



**MANLY SEASIDERS  
BASEBALL CLUB**

**WELCOME BOOKLET**



## Overview

Welcome to Manly Seaside Baseball Club !

Seaside is a family-oriented club who field teams ranging from Under 8s through to Under 16s, as well as Seniors. We compete in the Manly Warringah Junior Baseball League.

There are 3 different styles of game:

- Teeball – Under 8s (non-competitive) and Under 9s
- Zooka (pitching machine) – Under 10s
- Baseball (live pitch) – Under 11s onwards

**Teeball** assists the younger players learn the basic skills and techniques of the game in a fun, non-competitive environment.

**Zooka** prepares the players for live pitching, providing consistency of speed (60%) and accuracy.

**Live pitch** provides the older players an opportunity to play baseball like the pros !

The baseball season generally runs from September to just before Christmas, breaks for a few weeks, returns in late January and continues through to the finals in March.

Games are played on a Saturday morning at either 8:30 am and 10:30am and run for either 1 hour or 1.5 hours, depending on the relevant division

Coaches usually like players to arrive at the diamond at least 30 minutes before the start of the game to warm up and finalise the line-up. Games are played at home (John Fisher Park) or away at Forest, Pittwater, Warringah, North Sydney and Dragons locations.

Thank you and we look forward to seeing you on a diamond soon !

## The Game

The youngest age group in the competition is the Under 8's who play non-competitive Tee Ball and use a slightly softer ball. Tee Ball is much the same as baseball except the pitcher doesn't pitch the ball – the batter hits the ball off an adjustable tee.

The Under 9's also play Tee Ball however scoring is introduced.

In under 10's children are playing with a pitching machine (Zooka) this machine pitches the ball around 60% speed with good accuracy which helps the children prepare for live baseball in Under 11's.

The first year of pitching is the Under 11's, by which age the kids can usually manage to throw the ball somewhere close to target.

At Manly Seaside we follow the Manly Warringah League policy of forming teams of new and experienced players and mixed skill levels across the teams we enter in each division. This way the newer players watch and learn from their team-mates and the competition is well balanced for all to enjoy.

Manly Seaside also prioritise friends playing together in the correct divisions.

## Equipment

To play the game, every player must have:

- mitt (glove);
- cleats (boots); and
- protector (boys only).

We encourage parent to buy a leather mitt as they are much easier to catch with and last a lot longer. Soccer boots are fine for younger players. Metal studs are only allowed for the U11 division and above.

The club issues a uniform which is on loan and must be returned promptly and clean at the end of the season. Please look after it as uniforms are a major expense for the club.

All new players to the club are given a team cap to keep. Additional club caps and other Seasiders merchandise is available at the canteen or by contacting the Uniform Co-Ordinator.

Before rushing out and buying new equipment, discuss the matter with your child's coach. Mitts that are too small or too large make the game frustrating for young players. Inappropriate bat length and weight can also make the game more difficult and in regard to bats, each division has a designated size requirement in accordance with the rules. The correct equipment will assist the younger players develop and keep the game fun.

## Parent Support / Responsibilities

All clubs need the support of parents so the kids can enjoy their sport. Manly Seasiders is no exception. The entire club is run by volunteers. All of the coaches, managers, scorers, umpires and Committee members started out just as you – parents wanting their child to play a fun sport and enjoy it. But it only happens because parents make it happen! There are many ways you can help – anything from taking on a coaching, managing, umpiring or scoring role to committee jobs, helping organise the canteen or perhaps selling raffle tickets. Every little contribution helps and it isn't as difficult as you may think.

Each team requires the following –

- Coach – we fund sanctioned training courses;
- Umpire– we fund sanctioned training courses;
- One to two Assistant Coaches – during training, coaches need assistance to ensure all children are getting a sufficient level of one-on-one ball skills. This can be parents on roster or an allocated person/s. For maximum safety provision coaches should never be left on their own with a group of children;
- Team Manager – the Team Manager plays a very important role within the team and club, being the key communication between the Club and the team's parent and players. The Manager is responsible for the organising an umpire for each home game, as well as collecting and returning the teams' folder to the canteen each Saturday. The folder contains information relevant for team distribution. The manager also communicates with the team with respect to wet weather, ground changes, training, game venues, etc.
- Scorers – scoring is easy with a little initial help which is readily available. This position can be rostered weekly by the Team Manager or shared between several nominated parents.
- Volunteers – The Team Manager relies on other parents to help out as required on canteen duty, scoring, assisting coach etc.

To make all this as easy as possible, we have a Coach's Advisor, a Manager's Co-Ordinator and Umpire's Co-Ordinator who organise the training clinics through the Manly Warringah Junior League, as well as our own in-house scorers, umpires, managers and coaches clinics. We also encourage a mentoring concept so that new coaches can join up with more experienced coaches during some team training sessions. You'll be surprised at the enjoyment you'll get from learning new skills and being able to make a significant contribution to the kids enjoyment and to baseball in the area.

## **The Representative Scene**

All our players are encouraged to try out for our Club Representative Teams. Starting from Under 9's Manly Seaside enters teams in local gala days such as the Manly, Pittwater or Forest Cups and, on occasions in other cup days around Sydney.

The next representative level to aim for is selection in the Manly Warringah teams playing in the Sydney Championship. Sydney Championship is played by the Under 12's, Under 14's and Under 16's and competes for the Metropolitan Trophy.

## **Annual Presentation Day**

Our Annual Presentation Day is held in conjunction with the club's Annual General Meeting and occurs in March each year. It is important for ALL players to attend the Presentation Day as it recognises the efforts of not only the players, but also everyone who contributes to running teams and the club.

Trophies or medallions are presented to all players as recognition for taking part in the sport as well as special recognition awards.

## **Photos**

Each year the Club organises team photos prior to Christmas. Team shots and individual photos are taken and make great memories for the kids as they play over the years. Team Managers are notified of the details once they are available.

## **Fundraising and Sponsorship**

Our club depends heavily on fundraising and the generosity of sponsors for much needed equipment to ensure the kids have an enjoyable and safe experience. Fundraising is done by raffles, optional donations, sausage sizzles and social events and we need everyone's participation to make them worthwhile. Remember for any one of these events there are parents like you behind the scenes organising it.

Our sponsors are fantastic. Whenever, please use our sponsors for service or products as they are helping you kids with their contributions. It is important to remember to identify yourself as a Manly Seaside Club Member so that they know their sponsorship is effective and they continue to support the club !

If you or your employer would like to be one of our sponsors or if you have any new and innovative ideas for fundraising, our Committee would be very happy to hear from you.

## Player's Code of Conduct

At the start of each season players sign up to the Player's Code of Conduct and undertake to adhere to it. All players agree to:

- Play for the "fun of it" and not just to please your parents / Coaches / Managers;
- Always abide by the Rules and respect the decision of the Official. If you wish to appeal, make this appeal through the correct formal process and respect the final decision;
- Be a good sport. Cheer the effort of all players whether they are on your team or the other team;
- Respect the rights, dignity and worth of fellow players, Coaches, Managers, officials, volunteers and spectators. Refrain from any conduct which could be regarded as harassment towards these people;
- Do not be aggressive. If you see acts of aggression, do not retaliate. Report such acts and do not take the Rules into your own hands;
- Respect the talent, potential and development of fellow players and competitors;
- Care for and respect the equipment provided to you as part of your program;
- Be frank and honest with your Coach concerning illness and injury and your ability to train fully within the program requirements;
- At all times avoid intimate relationships with your coach;
- Conduct yourself in a professional manner relating to language, temper and punctuality;
- Maintain high personal behavioural standards at all times;
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team;
- Co-operate and assist Coaches and staff in the development of programs to adequately prepare you for competition at the highest level; and
- **Have fun !**

## **Parent's Code of Conduct**

Seasiders Baseball is a family-orient club and we exist to ensure the kids get the most enjoyment and benefit from participating this great sport as possible.

Parents play a key role in this and so we request ALL parents to observe the following code:

- If children are interested, encourage them to play sport. However, if a child is not willing to play, do not force him/her;
- Focus upon the child's efforts and performance rather than the overall outcome if the event. This assists the child in setting realistic goals related to his / her ability by reducing the emphasis on winning;
- Teach children an honest effort is as important as victory, so that the results of each game is acceptable without undue disappointment;
- Encourage children to always play according to the rules;
- Never ridicule or yell at a child for making a mistake or losing a game;
- Remember children are involved in organised sport for their enjoyment, not yours;
- Remember that children learn best from example. Applaud good plays by both teams;
- If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public. Remember, most officials volunteer their time and effort for your child's involvement and enjoyment;
- Support all efforts to remove verbal and physical abuse from sporting activities;
- Recognise the value and importance of volunteer Coaches, Managers, Scorers, etc. They give of their time and resources to provide recreational activities for the children and deserve your support; and
- Remind others of this code if they are not adhering to it.

## **Spectator's Code of Conduct**

- Children play organised sport for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals;
- Applaud good performance and effort by your team AND the opponents. Congratulate both teams upon the their performance regardless of the games' outcome;
- Respect the officials' decision. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise;
- Never ridicule or scald a child for making a mistake during a competition. Positive comments are motivational;
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players;
- Show respect for your team's opponents, for without them, there would be no game;
- Encourage players to play accordingly to the rules and the officials' decisions; and
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.

## Coach's Code of Conduct

At the start of each season Coaches sign up to the Coach's Code of Conduct and undertake to adhere to it.

All Coaches agree to:

- Be reasonable in your demands on young players' time, energy and enthusiasm. Treat all players with respect at all times. Be fair, considerate, honest and consistent with them;
- Teach your players that rules of the game are mutual agreements which no one should evade or break. Accept and respect the role of Officials and teach the players to do the same;
- Whenever possible, group players according to age, height, skills and physical maturity;
- Avoid over-playing the talented player. All players need and deserve equal time;
- Remember that children play for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing a competition;
- Refrain from conduct which could be regarded as harassment towards your players and other coaches, officials or parents;
- Do not be aggressive. Teach your players not to be aggressive. If you see aggression by any of your players, officials, parents, spectators or other players, report it. Do not take the law into your own hands;
- Provide feedback to players and other participants in a manner sensitive to their needs;
- Avoid overly negative feedback. Try to stay positive and encourage effort;
- Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions;
- Encourage players to respect one another and expect respect for their worth as individuals regardless of their level of play.
- Involve the players in decisions that affect them.
- Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
- Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
- Avoid situations with your players that could be construed as compromising.
- Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substances;
- Do not exploit any coaching relationship, to further the personal, political or business interests at the expense of the best interests of your players;
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players;
- The scheduling and length of practice times and competition should take into consideration the maturity level of the children;
- Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches;
- Make a personal commitment to keep yourself informed of sound coaching principals and the principals of growth and development of children. Recognise player's rights to consult with other coaches, advisors or specialists.

# MANLY SEASIDERS BASEBALL CLUB



BASEBALL BY THE BEACH