diseases can be spread when an infected person's blood gets into another person's body. One way this happens is when a first aid provider has an opening in his skin, and the infected blood enters that opening. Therefore, it is very important that if you choose to provide first aid, that you take precautions to keep the blood from getting on your skin, in your eyes or into your nose.

The Parks, Recreation and Cultural Resources Department will provide rubber gloves at all activities where there is a chance that a participant could receive a minor injury. If you choose to help with first aid, we encourage you to wear these rubber gloves. Be careful when taking them off, that you do not touch the outside of the glove and get blood on your hands. Wash your hands thoroughly as soon as possible.

You may also choose to ask that a child's parent take care of the child, or that the injured adult clean his own wound and apply a bandage on himself. Certainly if there is a concern that an injury is serious, if there is loss of consciousness, or if there is profuse bleeding, provide comfort to the injured citizen, protect yourself, and make arrangements for medical treatment.

If you have questions about this issue, please call the Parks, Recreation and Cultural Resources Department at 469-4062. We are proud of your participation in the community activities for which you volunteer, and are grateful for your efforts.



TWELVE DO'S AND DON'TS FOR DADS/MOMS

1. Don't put yourself in your son's or daughter's place out there. The kid at third base isn't you, Dad. If he makes an error, it's his error; if his home run wins the game, it's his home run. Glory or grief, it's his ball game. Whether you were an All-American Legion shortstop or, more likely, couldn't make the church team even if the preacher was your father, has nothing to do with your kid's performance. Yet, I once heard a parent tell a child who made a wild throw, "you embarrassed me".
2. Don't talk about the "big game" all day. Chances are the "big game" isn't as important to your centerfielder as it is to you, and that's healthy. The youngster will usually keep the game in proper perspective, and keep pressure to a minimum, if only you will, Dad.
3. Don't criticize one of the other players even if the errant kid decides to read his library book in right field. That's not only unseemly; it's dangerous. Because chances are the offending player's mother is smoldering in the next lawn chair. She will scratch your eyes out.
4. **Don't yell instructions to your player** ("Get closer to the plate, son!") when it's his time to bat. That's the coaches job, and besides, the kid can pick your voice out in the tumult. It only makes him more nervous. Shout only general encouragement.
5. Don't start analyzing your child's performance right after the game. All the player wants is peace, quiet and a snowcone.
6. **Don't criticize the coach, even if it's apparent that Bobby Cox he isn't.** Listen, this guy is going to some dusty, pot-holed elementary school field after work and on Saturdays and Sundays to throw batting practice in a hot sun. Before you complain think "Am I ready to give up all my valuable free time to a bunch of pre-juveniles?"
7. Don't complain when the good coach plays everybody and even goes with different starters every game, right down to the child who has a pathological dread of fly balls and the bespectacled babyface who hasn't swung at a pitch (I personally know that "please, Lord, let him walk me" feeling) in three summers.
8. Don't abuse the umpire, Dad. Baiting the college kid who's calling the game for four bucks isn't calculated to inspire respect for authority demanded from your child at home and at school.
9. Don't decide your player has a future with the Los Angeles Dodgers. Likewise, don't write off that babyface with the bat on his shoulder. Kids, I'm told, mature athletically at different paces. Some are better than they ever will be again. Some of the worst players will develop into varsity athletes with time.
10. Don't forget to praise your child for simply performing. Don't overpraise a hit or a good play, either. And, above all, don't ever dwell on an error or failure to deliver the "big" hit, especially not with scorn or anger. You're not Vince Lombardi, Pop, and your kid doesn't play for the Packers. Your child is 12, at most.
11. Don't forget to praise all the players after the game, especially if they lost.
12. And please, Dad, (mothers aren't nearly as bad about these things) don't take it so seriously. Even the "big game" isn't the Falkland crisis, and an answer to world hunger or even the World Series, let it just be fun.

ACCIDENT REPORT FORM

NAME OF INJURED _____ AGE _____

ADDRESS _____ PHONE NO. _____

NAME OF PARENT OR GUARDIAN _____

ACTIVITY _____ LOCATION _____

DATE OF ACCIDENT _____ TIME _____

NATURE OF INJURY _____

Describe in full how accident happened. (Diagram on reverse physical facilities in relation to site of accident.) _____

Procedure followed and by whose orders: _____

Person in charge at the time: _____

Did above person see accident? _____ If not, where was he/she when accident occurred?

Name and address of physician or hospital used _____

Signed _____ Title _____

NOTE: This accident report must be submitted to the Recreation Department within 24 hours after the accident.

DIRECTIONS TO CARY AREA PARKS AND SCHOOLS

Fred G. Bond Park – (7 fields)

801 High House Road/150 Metro Park Drive
Cary, NC 27513

- ™ Located on High House Road between Maynard Road and the Cary Parkway.
- ™ From Cary Parkway turn east on High House Road. Look for St. Michael's Church on the left. Turn right into Bond Park (across from the church).
- ™ From Maynard turn west onto High House Road (towards Preston). Look for St. Michael's Church on the right. Turn left into Bond Park (across from the church).
- ™ Follow the signs to the appropriate field.

Cary High School – (1 field)

638 Walnut Street
Cary, NC 27511

- ™ Located near the intersection of Maynard Road and Walnut Street.
- ™ From the Cary Town Center get onto Southeast Maynard Road. Follow Maynard straight through the stoplight at the intersection of Walnut Street and Maynard. Go through this stoplight, and the school entrance will be on the right beside the track and football field.
- ™ From Kildaire Farm Road get onto Maynard headed towards the Cary Town Center and the school will be on the left before crossing Walnut Street. Due to school construction, parking and that school access will be communicated to the league that uses this field.
- ™ Park in the large parking lot.
- ™ Walk past the baseball field to get to the softball field.

Davis Drive Middle School – (2 fields)

2101 Davis Drive
Apex, NC 27502

- ™ Located on Davis Drive, 1 mile south of High House Road.
- ™ Take Davis Drive south. Cross the railroad tracks and there will be two school campuses on the right. The first campus is Davis Drive Elementary and the second campus is Davis Drive Middle School. Take the second right onto the Davis Drive Middle School parking lot.
- ™ Park in the front of the school in the large parking lot, or in the parking lot near the buses.
- ™ DO NOT PARK BEHIND THE SCHOOL!
- ™ Field #1 is located behind the gymnasium and field #2 is located at the north end of the Middle School building. Take the walkway at the north end of the Middle School to get to both fields.

Green Hope High School – (2 fields)

2500 Carpenter Upchurch Rd.
Morrisville, NC 27560

- ™ Located on Carpenter Upchurch Road between High House Road and Morrisville Carpenter Road.
- ™ From High House Road turn north on Carpenter Upchurch Road. The school is on the right. Take the third entrance to get to the ballfields.
- ™ From Davis Drive take Morrisville Carpenter Road west. Turn left on Carpenter-Upchurch Road. The school is on the left. Take the first left to the ballfields.
- ™ Field #1 is the first field on the left (larger field).
- ™ Field #2 is the second field on the left (smaller field).

Harold D. Ritter Park – (2 fields)

301 Lochmere Drive West
Cary, NC

- ™ Located off Kildaire Farm Road between Tryon Road and Penny Road near Hemlock Bluffs Nature Preserve.
- ™ From Kildaire Farm Road turn west on Lochmere Drive West at the Resurrection Lutheran Church.
- ™ The park entrance is on the left.

™ Field #1 is on your left as you drive through the park

™ Field #2 is all the way in the back of the park.

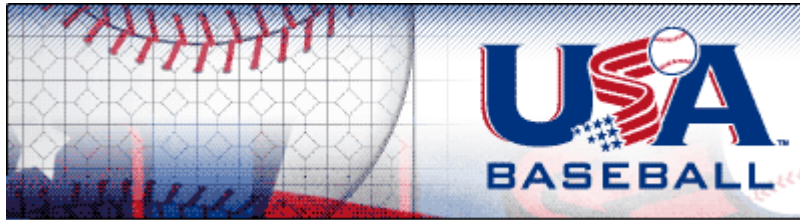
Thomas Brooks Park – (4 fields)

111 Brooks Park Lane

Apex, NC 27502

™ **Location** Green Level Church Road between Beaver Dam Road and Green Level School Road

™ **From downtown Cary** travel High House Road to Highway 55 at the intersection continue straight onto Green Level Road West. Travel on Green Level Road West approximately 2 miles then take a right onto Green Level Church Road. The park is approximately 1 miles on the right.



**4th Annual Town of Cary
USA Baseball Spring Training Clinic**

Presented by USA Baseball

Friday, April 14, 2006

Thomas Brooks Park

Ages 6-12

Registration 8 a.m. - 9 a.m.

Clinic: 9 a.m. - 12 p.m.

Ages 13-15

(advanced 11-12 yr olds may attend this session)

Registration: 12 p.m. - 1 p.m.

Clinic- 1 p.m. - 4 p.m.

FREE! No pre-registration required

Participants should wear appropriate athletic gear and cleats (if available) and bring tennis shoes, a baseball glove and bat (if you have one).

Inclement Weather Line: (919) 319-4500, ext 505

PARENTS CODE OF ETHICS PLEDGE

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following the Parents Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the NYSCA Coaches' Code of Ethics.
- I will read the NYSCA National Standards for Youth Sports and do everything in my power to assist all youth sports organizations to implement and enforce them.

Participants Name: _____

Parent Signature: _____

PLAYER INFORMATION SHEET
(Please return to head coach.)

League: _____

Team Name: _____

Name: _____ Age _____ D.O.B. _____
(please print)

Address: _____ Zip Code: _____

Parent's Name: Mother: _____ Father: _____

Home Telephone: _____ Work Phone: _____

Mobile Phone: _____ Pager: _____

EMERGENCY CONTACT INFORMATION (If other than parent)

NAME: _____ DAYTIME # _____ EVENING #: _____

RELATIONSHIP TO CHILD: _____

PHYSICIAN'S NAME: _____ PHONE: _____

HOSPITAL AFFILIATION: _____

Cary Parks, Recreation and Cultural Resources Department will attempt to provide reasonable accommodations for program participants when the need for accommodations is requested well in advance. Please list...

Please list any medical information I, as a coach, should be aware of with your child (i.e.allergies,asthma,diabetes,injuries, etc.) _____

