

Glacier Twins

American Legion Baseball

2025 Handbook

What's Inside:

Mission Statement.....	Page 2
General Information	Page 2
Birth Certificate & Passport.....	Page 2
Physical Exam.....	Page 2
Equipment/Uniforms	Page 2
Field Care	Page 2
Illegal Substance Policy	Page 3
Code of Conduct	Page 3
Communication/Problem Solving.....	Page 3
Player Fees	Page 4
Parent/Guardian Participation	Page 4
Game Time	Page 4
Road Trips.....	Page 5
Injuries and Illness.....	Page 5
School Activities.....	Page 5
Camps.....	Page 6
Work Schedules	Page 6

Mission Statement:

American Legion Baseball is the oldest and best disciplined amateur baseball program in the country. The American Legion, an organization of veterans, believes in operating a well disciplined baseball program with an emphasis on sportsmanship, team loyalty, individual leadership and the highest level of sportsmanship. Our organization and coaches will insist on these positive qualities throughout the season.

The Glacier Twins American Legion Baseball Organization is a program committed to a positive baseball experience for the youth of Whitefish and Columbia Falls while providing an opportunity for personal growth and success. It will involve the learning as well as the integration of numerous lifelong skills and values such as courage, pride, determination, hustle, respect, loyalty, poise, commitment, dedication, discipline, intensity, solid work ethic and good positive attitude.

General Information:

The Twins home field is the Glacier Twins Stadium at Memorial Park in Whitefish, located at the intersection of East Second Street and Fir Avenue. Over the past 20 years, we have updated our sports lighting system that features new and taller steel poles greatly increasing field lighting illumination with computer-aided controls. The Twins have also completed installation of an electronic scoreboard featuring bright LED digit and indicator displays and updated wireless controls. The major league style dugouts feature two-level seating and padded lean rails in front. In 2014, with the aid of community donations, the Twins constructed a covered grandstand roof with aluminum bleacher seating along with a spacious press box, including an umpire's dressing room and Merchandise Store. A cedar security fence enclosing the rear of the grandstand area was added the following year. Future improvements depend upon the success of on-going fundraising efforts.

Birth Certificate & Passport:

American Legion Baseball requires each player to provide an official birth certificate submitted to the Glacier Twins by June 1. In addition, each player will need a passport or passport card in order to travel to games and tournaments we have scheduled in Canada.

Physical Exam:

A physical exam is required to participate. Either a copy of your school's physical exam or the Twins' physical exam form will suffice. The paperwork **must** be turned in to the coach prior to the first day of practice. Remember to sign the second page.

Equipment/Uniforms:

You will be provided all necessary equipment and uniforms for competition. You are expected to take proper care of all team equipment and uniforms. You will need to provide your own gloves and practice gear including practice baseball pants. A uniform deposit **may** be required and returned to you upon the completion of the season when your uniform is turned in to the coaching staff.

Field Care:

Each player is required to assist with field care and maintenance. Responsibilities will be assigned by coaches.

Illegal Substance Policy:

Any illegal or criminal activity, or the use of, possession of, consumption of, selling or giving away of tobacco, tobacco substitutes, alcohol, or illegal drugs is strictly prohibited from the first day of sign ups until the last day of competition. Refer to the *Glacier Twins Alcohol and Drug Policy* and the Player Contract, which is to be read and signed by each player and parent before participation of the player in the Twins baseball program.

Code of Conduct:

Do what is right; if you have to ask if it's right, it's not. Make good decisions. Refer to the Players Contract. Each player is expected to uphold the American Legion Sportsmanship Code, both on and off the field.

- **Foul language on or off the field is prohibited.** Violation can result in sitting out a game.
- **Throwing and/or abuse of equipment is prohibited.** In the event equipment is thrown, abused and/or damaged, the player will be expected to reimburse the Twins for replacement costs.
- **Players will sprint to and from their positions.** Players will run at full speed on all ground balls and fly balls, no matter how "inevitable" a putout might appear.
- All players are required to help carry equipment at practices and at games.
- Altercations between team players or opposing players are prohibited. While tempers can flare unexpectedly, any fighting will be disciplined by immediate suspension and probable dismissal from the team. Applicable city curfews will be followed by all players, especially on nights prior to competition.

Players are expected to uphold the American Legion Code of Sportsmanship at all times. In short: players will keep their temper regardless of victory or defeat, be good sportsmen and never heckle opposing players, umpires or spectators.

American Legion Code of Sportsmanship

I WILL:

**Keep the Rules · Keep faith with my teammates · Keep my temper · Keep myself fit Keep a stout heart in defeat · Keep my pride under in victory
Keep a sound soul, a clean mind, and a healthy body**

Communication:

The Glacier Twins have a set procedure for solving problems. The Board strongly encourages the player to FIRST meet with the Coach to solve any problems that may arise during the season. **The coach will have an "open door" policy for players to approach him about their concerns. Parents should not intervene for their son, but should instead encourage their son to talk to the coach.** If the player is not comfortable approaching the coach directly, then the player and his parents should schedule a time to meet with the coach. If any of the parties believe that a face-to-face meeting is necessary and all are in agreement to do so, then the Coach will coordinate that meeting, and may upon occasion include a board member. As a last resort, if any of the above should fail or prove to be unsatisfactory in the eyes of either party, then the player, the coach or the parent may bring the matter to the attention of the Board of Directors in the form of a letter. The Board, or its Grievance Committee, will then make a decision that it believes is in the best interest of the Glacier Twins Program. All parties will work together to resolve any issue in a positive manner, and ensure open communication.

Player Fees:

A total of \$1,200 is required by each Glacier Twins player to be paid or earned in order to cover operating costs (umpire fees, playing equipment, travel, meals and lodging, field maintenance, etc.)

✓ **By Spring Parent Meeting (February 10, 2025)**, each player shall pay a **\$300 Player Registration Fee** (non-refundable) to qualify for participation at pre-season conditioning and practice. This payment must be turned in to the Head Coaches or General Manager along with completed Player Registration forms.

✓ **By June 10**, each player shall submit payment of an additional \$900 or earn this amount in Player Credits. Player Credit Fees may be accumulated during Christmas Garland hanging and take-down, sale of season passes, sale of pre-event tickets at Twins fundraisers, and credit for individual work assignments above normal field care and maintenance. As the June 1 deadline approaches, the remaining balance shall be paid by cash or check to reach the player's goal. Unless these \$300 and \$900 goals are met by the above due dates, a player will not be allowed to play or travel with the team.

Parent/Guardian Participation:

Each parent or guardian is required to sign up for a **minimum** of ten (10) work assignments at the field during the regular season. Work assignments may include: Press Box (announcing and/or scoreboard operation), entry gate ticket sales, etc. If, during the course of the season, parents or guardians have unforeseen conflicts in their schedules and are unable to work their scheduled duties, the parent or guardian is responsible to find a suitable replacement to work their schedule. Additional help will be needed during the Ed Gallo and any other events scheduled. Google sheet links are provided for all games and events as schedules are completed.

Game Time:

- Haircuts are expected to be tasteful. No earrings or jewelry are allowed at practice or during games. Please check with your coach as to what may be allowed.
- Uniforms should be kept clean, in good repair, and always tucked in when applicable; from calisthenics until the game is completed, uniforms should be worn correctly. Hats should be worn correctly (i.e. straightforward). Rally caps are acceptable when appropriate.
- No outside food or drink is allowed in the dugout during a game, unless approved by the coach. Water and/or sport drinks will be provided by the team.
- No spectators are allowed in the dugout during a game. This includes parents, family members, friends, girlfriends, scouts, etc. (nor is any non-player allowed to visit with you during a game).
- Players are allowed to leave the dugout during a game for the following reasons only: to retrieve a foul ball, go to the bathroom, warm up/stretch/throw, in a medical or weather related emergency or as requested by the coaches. Players are expected to perform the necessary function and return to the dugout without incident. Any other request to leave the dugout should be discussed with and approved by a member of the coaching staff.
- **Parents, family members, or friends** are not permitted to heckle, harass or use derogatory, profane or vulgar remarks or gestures towards the opposing team, coaches or umpires. Any parent, family member, friends or fans that violate this rule will be asked to leave the ballpark immediately. A second violation of the rule will result in banishment from the park for the remainder of the season.

Road Trips:

- While on the road you are expected to follow specific guidelines regarding your behavior. The coaching staff will address those guidelines with you prior to your first road trip. At least one coach or designated parent will remain with the team at all times.
- When traveling to and from away games, the team will meet at a designated location and leave as a team. It is only acceptable for players to travel home with parents if it is an unforeseen emergency or has been requested in writing at least one (1) day prior to travel and approved by the coach. After the game, **the parent must check in with the coach** to confirm they have their player. When returning home after a road trip, all players traveling with the team will meet at the bus prior to departure. The team bus will not leave until all players are accounted for. **Players will not be allowed to travel home with friends during away games.**
- While traveling in the bus, at no time should any object be thrown from the bus. A player's head, arms, hands, legs and feet will remain in the vehicle at all times.
- Occasionally, the team will travel out of town and stay overnight at a hotel (at the expense of the Glacier Twins). Room assignments for players will be designated. Rooms are expected to be kept neat and clean. **Any damage to a room is the financial responsibility of the player and his parent or guardian.** Players involved in such a situation will be sent home and dismissed from the team immediately. Under no circumstance whatsoever is a female guest permitted in a player's hotel room while un-chaperoned by an adult, coach or parent. Any player violating this rule will be dismissed.
- When traveling and/or applicable, players should bring money for snacks and preferably pack a sack lunch. Please refer to the Nutrition Guideline regarding what types of snacks/foods help aid performance.
- During overnight stays, the Twins will provide player meals. Players will dine together as a team. Parents may dine with the team. If parents make arrangements with the coach to take their son to a private dining establishment, then they will insure the player(s) return to their assigned room no later than curfew. The player should check in with the coach upon arrival back at the hotel. At no time should the parents keep the player from any team meetings.

Injuries and Illness:

Report any injury or illness to a coach immediately. If a player cannot make a practice due to illness, please contact the coach as soon as possible. If a player misses practice or a game, and has not contacted the coach, the player will be suspended from one game (please refer to Players Contract). If a player is late for a practice or a game without a proper excuse, the penalty can be one lap around the outfield fence for every minute tardy.

School Activities:

Twins players are allowed to participate in school sports, or other school activities that are graded (i.e., choir, band, etc.). If a school's scheduled activity conflicts with a practice or Twins' game(s), the player must notify the coach in a timely fashion. Unexcused absences from scheduled practices, games or team functions, will result in a one (1) game suspension enforced in the next scheduled game.

Sports/Camp:

Any player intending to enroll in athletic camps during the season must obtain prior permission from the head coach at least 30 days in advance. Failure to get prior approval may result in denial of permission. Participation in athletic camps is discouraged but not prohibited. If the player can provide assurance that participation will not unduly impact on practice or scheduled games and the head coach concurs, approval will be given. Each request will be dealt with on a case-by-case basis.

Work Schedules:

The Twins organization understands that some players may need to work in addition to playing baseball. Players should communicate their work schedule with the coach. Players are still expected to make all practices/games if at all possible, and should attempt to plan their work schedule accordingly.