

# *Glacier Twins American Legion Baseball*

## *2018 Handbook*

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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 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 18 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 the installation of a state-of-the-art electronic scoreboard featuring bright LED digit and indicator displays and wireless controls, and constructed major league style dugouts with two-level seating and padded lean rails in front. Also during this same time, the Twins have constructed a covered grandstand roof with permanent aluminum bleacher seating along with the construction of a spacious press box, including an umpire's dressing room and Merchandise Store. A cedar security fence encloses the rear of the grandstand area. Future improvements will depend upon the success of on-going 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 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.

### **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 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 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 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.

## Player Fees:

**A total of \$1,300 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 March 1**, 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 1**, each player shall submit payment of an additional \$1,000 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 \$1,000 goals are met by the above due dates, a player will not be allowed to play or travel with the team.
- ✓ **Prior to the first scheduled game of the 2018 season**, Each parent or guardian is required to sign up for a minimum of five (5) work assignments at the field during the regular season on the SignUpGenius links provided. Work assignments include: Press Box (announcing and/or scoreboard), merchandise store, entry gate ticket sales, field prep, etc. Additional help will be needed during the Ed Gallo and Sapa-Johnsrud tournaments. If a parent fails to sign up and/or work an assignment, parent will be assessed and billed a **Parent Participation Fee in the amount of \$200** from which help may be employed and paid from the funds collected from the parent. A work assignment may also be fulfilled by assisting at garland hanging.

## 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. 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 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 acceptable for players to leave after the game with parents, but it is **mandatory** that a member of the coaching staff be informed **prior to the end of the game** (after the game is too late, unless there is an emergency) and at time of pickup **the parent checks in with 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 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. 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 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 (\$30/day). Players will dine together as a team. If parents want to dine with the team, that is acceptable. 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.

## Camps and Vacations:

You are allowed to attend **only one** camp during the season 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 allowed to participate in school sports, or other school activities (i.e., choir, band, etc.). If a school's scheduled activity conflicts with a practice or a 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, in that case, but should make every effort to adjust his school sport schedule in order to miss a minimum of Twins practices/games.

### **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.

## **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**