

2014 Montana State Class A Champions!



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Glacier Twins Baseball Handbook **2015**

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Glacier Twins
P.O. Box 2007
Whitefish, MT
59937

Mission Statement:

American Legion Baseball is the oldest and best disciplined amateur baseball program in the country. The American Legion, an organization comprised 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 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.

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. We have updated our sports lighting system that features new and taller steel poles, greatly increased field lighting illumination, and computer-aided controls. Several years ago, the Twins completed the installation of a new state-of-the-art electronic scoreboard featuring bright LED digit and indicator displays and wireless controls. The Twins also constructed new major league style dugouts with two-level seating and padded lean rails in front. Work is now underway to provide permanent aluminum bleacher seating in a portion of the grandstand area. Future work will depend upon the success of major fundraising efforts.

Birth Certificate & Passport:

Each participant is required by the American Legion to have a copy of a birth certificate on file with the Glacier Twins by May 1. Each player will also need a passport or passport card in order to travel to games and tournaments in Canada.

Physical Exam:

A Physical exam is required to participate. The paperwork must be turned in to the coach prior to the first day of practice.

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 all field care. Responsibilities will be assigned.

Illegal Substance Policy:

Any illegal or criminal activity, 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 player contract to be read and signed by each player and parent before any 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 that equipment is thrown/abused and 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 discouraged and 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 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 meet with the Coach first 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 parent 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 insure open communication.

Fees/Fundraising:

Each player is required to sell passes and assist at fundraisers. All money raised is used to defray expenses and the sale of tickets promote home games. **Players that have not turned in their total player fees by June 8 will not be allowed to play or travel with the team.** There are **NO exceptions**. Additionally the Twins will need assistance from players and their families with other group fundraisers. Parents and family members are also responsible for participating in fundraisers such as the spring Auction, the concession stand, ticket sales at the gate, Garland sales & delivery, Cat/Dog Smoker, and any other fundraising projects. We would also like to emphasize that the cost should not be a factor in determining if your son should play for the Twins. Cost is however an overwhelming factor in our ability to provide a strong, sound baseball program. Financial records are available for your review at any time.

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) when applicable. Rally caps are acceptable when appropriate.
- No outside food or drink is allowed in the dugout during a game, unless otherwise approved by the coach. Water and/or sport drinks will be provided by the team. Please refer to Nutrition Guidelines.
- 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, or in a medical or weather related emergency. 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.
- No **parent, family members, or friends** are permitted to heckle, harass or use derogative, 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 and other team functions.

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 acceptable for players to leave after the game with parents, but it is **mandatory** a member of the coaching staff be informed of your intentions **prior to departure** for the game (after the game is too late, unless there is an emergency) & and at time of pickup **the parent checks in the coach** to further verify. When returning home after a road trip, all players traveling with the team will meet at the bus prior to departure. The team 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 or at another vehicle. 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 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 when applicable, players should bring money for snacks, and preferably pack a sack lunch. Please refer to Nutrition Guideline regarding what types of snacks/foods help aid performance.
- During overnight stays, the Twins will provide a per diem for meals (\$25/day). Players may be asked to dine together as a team. If parents want to join the team, that is acceptable. If parents want to take a player(s) to dinner, arrangements must be made in advance with the coach. Parents will pick the player up at the hotel, allowing the player to change clothes and return equipment back to their room. Parents will insure player(s) return to their room no later than curfew. The player should check back in with the coach upon arrival. 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.

Camps and Vacations:

You are allowed to attend one camp as long as you have approved it with the Head Coach in advance. Please plan your summer vacations after baseball is over.

School Activities/Sports:

Twins players are encouraged to participate in school sports, or other school activities (ie. choir, band, etc.). If a school scheduled activity conflicts with practice or Twins' game(s), the player must communicate these conflicts with the coach in a timely fashion. The player will not be penalized for missing games/practice, but should make every effort to adjust his schedule in order to make as many practices/games as possible.

Work Schedules:

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

NUTRITION *

Participating in any sport requires proper preparation prior to competition, from practice to mental preparation to adequate sleep and good nutrition. Following are some recommendations players may implement to promote better performance during a game and better recovery after the game.

Fueling Your Sport

- Baseball is a skill sport requiring fine motor control, superb coordination, and quick reaction time.
- Baseball players do not need to eat extra calories because baseball is not a game of continuous activity. Pitchers and catchers need more calories than infielders and outfielders. A 183-pound pitcher burns about 900 calories in 2 hours of play, whereas a fielder burns only 610 calories in 2 hours. That is not a lot of calories when you consider that a fast food burger with medium fries and a drink has 750 calories.

Fluid Needs

- The most important nutrient for a baseball player is water.
- Drink 2 cups (16 ounces) of water or sport drink 2 hours before practice and games.
- During practice and games, drink during warm-ups and between innings.
- Don't rely on thirst to tell you when to drink.
- Water is fine for games in cooler weather but choose sport drinks when the weather is hot and humid.

Top Three Nutrition Tips for Improving Performance

- 1. Adopt a fluid plan and drink according to a schedule.** Baseball is usually played in hot, humid weather, and it is one of the few sports without a time limit. Drinking enough fluids helps to protect you from cramps and heat illness, and it will improve your performance.
- 2. Fuel up before the game.** If you have a night game, eat your biggest meal of the day at lunch or late afternoon so you won't be starving after the game and be tempted to eat a lot of food late at night.
- 3. Be a food road warrior.** Instead of loading up on fast food or pizza after the game, learn to make healthy choices while eating out. Every restaurant offers healthier choices.

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BASEBALL BASICS **

What drives the ball and body around the field is energy. The physiological energy source for playing baseball is primarily anaerobic-which means carbohydrate energy is key for performance plus a daily dose of high quality protein for muscle power required for strength, endurance and recovery.

Like baseball, eating well requires skill-coordination of meals and snacks and reaction time, dietary reaction time means eating three meals plus two snacks every few hours throughout the day, with the goal of meeting calorie needs and maintaining muscle mass. Without a steady dose of protein, roughly 25 grams of protein per meal, along with substantial calories from foods like grains, pasta, rice, potatoes, beans, peas, corn, bread, vegetables, fruits and low fat dairy, injury, stress, and illness become ones' personal three strikes towards dietary disaster.

PLAY BALL

Eating and getting enough fluids before and after game time gives athletes the leading edge - a steal towards playing well. Getting a variety of foods throughout the day, foods like lean meats, chicken, fish, pork, eggs, and milk plus whole grains, colorful fruits and vegetables ensures that players will get enough vitamins and minerals - micronutrients that assist the body in using energy from carbohydrates, protein and fat.

Just like the glove helps to catch the ball, vitamins and minerals from fresh foods, grilled meats, deep green veggies, and fruits helps the body to use the energy from food easier. Sure, one can still eat fast foods, chips, soda and candy, but without enough vitamins and minerals and too much fat, salt, and additives that the fast foods offer will make it more difficult to feel energized, stay fit, and quickly recover from a day at the park. Ample fluids and sport drinks like Gatorade are critical for the final nutritional slide to home plate.

ON THE ROAD

The key to getting enough food on the road, regardless of travel or late games is to plan ahead. Take a stash of sport or breakfast bars, shakes, sport drinks, crackers, trail mix, healthy soups like vegetable, bean, noodle or minestrone, small cereal boxes, fresh fruit, and mini bagels to practice, or on the bus. When ordering out, have a sub with lean meat, all the vegetable fixings, and a dab of light mayo or mustard, or try a grilled chicken salad or sandwich or grilled burger at the local fast food joint, and at a more formal restaurant go for the soup, salad, warm dinner rolls, grilled fish, seafood, poultry or game. If dessert is a tradition, try a sorbet or frozen yogurt cone. For snacks, go for some pretzels (large, warm or out-of-the-bag), baked potato or tortilla chips with bean dip or salsa, or an apple, banana, pear, peach or bunch of grapes. And don't forget the fluids - without fluids, your muscles will buckle, your mind will melt, and batter will be out!

****Lisa Dorfman, MS, RD, LMHC
Sports Nutritionist, University of Miami**