

Sample Parents Letter:

Dear <team> Parents,

This letter is to introduce myself, communicate my coaching philosophy, and give you information about the upcoming season.

My name is <name>. I've been involved with <state experience here>. My goal for this team is <state goals here>.

One of the recent changes the QYBA Board has made was to institute a "blind" draft. Collectively, the coaches divided the players in to evenly matched teams. After that, the coaches drew numbers to find out which team they would be coaching. This was done so that we could have fun and competitive games. Another important change is that <state any other important changes here>.

Typically, we'll meet 3 times each week for practices and/or games. This year I plan to practice at <state field here>; the exception is when we have any of the Milford and Quakertown fields reserved. Shortly, I'll put together the practice <state how you plan to schedule practices leading up to opening day>. My practices usually run <length> during the week and <length> on Saturdays. Each player should bring a baseball cap, glove, cleats, and water to practice. Also, please do not wear shorts; we will slide a lot at practice. If you opt to supply a bat for your player, please make sure you buy a bat that is 2 ¼" barrel or less. The larger bats are approved by Little League but are not allowed by QYBA.

I expect we'll play <number> games during the regular season. The days, times, and locations will be posted on the web site, www.qyba.org. Please plan to have your player(s) at the fields <number> minutes prior to the starting time for the game.

In the games, <state your philosophy on how you will position or rotate players>, but will not put them in positions where they are not comfortable or if I feel they may not be safe.

Regarding games, like any other coach and I would prefer winning to losing. However, I stick to those simple goals mentioned earlier and not judge our team on the number of wins. If we do those simple things, the wins will take care of themselves. Regardless of the game situation or behavior of another player or coach, neither my assistants nor myself will act inappropriately. I'm asking the same of all the parents. Please enjoy the games and feel free to hang out at practices, pickup a glove if I'm short a fielder for a drill, or run a few laps with the team.

We ask that you help **volunteer** for activities for which our team is responsible. First is the Joe Corbi Pizza Sale – we need orders handed in by <date>. Please sell as many as you can. Our registration fee is lower than most other organizations, yet we continue to make improvements to our facilities. The proceeds from the Pizza sale help pay for those capital improvements and allow us to maintain a low registration fee.

Next is the snack stand – as a team, we will be responsible for covering the snack stand a few times throughout the season. The team mom will ask for volunteers for the different days/times once the schedule is published. Finally, we will need to supply umpires; we'll need 2 for each game. Like snack stand, we'll come around for volunteers when the schedule is available.

Lastly, I want to thank you for the opportunity to coach your player this season. I'm looking forward to it. If at any time you have questions about your player or other league activities (tournaments, fall ball, etc.), please feel free to ask. You can usually catch up with me just after practice. I'm also available via email at <email address> or you can call me at <number> (home) or <number> (cell).

Thanks,
<name>

Important Dates:

- <date> – Work Day (Milford or Quakertown TBD)
- <date> – Work Day (Milford or Quakertown TBD)
- <date> – Pizza Orders Due
- <date> – Work Day (Rainout Date)
- <date> – Opening Day (Ceremonies at the Quakertown Field Complex)
- <date> – Pictures (**Rain or Shine**)

Sample Pre-season Practice Schedule (aprox. 10 practices) (time will vary from 1:30 – 2 hours depending on weather & daylight):

| <u>Practice:</u> | <u>Drills / Goals:</u> |
|------------------|---|
| #1 | 0:00 – 0:15 Mandatory Parents Meeting 0:15 – 0:30 Introductions & Team Rules Who’s interested in catching – wear a cup next practice 0:30 – 0:45 Throwing 0:45 – 1:30 Pitchers & catchers Baseball Ready & infielding basics Pop Flies w/ tennis balls Batting TEE |
| #2 | 0:00 – 0:15 Throwing 0:15 – 1:00 Pitchers & catchers Baseball Ready & infielding basics Pop flies w/ tennis balls Batting TEE 1:00 – 1:15 Bases & positions 1:15 – 1:30 Baserunning – intro. 1 st base |
| #3 | 0:00 – 0:15 Throwing 0:15 – 1:00 Pitchers & catchers Baseball ready, infielding: include glove to ear & power ‘T’ Pop Flies over shoulder w/ tennis balls Batting TEE 1:00 – 1:30 Baserunning – rev. 1 st base |
| #4 | 0:00 – 0:15 Throwing 0:15 – 1:00 Pitchers & catchers Baseball ready, infielding: include glove to ear & power ‘T’ Pop Flies over shoulder with tennis balls Batting TEE 1:00 – 1:30 Baserunning – sliding, intro. 2 nd base |
| #5 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Baseball Ready, infielding: include throw to 1 st base Pop Flies w/ hard ball & throw to 2 nd base Batting TEE 0:45 – 1:30 BP (use batting TEE till weather gets warmer) |

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|-----|---|
| #6 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Cut 2s Batting TEE 0:45 – 1:30 BP 1:30 – 1:45 Infield – situations, no baserunners Pop flies Batting TEE |
| #7 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Cut 2s Batting TEE 0:45 – 1:30 BP 1:30 – 1:45 Infield – situations, no baserunners Pop flies Batting TEE |
| #8 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Cut 2s Batting TEE 0:45 – 1:30 BP 1:30 – 1:45 Infielding – situations, no baserunners Pop flies Batting TEE |
| #9 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Cut 2s / Infielding - moving laterally & making throw to 1st Batting TEE 0:45 – 1:30 BP 1:30 – 1:45 Infielding – situations with baserunners 1:45 – 2:00 Rev. Sliding Stealing 2 nd base |
| #10 | 0:00 – 0:15 Throwing 0:15 – 0:45 Pitchers & catchers Cut 2s / Infielding - moving laterally & making throw to 1st Batting TEE 0:45 – 1:30 BP 1:30 – 1:45 Infielding – situations with baserunners & around the horn 1:45 – 2:00 Taking the Field |

| | |
|---------------------------------------|--|
| | |
| ***** <i>Opening Day</i> ***** | |
| Midseason | Stick to the Midseason Practice Plan (below) and insert specific drills based on needs. Takes notes during the games to make a list of what you need to work on in practice. |

Sample: Midseason Practice Plan (2 hours):

“Routine is critical: your greatest competition is weather, daylight, wasted time & boredom”.
(Bucks County Baseball Academy).

15 min. – Warm-up

- Throwing
- Reviews: e.g., team rules, backups for cut 2s, a situation that occurred in the last game like runner’s interference, a great play your team made in the last game, etc.
- 1 Lap

30 min. – Skills

- Batting TEE – (2) players at a time
 - Must square around for (3) bunts first
- Pitchers & catchers (10 min. ea. group) –
 - (p) names of (2) pitchers & (c) name of catcher
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 - (p) names of (2) pitchers & (c) name of catcher
- Cut 2s – need (3) outfielders & (2) middle infielders

60 min. – Batting Practice (see BP Drill)

15 min. – Fun Drill

- Examples: baserunning, rundowns or throw to a target
 - make it competitive & fun

5 min. – Quiz / Trivia

- Review something you discussed at the beginning of practice or at a previous practice

Sample: First Practice Plan (1 hour):

“Routine is critical: your greatest competition is weather, daylight, wasted time & boredom”.
(Bucks County Baseball Academy).

15 min. – Warm-up

- Throwing
- Reviews team rules; (5) basic rules are:
 - You must have fun
 - You must work hard
 - You must be respectful to your coaches, teammates, parents, umpires, etc.
 - You only throw to a target, i.e., other player must be looking & have glove open for a throw
 - You only swing a bat when working with a coach or in a game (bats a carried in a baseball bag; or below your waste, bat barrel down, like a caveman)
- 1 lap around field

30 min. – Skills (split into stations and rotate players)

- Throwing – provide special attention to kids still struggling with proper throwing mechanics
- Batting TEE – (2) players at a time
- Fielding

15 min. – Fun Drill

- Bases & Positions, Baserunning (1st base)

5 min. - Wrap-up

- Review team rules

Sample: Midseason Practice Plan (1 ½ hours):

“Routine is critical: your greatest competition is weather, daylight, wasted time & boredom”.
(Bucks County Baseball Academy).

15 min. – Warm-up

- Throwing
- Discussion: e.g., review team rules, a situation that occurred in the last game, a great play your team made in the last game, a new skill that you will introduce, etc.
- 1 lap around field

30 min. – Skills (split into stations and rotate players)

- Throwing – provide special attention to kids still struggling with proper throwing mechanics
- Batting TEE – (2) players at a time
- Fielding or Cut 2s

30 min. – Batting Practice (see BP Drill)

15 min. – Fun Drill

- Review Bases & Positions, Baserunning, Relay races