

**Bath Charter Township Recreation
Little Sluggers Baseball 2024
Season Dates TBD (will be posted on the Township website)**



Little Sluggers baseball is designed to build on the basic **fundamentals** achieved during t-ball and to acquire and work on new skills. Through this league, players coming in should have the basic knowledge of the batting stance and swing, the progression of bases, fielding the ball, “breaking the window” throwing technique, and the “ready” position with the basic understanding of outs. Little Sluggers is recommended for ages 5 & 6 (by January 1, 2024). Players aged 5 should have at least 1 year of T-ball prior to registering for Little Sluggers Baseball. Because those who are age 7 and qualify for U8 Baseball, if you wish to continue in this league a parent must contact the Recreation Coordinator prior to registering for permission to participate. An emphasis will be placed on techniques listed above and challenged with charging the baseball to field it, identifying, and executing an out, overrunning 1st base and proper positioning of the baseball mitt. Practice will be held once a week up to 55 minutes **on the South Field east of the BES playground prior to the game season** for the 2 weeks prior to the game season. Games will be held in Bath on Tuesdays and Thursdays at 6 p.m. and 7 p.m. Once the game season starts, no practices will be held. As much as possible, teams will be divided equally by gender and age.

The objective of the community sports program is to provide a safe, positive learning experience for each participant and maximize the opportunity for the individual to have fun and promote lifetime fitness. This is a non-competitive community sports program designed to teach fundamentals, skills, and to play with a team attitude. Good sportsmanship and conduct are expected of all players, parents, coaches, and spectators. Violations of these stated objectives will be handled in accordance with Township policy. On the following pages is a list of rules/guidelines that your league will follow.

Rules & Information

Attendance

- Any youth who is participating under the youth Scholarship Assistance Program (SAP) has a mandatory 80% participation rate for the entire season to be considered for a future scholarship.
- Baseball is a team effort and therefore it is extremely important that all players make practices and games a priority by attending as much as possible.
- Please contact your coach if you are unable to participate.
- Please be punctual when arriving and picking up your player. Our volunteer coaches have family obligations, and many times plan their schedule around baseball practice and games.

Weather Related Issues

- Our leagues will follow the MHSAA weather related rules. If during practice or a game, thunder is heard, or lightning is seen you must stop play and retreat with your child to a safe place. You MUST wait 30 minutes before you may begin again. If during those 30 minutes you see lightning or hear thunder, the 30 minutes starts over again. Assess your game's time limit to determine if you will have enough time to start the game back up if you wait 30 minutes for the weather to change.
- In Bath if the temperature or heat index is 90 degrees or higher at game or practice time, the coach will contact players to determine if they have enough players to participate or if they need to cancel.

Cancellations

- Game cancellation information will come from your coach or the Recreation Office, most generally through an email. If an email is not listed on the registration the phone number listed will be used and a text message left if no one answers.
- Time permitting, cancellations will be posted on the Recreation webpage and the Township Facebook page.
- Cancellations will not be made up.

Port-A-Potty/Restroom

- A port-a-potty is located near the bus garage.
- A player will not be allowed to visit the facility alone. If a parent is not present, the coach will ask an assistant to accompany this player to the restroom, wait outside for him/her and return to the field when done.

Coaching

- Those approved to coach/volunteer have provided the Recreation Office with a Coaching Application, Coaches Code of Conduct, passed the CDC online training course, "Heads Up! Concussion in Youth Sports," and passed an ICHAT (background check). If you are interested in helping a coach or coaching, you must complete this same process during registration.
- Parents are always welcome to join and are encouraged to do so as a coach or volunteer.

Equipment & Attire

- Equipment for the game will be supplied by the Township. Equipment includes team bats, batting tee, batting helmets, and baseballs. Please understand that sharing a helmet or hat is an easy way to spread head lice, therefore if you purchase a helmet for your player, sharing is at the parent's discretion.
- Please discuss with your child the expectation that a batting helmet must be worn when in the on-deck circle, at bat, and running bases.
- Township uniforms will consist of a Bath Township reversible jersey (purchased during registration) and a ball cap (purchased by Township). Each player will receive a hat on the first game night.
- Players will supply their own baseball mitt, pants, socks, and shoes.
- Closed-toed shoes must be worn. Open toes, metal cleats, shoes with a heel, and flip flops are not permitted.
- Players are welcome to sport sunglasses.
- Baseball pants are optional.
- A Township reversible jersey must be worn for games with the home team sporting white (Home teams are listed first on the game schedule).
- Write your player's name on any personal equipment or uniform pieces.

Games

- Little Sluggers games will be held on Tuesdays and Thursdays. Games will start at 6:00 p.m. and 7:00 p.m. and will run for 50 minutes. All games must start on time regardless of the number of players present.
- Games will be played on the south field located east of the BES playground.
- Please plan to arrive 10 minutes early as each team will be allowed a 5-minute warm up on the field prior to the start of the game.
- If you are going to miss a game, please inform your coach.
- If a team is short players, they may borrow players from another Bath Township Little Sluggers team. Borrowed players must bat last and play only in the outfield unless there are open infield positions.
- Anyone arriving after the start of the game will be added to the bottom of the batting roster.
- Games are set up for participation and not win-loss records. NO score will be kept.
- The base distance will be set at 50 feet.
- The distance of pitcher's mound to home plate will be set at 35 feet.
- Coach pitchers will use an overhand pitch for boys and an underhand pitch for girls in order to simulate pitches for baseball and softball.
- Coaches assisting on the field will not interfere with the ball unless the situation is deemed unsafe.
- Players who are thrown out, tagged out, or who fly out will leave the base and retreat to the players' bench.
- No umpires or catchers will be used; rather a coach will stop the ball behind the plate and throw it back to the player on the pitcher's mound.
- All players will play for offense and defense; no one will sit the bench.
- Players that are batting will sit on the players' bench as directed by their coach. This will allow the coach to quickly provide a batter at the plate. Also, encouraging them to participate defensively by taking the field when appropriate would be of great assistance to the coach.
- A fielding team will consist of all players on the team. Bases will be occupied by a defensive player and the remaining players will spread out on the infield and between the bases.
- If an on-deck circle is on-site, ONLY the on-deck player should occupy this space. All other players need to be on the players' bench.
- No one should have a bat in their hands unless they are up to bat or in the on-deck circle.
- Any ball hit in fair territory will be played.
- After 3 outs, teams switch positions (offense to defense and defense to offense).
- Leading off is not allowed.
- No walking and no bunting. Batters are expected to run to 1st base after putting the ball into play and may continue to 2nd base after the ball is in play.
- No stealing and no sliding.
- Players will be taught when to overrun 1st base and turn right or round 1st and hustle to second, stopping on the base.
- When a ball is hit, players on base may advance 1 base only (except the batter who can round 1st base and attempt 2nd base if the base is open to occupy). During the last week of games, and if coaches agree, runners may advance 2 bases.
- Coaches will provide a batting order changing the order each game to give every player the opportunity to move up in the order of each game.
- Coaches will pitch the ball to the batter. If after 5 hittable pitches the player doesn't connect with the ball, a batting tee may be used.
- There will be no strike outs.

- A fielding team will consist of players at 1st base, 2nd base, short stop, 3rd base, and pitcher (optional: left field, center field, and right field)
- Coaches will serve as base coaches, catcher, and pitcher for their team when on offense.
- Following each game, players and coaches must congratulate the opposing team verbally and with a handshake, high five, or fist bump.
- During your season, coaches will award each player with a baseball. Please use this ball to practice the skills taught by your coaches.
- 3 outs or 6 successful hits close out the inning and players on the bases as well as on the bench prepare to play defense.
- Cancelled games will not be made up.

Practices

- Practices will be held on the south field located east of the BES playground.
- Practice will be held once per week on Tuesday or Thursday for up to 55 minutes for the two weeks prior to games starting in June. Practice will not continue once games begin.
- Practice day and time will be selected by the coach.
- Unless you are an SAP recipient, practices are not mandatory, but it is expected that families will make every effort to attend games and practices as much as possible.
- If you are going to miss a practice, please inform your coach.
- Please arrive 5 minutes early to your first practice. This will provide an opportunity to meet other parents and offer an opportunity for a Q&A session with the coach.
- Coaches are responsible only for the players listed on their roster. Therefore, do not leave another child at the field with your player if you cannot stay.
- Cancelled practices will not be made up.

Snacks/drinks

- Snacks and drinks will be offered providing parents sign up for their turn. **NO NUTS OR NUT PRODUCTS ARE ALLOWED!!!** Please try to keep snacks and drinks healthy.
- Each player is encouraged to bring their own water bottle to practice and games. When temperatures are extremely hot, please make sure your child takes breaks and stays hydrated.

Requests

- Requests are accepted during registration only and must be written on the top of the registration form.
- Requests include, "I would like to play with Sara Smith", "I would like to be on Coach Smith's team", "Joey is my cousin so I would like him to be on my team", etc.
- Each player is allowed 1 request. The requests must match in order to be considered.
- Children of coaches will be placed with their parent coach.
- If at any time players on a team are mostly comprised of "requests", the Recreation Coordinator reserves the right to deny the requests.
- If you have a specific time that you cannot practice, please write that information on your registration form.
- If your family has a unique situation where joint custody or another concern may get in the way of your child fully participating, please call the Recreation Office to share your concerns. This will allow the office to adjust team numbers if needed.

Injuries

- If your child suffers a small injury and needs a bandage or ice pack, please seek out a coach. They have access to a first aid kit for the parents to use if needed.
- In the event of an emergency, each coach will follow the instructions that parents provided on their player's emergency medical form and has been instructed to call 911 if the injury is considered serious (when a parent is not present).

Pictures

- Pictures will be offered through Emily Derksen Photography.
- Coaches will set up a date and time for pictures and will notify their parents.
- If you do not want to order pictures, please make every effort to participate so that those who are purchasing pictures have a complete team picture.

Please make sure to survey your area before leaving the field and dispose of any debris from your group.

Bath Township appreciates your support and participation in the community sports program. We are very fortunate to have parents who volunteer their time to this program. Without their assistance, we would not have a program. Please, if you do not agree with something your coach is doing, request a meeting with them later. This program should be fun for everyone. Respect, good sportsmanship, and coachable kids all lead to a successful program. Your cooperation is greatly appreciated!

If you have any questions or concerns that you have been unable to resolve with your coach, please feel free to call or email me.

Bekah Kaguni
Recreation Coordinator
517-281-7402
bslocum@bathtownship.us

Bath Township Recreation
T-Ball/Little Sluggers Baseball Registration Form 2024

Registration Due April 26, 2024



Participant's Name _____ Email Address _____

Address _____ City _____ Zip Code _____

Phone _____ Birthdate _____ Grade ____ Age ____ Previous experience? Yes No

List days and times that your player would NOT be available for practice: _____

To be considered for a coaching position, you must obtain a coaching application from the Bath Township Offices or website and return it no later than April 26, 2024, along with a copy of your driver's license. All coaches must pass the online concussion training (CDC website) prior to the coaches meeting (date to be determined). I would be interested in coaching or assist coaching (circle one).

Name _____ Shirt Size AS AM AL AXL AXXL

Phone Number _____ Email Address _____

(Information will be shared with parents/guardians)

To participate, you must read and sign the following:

Release of Liability

In case of serious injury or illness, I hereby request that authorized personnel transport myself/child directly to the nearest hospital, or send by ambulance if needed, and I will assume all financial obligations. I hereby give my consent for the above participant/myself to engage in this activity, and understand the possibility of injury as a result of said activity.

In consideration of participation in this activity the undersigned intends to be legally bound for themselves and their heirs, executors and administrators, and waive and release any and all claims and causes of action for any injuries and damages they may have against Bath Charter Township, its officials, representatives, volunteers, successors and assigns for any and all injuries or damages suffered in the connection with this program.

Consent to Photograph/Videotape and Disseminate Without Compensation

I hereby consent for me or my child to be photographed/videotaped while participating in any activity offered by Bath Township Recreation. In addition, I consent to the reproduction and use of any such photographs and videotapes by Bath Township Recreation for educational, informational, public relations, and promotional purposes, and I waive any claim by myself, the above-named minor child, or anyone claiming under or through us, for compensation of any kind in exchange for such photographs, videotapes, and use.

Parent/Guardian Signature

Date

Name of Family Doctor

Phone

Program	Fee (CIRCLE ONE)	SAP Donation Amount
<p>Circle Program T-ball – Ages 4 & 5 – no experience</p> <p align="center">Or</p> <p>Little Sluggers – Age 6 & 7 or age 5 w/1 year of T-ball</p>	<p>\$10.00 – SAP player (I have a reversible jersey) \$30.00 – SAP player (I need to order a reversible jersey)</p> <p>SIZE Youth S M L Adult S M L</p> <p>\$37.00 – Does not qualify for SAP (I have a jersey) \$57.00 – Does not qualify for SAP (I need to order a jersey)</p> <p>SIZE Youth S M L Adult S M L</p>	

Please consider donating to the Scholarship Assistance Program

Program Amount: _____ + SAP Donation Amount: _____ = _____

Bath Charter Township
Recreation Programming
Emergency Medical Form

PLAYER'S NAME: _____ BIRTH DATE: _____

ADDRESS: _____

PARENT(S)/GUARDIAN(S) NAME(S): _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____

IN CASE OF EMERGENCY, PLEASE CONTACT:

NAME: _____ PHONE: _____

RELATIONSHIP TO PLAYER: _____

NAME: _____ PHONE: _____

RELATIONSHIP TO PLAYER: _____

PLAYER'S PHYSICIAN NAME: _____ PHONE: _____

IN THE EVENT OF A MEDICAL EMERGENCY, PLEASE INDICATE WHAT ACTION YOU WOULD LIKE TO BE TAKEN?

DO YOU HAVE A PREFERENCE OF HOSPITALS? _____

KNOWN ALLERGIES, MEDICATIONS, MEDICAL CONDITIONS, PREVIOUS CONCUSSIONS, OR OTHER PERTINENT INFORMATION ABOUT YOUR CHILD:

SIGNATURE OF PARENT/GUARIDAN

DATE

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.


What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

 **Plan ahead.** What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____