

2022

Spring Lake Park Fastpitch Softball



SLPSA 2022 Coaches Handbook

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Spring Lake Park Softball
Association

www.slpfastpitch.com

Spring Lake Park Panthers Fastpitch Softball

SLPSA 2022 Coaches Handbook

The 2022 season will hopefully feel more like a pre-pandemic season, we as a board are still committed to the health and safety of our families and athletes, so there may be instances where we need to be flexible. SLPSA will do our best to keep our website (www.slpfastpitch.com) up to date, and promptly distribute information via email to all of our families. .

1. Uniforms

1.1. Families are responsible for purchasing their own uniform

1.2. Uniform “Requirements”:

- All 10U-18U athletes will still need Black Pants, Red Belt and Blue Socks. These items will need to be ordered by each family.
- All 8U athletes are only required to wear the SLPSA provided Jersey Top. That said, some athletes do choose to order the pants/belt/socks. .

2. Safety Guidelines

2.1. Per the Minnesota Department of Health:

- Stay-at-home when you are sick
- Limit sharing of equipment where possible.
 - Disinfect after use of shared items.
- Parents are encouraged NOT to attend practice.

2.2 Spring Lake Park Softball Association:

- SLPSA coaches & families will need to attest that upon arrival at “the field”, they:
 - Have a body temperature less than 100.4F
 - Are not experiencing any coughing.
 - Are not experiencing a sore throat.
 - Are not experiencing a runny nose.
 - Are not experiencing any shortness of breath.
 - Are not experiencing any fatigue
 - Are not experiencing any muscle or body aches
 - Are not experiencing a headache
 - Are not experiencing a new loss of taste or smell
 - Are not experiencing Nausea, vomiting or Diarrhea
 - Have not knowingly been in contact with a person diagnosed with COVID-19.
 - Have not knowingly been in contact with a person exhibiting any of the above symptoms.
- Athletes are not allowed in the storage sheds at the SLPHS fields.

- COVID-19 Quarantine & Contact Tracing:
 - Quarantine - **TBD**
 - Contact Tracing
 - Each coach is required to have their roster on hand at practices, scrimmages, games & tournaments.
 - Roster must include:
 - Athletes Name
 - Address
 - Parent Contact Information
 - Attendance
 - Each coach will need to document attendance at each practice, scrimmage, games & tournaments.
 - Use whatever method is easier for you – we want to try and make this as easy as possible.

3. Equipment

3.1. Each athlete should have their own equipment or they will need to check out equipment from SLPSA

3.1.1. SLPSA is requiring a \$25 (total) deposit on equipment:

- Helmet
- Bat
- Fielding Mask
- Water Bottle
- Catchers Gear (optional)
- Batting Gloves (optional)
- Face Mask (optional)

3.2. SLPSA will provide sanitation products & first aid kit to each team.

3.3. SLPSA **may** provide a bucket of softballs to each team that the keep for the season.

4. Field & Facility Maintenance

- Coaches **MAY** have to occasionally get a field set for a game here and here.
- Please leave the fields nicer than you found it.
- If you are the last team at the field on a given night.
 - Rake & fill around all bases & plate in an attempt to get the field level
 - Rake & fill all 6 infield positions
 - Rake & fill both batters boxes
 - Fill and tamp.
 - Put all four (4) base plugs back in the base sleeves & make sure you push them down below infield grade.
- Coaches be mindful of the storage sheds. Keep them organized and do not take out any unnecessary equipment.
- We have secured the following fields for the 2022 season, plan to have practices at a variety of sites:
 - Airport
 - Lakeside
 - SLPHS

5. Practice Guidelines

5.1. SLPSA coaches & families will need to attest that upon arrival at “the field”, they:

- Have a body temperature less than 100.4F
- Are not experiencing any coughing.
- Are not experiencing a sore throat.
- Are not experiencing a runny nose.
- Are not experiencing any shortness of breath.
- Are not experiencing any fatigue
- Are not experiencing any muscle or body aches
- Are not experiencing a headache
- Are not experiencing a new loss of taste or smell
- Are not experiencing Nausea, vomiting or Diarrhea
- Have not knowingly been in contact with a person diagnosed with COVID-19.
- Have not knowingly been in contact with a person exhibiting any of the above symptoms.

5.2. Arriving & departing the practice field.

- SLPSA coaches & athletes are to be dropped off and enter using the Taylor St entrance.
- SLPSA coaches & athletes cannot arrive at “the field” more than 5 minutes ahead of their scheduled practice and must wait near the 1st base dugout of the north field and the 3rd base dugout of the south field.
- SLPSA coaches & athletes cannot take the field until the field/dugout have completely been cleared.
- SLPSA coaches & athletes cannot linger at the SLPHS facility.
- SLPSA coaches & athletes are expected to be off the field and exiting the premise at their schedule end time.
- SLPSA athletes are to be picked up using the Polk St entrance/exit.

5.3. All teams will have to abide by the guidelines set forth by the Stay Safe MN order:

- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment between each use.

6. Rosters

- Complete your team roster using www.mnsoftball.com as soon as your team is solidified for the 2022 season.
 - Once submitted the roster will be approved & can be printed for use.
 - We will send out information on how to do this

7. Playing Time

Every player is a contributing member of a team. Players are challenged in practice sessions, and are given opportunities in game situations to display their fastpitch softball skills. All players get playing time, but some players may get more than others. Playing time is determined by several factors including:

- Fastpitch Softball skill
- Match-ups
- Attitude
- Attendance
- Hustle at practice and games
- Work Ethic

At 8U and 10U, the fastpitch softball experience will primarily be focused on teaching and developing players' skills within the "team" context.

- League Games:
 - Equal playing time & participants should play in all games (not just bat)
 - Experience all positions (IF, OF, P, C)
 - Be placed in positions where players can experience success
 - Everyone must bat

- Tournament Games:
 - Equal playing time & participants should play in all games (not just bat)
 - Players play multiple positions over the course of the weekend.
 - Be placed in positions where players can experience success & *give the team in the best chance to win.*
 - Everyone must bat

At 12U there will be an increased emphasis on the players and team performing at a higher more competitive level and playing time is at the discretion of the coach. However, the expectation at this level is that all players should get playtime.

- 12U League Games:
 - Equal playing time & Participants should play in all games (not just bat).
 - First ½ of the season
 - Experience all positions (IF, OF, P, C).
 - Be placed in positions where players can experience success.
 - Everyone Bats.
 - Second ½ of the season
 - One (1) game each night players should be placed in their natural positions, and positions where they likely will play as they grow as softball players, thus giving the team the best chance to win.
 - Be placed in positions where players can experience success.
 - Everyone Bats.

- 12U Tournament Games:
 - Participants should play in all games (not just bat).
 - Be placed in positions where players can experience success & *give the team the best chance to win.*
 - Everyone Bats.

- 14U - HS division:
 - League games:
 - All participants should play in all games (not just bat)
 - Players should be placed in positions where players can experience success & give the team the best chance to win.
 - Tournament games:
 - All participants should play during the weekend.
 - Players should be placed in positions where players can experience success & *give the team the best chance to win.*

- Some Tournaments do allow the option of a nine (9) person roster. It is at the discretion of the coach if they chose to play a nine (9) person roster. In this scenario, not all players are required to play or bat in a given game.
- Modifications to playing time are allowed because of injury, practice/game attendance issues or other disciplinary reasons. Coaches should provide player and parents with a verbal warning if playtime will vary from the above-mentioned expectations for disciplinary reasons. Coaches should be clear in their communication with players and parents about expected playing time so that expectations can be managed.
- Please do not forget that coaches are volunteers – respect their decisions. If you have questions about your child, discuss them with your coach in private. SLPSA recommends that you arrange your conversations with the coach for at least one (1) day after a game – not on game day. If you do not feel comfortable speaking with your coach, the next course of action is to consult your team liaison.

8. Background Checks

- SLPSA is again using the service from Minnesota Softball to conduct our Background Checks.
 - More information on our Background Checks can be found here:
 - <https://fastpitch.mnsoftball.com/backgroundchecks>

9. Concussion Training

- SLPSA is again using the service from Minnesota Softball to conduct our Concussion Training.
 - The concussion training can be found here:
 - <https://fastpitch.mnsoftball.com/concussion>
 - Please complete prior to your first practice & send your completion certificate to slpssoftball@gmail.com

10. Team Liaisons

- 8U – TBD
- 8U – TBD
- 10U – TBD
- 10U – TBD
- 12U – TBD
- 12U – TBD
- 14U – TBD
- 16U – TBD
- 16U – TBD