

2010 ARAA Machine Pitch pre-season coaching meeting

Thanks for applying to be a head coach this season. This meeting will serve as a way to communicate some general information without having to call each coaching applicant separately. In 2010, we will have 14 teams, with 11-12 players per team, and currently have enough head coaching applicants and assistant coaching applicants for each team. The players have been tentatively divided into teams based on neighborhood (elementary school), special requests and coaching applicants. The 14 tentative head coaches will be given a roster tonight with contact information for each player. Each head coach is responsible to contact each family on their roster by 3/25. Please notify them that you are

- I) A representative from Anoka-Ramsey baseball.
- II) You are calling to provide some general information (see list below).
- III) Trying to determine if there will be enough helpers during practices and games.

ARAA responsibilities – besides doing our best, per the home page on the website!

- 1) Provide a mandatory coaching clinic to instruct coaches on the basics of what to do at practices and games. The coaching manual will be available at arsports.org.
- 2) Schedule the fields for practices and games.
- *** It's important to note that budget limitations may require families to help maintain the fields in 2010 for both Ramsey and Anoka fields.
- 3) Provide background checks for each head coach.
- 4) Provide catchers equipment and some baseballs for each team.
- 5) Attempt to resolve any issues for players and families via a league director (Jim Hauge), in-house director (Jeff Rustom) and commissioner (Rob Germinaro).
- 6) Run an extended season for players interested in more baseball with U10 rules.

2010 Coaches responsibilities – besides helping everybody enjoy the season☺

- 1) Organize 3 baseball events each week, per the attached schedule. It's important to notify the parents that we are adding a Sunday night practice to the 2009 Tuesday / Thursday schedule for all in-house leagues older than Tball.
- 2) Schedule time during practice so that each player gets at least 100 swings, 50 ground and/or fly balls and 100 throws each week in practice.
- 3) Swap line-ups for the batting order and positions for the entire game with the other coach 30 minutes before game time. The line up must adhere to the league policy of equal playing time including 2 in-field innings per game for each player.

2010 Parent responsibilities

- 1) Notify the coach of any absences via a phone or text message at least one hour before the practice/game.
 - Parents must understand that missed practices may lead to reduced playing time per the ARAA playing time policy. It is preferred to miss a game over a practice since the players receive many more reps in practice as compared to games.
- 2) Provide at least 4 people to help the head coach at each practice and game. These helpers will run stations in practice, help coach 1st, 3rd, the bench and umpire home games.
- 3) Make sure your player is at the park **AT LEAST** 30 minutes before game time to stretch, warm up, practice throwing and other baseball drills.
- 4) Purchase practice equipment to be used by the team. This includes bats, baseballs, whiffle balls and possibly a portable back stop,

2010 ARAA Machine Pitch Schedule

Sunday Date	Sunday	Tuesday	Thursday	Friday	Saturday
3/14	3/15 – In-house age group director's meeting to form teams		3/17 (Wed) - 7:00 PM mandatory meeting for Coach Pitch coaching candidates at Rum River Library		
4/4	Saturday 4/10 – 7:30 am Coaching clinic at Extra innings				
4/11 Baseball board	Final Rosters available	1 st practice	2 nd practice		
4/18	3 rd practice	4 th practice	1 st scrimmage		
4/25	6 th practice	7 th practice	1 st game		
5/2	8 th practice	9 th practice	2 nd game		Opening fishing
5/9 Baseball board	Mother's day	10 th practice	3 rd game		
5/16	11 th practice	12 th practice	4 th game	5/21 Opening Ceremony (4 - U12 games)	5/22 game #5 and team pictures at Ramsey CP
5/23	13 th practice	14 th practice	6 th game		
5/30	Memorial day	15 th practice	7 th game		
6/6	16 th practice	8 th game	9 th game		
6/13 Baseball board	17 th practice	Playoff #1 (game #10)	Playoff #2 (game #11)		6/19 last game(s) at Ramsey C.P.
6/20	Extended season skills evaluation 6:00 @ RiversBend	ES Practice #1	ES Practice #2		
6/27	ES Practice #3	ES Game #1	ES Game #2		
7/4	4 th of July		ES Game #3		
7/11 Baseball board	ES Practice #4	ES Game #4	ES Game #5		
		Top Players Travel to Coon Rapids for 2 games????			
Equipment turn in @ George Green?????					

Practice Fields Reserved Sunday, Tuesday and Thursday are also available Friday night and all day on most Saturdays. Coaches are to contact the other coach to arrange times for solo and/or combined use of the field. Games will be scheduled on the fields used for practice per on-line schedule available at arsports.org

Teams	Primary School	Field
1,2	Ramsey Elementary	Titterud
3,4	Ramsey Elementary	Emerald Pond
5,6	Ramsey Elem, Ramsey Res.	Rivers Bend
7,8	Wilson	Sunny Acres 3
9,10	Lincoln / "Saints"	Bonnell S
11,12	Washington / Franklin	Bonnell N
13,14	Franklin	Enloe SE