



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Baseball Rules

Expose your kids to loads of fun as they learn sportsmanship and teamwork while building baseball skills such as hitting, throwing and catching. Have your child join us in learning America's Favorite game!

INTERESTED IN COACHING!

The involvement of the community, parents and family volunteers is greatly appreciated and is an integral part in the success of our youth sports leagues. Become a volunteer coach today!

Register to coach at ymcatricities.playerspace.com

REGISTRATION DATES	
Register Online or In-Office	
Ages	3-10
Season	March 30-May 21, 2020
Coach Registration	Begins February 3, 2020
Y-Member Registration \$32	February 10-March 1, 2020
Community Registration \$48	February 17, 2020
Late Registration \$5 Late Fee	
Register in office only while space is available	



Richland Y: 1234 Columbia Park Trail, Richland, Ph: 509.374.1908
Kennewick Y: 741 S. Dayton St. Kennewick, Ph: 509.374.1109

YMCA Volunteer Coach

PLEASE READ THOROUGHLY:

Volunteer Coach Sign-ups and requirements have changed

The safety of our volunteer coaches, participants and families is our top priority and that is why we are updating the volunteer coach application to include a national background check and child abuse prevention training. Please see below the steps you need to take to be eligible to coach.

The volunteer requirements must be completed within 2 weeks of registering as a volunteer. You will not be assigned to a team until they are completed.

- If you need help or access to a computer, the YMCA can help. Please call to set up a time to come in to complete the volunteer requirements.
- Once you have completed your background check and all the prerequisites, you are eligible for 2 years to coach YMCA youth sports and will only need to register to coach each season by logging in to your playerspace account and selecting the sport you wish to coach and completing the sport specific volunteer form. There may be additional information needed (ie age division, game field etc) for each sport to assure you get assigned to the correct team.

How to register to coach:

Step 1: Go to ymcaticities.playerspace.com and select "Apply to Volunteer"

Step 2: Select the sport you wish to coach, sign in or create your account.

- Be sure to use your legal name as this is the name that will be used for the background.

Step 3: Register a new account or Validate your Identity for returning users.

Step 4: Complete "Questionnaire for Background Checks".

- If you have already completed the background check, skip to step 6

Step 5: Sign "Background check Disclaimer"

Step 6: Complete the listed prerequisites.

- Click on the orange button to take you to your profile page.

To access the prerequisites

- From your profile page select "Coach, Volunteer & Staff"
- Then select the prerequisites tab to show the list of prerequisites required to be eligible to coach.

Team Roster

We will no longer be accepting team rosters. If you have players that you want on your team, please be sure to let them know that you have signed up to coach and for which day and age division. When they register during member registration or community registration, it is important that they request you as their coach as well as the correct age division and site. Teams are created based on registration dates so it is important that if a player wants to be on your team, they need to register in a timely manner. If a player signs up after the registration deadline they are not guaranteed a spot on your team. The coach request does not guarantee a player will be placed on your team if they register late.

Please follow up with your team to make sure they register in a timely manner.

PLAYERSPACE

We are pleased to announce that the YMCA of The Greater Tri-Cities has partnered with Playerspace for electronic communication and league management.

- **What does this mean for you?** Playerspace gives you convenient, 24/7 online access to league information such as schedules, team information, and event specifics. You will receive emails from Playerspace with updates on important sports program information, including access to team roster, schedule changes, and new league registration announcements. You will have convenient access to your private Playerspace email where all league communication can be viewed at any time.
- **What does this mean you need to do?** Add Playerspace to your email service's Safe Sender list. After you have registered for a sports program, you will receive a link to log into your new Playerspace account at www.playerspace.com. Make sure to edit your password and other information as you see necessary.

COACHES' PLAYERSPACE FAQ

- **What information will I be responsible for posting on Playerspace?** As a coach, you will be responsible for posting your contact information and practice cancellations. You will also be responsible for communicating with your team via the message center. Game schedules will be posted by your Sports Director.
- **How do I get on Playerspace?** When you sign up to coach a team, you are automatically registered with a Playerspace account. There is no need to create a new account. You will receive an email with your username and password prior to the start of the season. From there, you can visit www.playerspace.com and click "Sign In" at the top right corner.
- **What if I'm not receiving emails from Playerspace?** Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails, please contact your Sports Director at your local YMCA.
- **Where will I go to use Playerspace as a coach?** Just visit your team's site and your click on "Coaches Corner" There are three essential tools that you can click on to utilize Playerspace;
 - Settings- ability to change you team name once season begins
 - Rosters- View and download team roster, email parents "fans" and add additional fans to your roster
 - Messaging-send emails and text to your team.

Coaches Checklist

- All changes (i.e. adds or drops) to the roster need to be communicated to the YMCA.
- Turn in the Volunteer Coaches Forms.
- Review the Rules
- Attend the Coach's Meeting
- You will receive your roster at the coach's meeting. Rosters can be found on Playerspace.com
- Game Schedules be posted on Playerspace.com
- If applicable, return all checked out sports equipment to the sport you are coaching.

1st Practice

- Show up early.
- Bring Roster
- Be Prepared. They will know if you are not prepared.
- Give shirts to kids. (If sizes wrong, email me ASAP.)
- Let kids come up with team name.
- Remind them to bring water.
- Ask them about schools, pets, siblings, family.
- Tell them about yourself, keep it short.
- LISTEN to them no matter how off the wall they are.

Team Pictures

- Hand out picture packets prior to picture day
- Call or email your parents to remind them of team pictures
- Remind them that even if they are not purchasing pictures that it is important to show up for the team
- If you need to reschedule, contact the photographers.

Contact Players

- Call at least 1 week prior to the start date.
 - Tell Parents:
 - Who you are
 - Where is Practice
 - When is Practice
 - When are games
 - Where are games
 - Give website
 - Remind them to log in to [playerspace](http://playerspace.com)
 - Jerseys to be given out by 1st practice
 - Dress Comfortable

1st Game

- Contact parent's via [playerspace](http://playerspace.com) to remind them of games every week.
- Show up early; make sure you don't interfere with games that are already being played. Keep kids out of the way.
- Introduce yourself to other coach.
- You ref and keep time for your own games or ask a parent to help
- Don't Stress out, this is not the Olympics.
- Just let them play, and then offer advice on things you see.
- DON'T YELL or grab kids.
- Always be positive to the kids, parents, coaches and staff.

End of Season

- Decide if your team wants to order trophies. This is optional. I will email out certificates to use if you choose.
- Return Pictures and awards to the YMCA if players weren't at end of season party

Coach's Information

Our rules are designed to teach the basic fundamentals of the sports offered. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, everyone wins!

Use of School and Public Facilities

The YMCA of the Greater Tri-Cities uses elementary school grounds in and around the community. **Use of these facilities is contingent upon good conduct and cooperation by our sports teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. The Y's Child Abuse Prevention standards specify that a Y volunteer coach should never be alone one-on-one with a player (of either sex). There should always be two adults waiting with a child. By no means should you ever drive one of your players home if it's only the two of you in the car.
 2. There will be a **Sports Site Supervisor** at each game. The Site Supervisors are Y employees and should be treated with respect. It is their job to ensure the schools and people are safe. Sports Supervisors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!
 3. **First Aid kits** will be provided at each game by the Site Supervisor. The kits will be stocked with Band-Aids, cold packs, gauze, and rubber gloves.
 4. **Facilities/Fields will be left in the same or better condition than which they were found before the activity.** Please be respectful of the gyms, fields, and parks that the YMCA uses. Remember to pick up any belongings and garbage.
 5. **Equipment** will be checked out by the head coach and must be returned at the end of the season.
 6. **Cancelled games due to weather** (outside sports only) will be up to the coach to decide if a game or practice should be cancelled due to rain or extreme heat. If there is lightning during practice or a game it will be cancelled. The coach will determine the time and day of a rescheduled game. Please check with the YMCA for field space and availability
- * follow us on Facebook and Twitter to get YMCA updates.
7. **Remember, games are for fun! No official scores, stats or standings!**

THANK YOU FOR YOUR COOPERATION!

Equipment

Each child will need a mitt. Cleats are not required for the YMCA Baseball League. Toe pick cleats will not be allowed for play. Helmets are required for batting and while on base. Coaches will be able to check out an equipment bag which will include 3 helmets, 6 balls, 2 bats and 1 set of bases. Please make sure your players names are on any equipment they bring with them. The YMCA is not responsible for lost or stolen items. Jerseys are ordered during open registration and will be given out during the week before the first game by your coach. Any players who registered late are not guaranteed their jersey for the first game. Jewelry is not allowed during play. Medical identification is allowed.

General Game Rules; All Ages

- 1) It is important for coaches and their helpers to assist players on and off the field between innings. The more organized you are, the better the chance you have to play more innings.
- 2) Because this league was conceived and designed to benefit the player, the "intent of the rule" shall carry stronger weight than the "letter of the law" in all decisions rendered by the Site Supervisor and YMCA Program Director.
- 3) The team designated the "Home Team" on the game schedule will bat second.
- 4) In an effort to de-emphasize competition, game scores will not be kept.
- 5) YMCA Site Supervisor may call the game at any time due to darkness or weather conditions.

Parents on the Field:

- 6) Coaches and/or parents are allowed to assist the players (limit 5). Adults on the field may not touch a player to guide them or the ball while it is in play.
- 7) Each coach will umpire their own game. Coaches should be positioned behind home plate and the other behind the pitcher's mound near second base.

Batting:

- 1) A player who throws the bat will be warned the first time and will be called out on any other occurrence.
- 2) All players except the batter and next up shall be seated behind the backstop, or at least 20 feet from the batting area.
- 3) Each player will bat once per inning (always in the same order). If a player needs to leave during the game, all other batters will move up in the order.

Base Running:

- 1) All runners must stay on their bases until the ball has been hit. Leading off and stealing bases are not permitted.
- 2) Rules vary for each age group (See specific age group for base running). Runners are allowed one base on overthrows that leave the playing area. Runners must stop when the ball has been returned to the pitcher.

Fielding:

- 1) There is no infield fly rule meaning the batter is not automatically called out.
- 2) Fielders are not permitted to charge the plate until the ball has been hit.
- 3) In order to give each player an equal opportunity to play each position, it is highly suggested that coaches rotate their players when playing the field. No player shall be allowed to play the same position for more than two innings each game.
- 4) Negative infield chatter is not permitted at any time.
- 5) Play is dead when the ball goes out of play or is returned to the pitching area.

Baseball Rules

Rules	3-4 Age Division	5-6 Age Division	7+ Age Division
Time Of Play	Tiny T-ball Will have a 20-minute practice followed by a 40-minute game. (teams must bat an equal number of times) If both teams are ready to begin before the 20 minute practice, then teams may start the game sooner.	60 minutes (teams must bat an equal number of times)	All Games are 6 innings or 1 hour 15 minutes in length, whichever comes first. Both teams must bat an equal number of times. No new inning will start after one hour of play.
Bases	30 feet apart, Pitching Rubber 15 feet	Bases are 40 Feet apart, pitching rubber 20 feet.	Bases are 50 feet apart, pitching rubber 25 feet.
Batting	Each player will bat each inning. Batter will hit the ball from a stationary tee located. Ball must travel 10 feet forward or it will be hit again. Maximum of 5 swings. The batter may advance to first base after the 5 th swing and the ball is not hit. Coaches may assist players at the tee.	Each player will bat each inning. Team coaches will pitch a maximum of 4 balls to each batter. If the 4 th pitch is not hit then the ball will be placed on a batting tee and the batter will be allowed 2 more swings. The ball must travel at least 10 feet forward or it will be hit again. The batter may advance to first base after 6 swings and the ball is not hit. Coaches may assist players at the tee.	Each team at bat will get 4 runs or 3 outs (see base running rule below) Team coaches will pitch a maximum of 4 balls to each batter. The ball must travel at least 10 feet forward or it will be hit again. If after 4 pitches the batter has not hit the ball, then the batter may go to 1st.
Outs	There are NO strikeouts.	There are NO strikeouts.	There are NO strikeouts.
Base Running	Runners may advance as many bases as possible while the ball is in play. They are allowed one base on overthrows that leave the playing area. Runners must stop when the ball has been returned to the pitcher	Runners may advance as many bases as possible while the ball is in play. They are allowed one base on overthrows that leave the playing area. Runners must stop when the ball has been returned to the pitcher	Runners that are tagged out or forced out must leave the bases and return to the bench. If the ball is hit in the outfield the runner may advance as many bases as their own risk. If the ball is hit in the infield, the runner may advance one base. They are allowed one base on overthrows that leave the playing area. Runners must stop when the ball has been returned to the pitcher
Fielding	All players will play on the field at the same time. Infielders include: pitcher, 1 st base, 2 nd base, shortstop, and 3 rd base. All other fielders will be placed within the infield.	All players will play on the field at the same time. Infielders include: pitcher, 1 st base, 2 nd base, shortstop, and 3 rd base. All other fielders will be placed within the outfield.	All players will play on the field at the same time. Infielders include: pitcher, catcher*, 1 st base, 2 nd base, shortstop, and 3 rd base. All other fielders will be placed in the outfield at least ten feet behind the bases. In order to give each player an equal opportunity to play each position, it is highly suggested that coaches rotate their players when playing the field. No player shall be allowed to play the same position for more than two innings each game. *The position of catcher is optional. If a catcher is being played then they must wear the protective gear that is supplied by the YMCA. If a team chooses not to play with a catcher then an assistant needs to be assigned to act as catcher to retrieve balls for the pitcher.

Baseball: Weekly Topics (Optional Coaching Guide)

Week	Purpose	Tactics	Character Development
1	Playing the game-Getting on Base, getting the ball to first base and Infield positions.	<ul style="list-style-type: none"> ➤ Using a glove ➤ Fielding grounders ➤ Throwing accurately ➤ Hitting and running the bases ➤ Drop bat before running to first 	Review Four Core Values <ul style="list-style-type: none"> ➤ Responsibility ➤ Honesty ➤ Respect ➤ Caring
2	Defending the space in the infield	<ul style="list-style-type: none"> ➤ Fielding grounders ➤ Throwing ➤ Hitting and running ➤ Playing your section of the field 	<i>Responsibility to others</i> <ul style="list-style-type: none"> ➤ Mistakes are okay. ➤ Keep control of yourself during games and practices
3	Cutting the lead runner and advancing to second base	<ul style="list-style-type: none"> ➤ Don't over run the bases ➤ Stay in the base path ➤ Hitting the ball ➤ Throwing accurately to each base/player 	<i>Caring</i> <ul style="list-style-type: none"> ➤ Take Turns with teammates ➤ Support teammates when they make a mistake
4	Defending the space in the outfield	<ul style="list-style-type: none"> ➤ Fielding fly balls, grounders and line drives ➤ Scoring; when to leave the base ➤ Covering home plate 	<i>Respect for opponent:</i> Shake hands with opponents at the end of a game.
5	Defending the space in the outfield	<ul style="list-style-type: none"> ➤ Throwing accurately to shortstop from outfield ➤ Backing up in the outfield 	<i>Honesty</i> If you break a rule, raise your hand and tell the coach.
6	Defending space; various situations	Making appropriate plays during a game.	<i>Respect:</i> It's important to be a good sport.
7	Have fun!	Remember we want the kids to be learning the sport in a fun and safe environment where they can be successful.	<i>Keeping perspective on the game:</i> Learn and have fun while playing.

EMERGENCY PROCEDURES/RESPONSIBILITIES:

As a volunteer coach you are responsible for the health and safety of your players. Therefore, you should be aware of any issues that may affect you or them. In spite of precautions, injuries will occur. When an injury does occur, chances are you may be in charge. So let's look at how we can be prepared.

Your general responsibilities:

- To read and understand all information within.
- Be aware of any situation that may cause an accident and take steps to prevent accidents from happening, including use of proper equipment, playing areas, exercises, etc.
- Be prepared to handle emergency situations as they occur.
- Contact the child's parents in the event of an accident or emergency. Keep your team roster with you at all times.
- Contact the YMCA Program Director, 374-1908 to report any serious accident/incident.
- Turn in an accident report form to the Site Supervisor immediately following the incident.

In case of an accident:

First aid: The YMCA volunteer or staff should immediately administer first aid. Keep the person calm and do not move the victim from the area where they were injured unless it is not safe. Remain calm and inform the child's parents whenever any kind of injury occurs.

Dealing with the most common sports related injuries: (Cut, scrapes, and bruises)

1. Stop the bleeding: apply pressure to the wound.
2. Cleanse the wound: control bleeding, rinse with clean water and soap if possible.
3. Protect the wound: apply a clean gauze or Band-Aid.

Bloody noses: (not associated with serious facial injury) Have the athlete sit and lean slightly forward. Have the player pinch their nostrils shut for several minutes. If the bleeding continues after several minutes or if the player has a history of nosebleeds, seek medical assistance.

Strains and sprains: A strain is an injury to the muscle or tendon, a sprain is an injury to a ligament. When your player suffers one of these, apply the RICE method of injury care:

R- Rest the area to avoid further damage and faster healing.

I- Ice the area to reduce swelling and pain.

C- Compress the area by securing an ice bag in place.

E- Elevate the injury above heart level to keep the blood from pooling in the area.

Emergency calls (911): If any type of injury appears serious or you think you need additional help, call 911. Inform them of the type of injury, who is injured, where you are, your name, and any other information they request. Do not hang up the phone until you are instructed to do so. After contacting medical authorities, you will need to alert the parents if they are not present. Remain calm and give the parents as much information as possible.

Accident reports: For any type of injury that involves more than rinse-off and Band-Aid, an accident report needs to be completed, YMCA staff will have copies at game sites. The person most familiar with the incident should fill out the form. Completed forms must be turned in to the YMCA within 24 hours and reported to the YMCA the following business day.

First aid kit: Site supervisors will have first aid kits on site for games. However, it is highly recommended that coaches carry a first aid kit in the event of an injury. An example of a good first aid kit should contain the following:

- * Ice packs
- * Bandages and gauze
- * Elastic bandages
- * Band-Aids
- * Scissors
- * Athletic tape

Dehydration and youth sports: Curb the risk

[By Mayo Clinic Staff](#)

If you're sweltering in the stands at a youth sporting event, imagine what it's like for the athletes. Learn who's at risk of dehydration — and how to prevent it.

Anytime children or adolescents play sports or exercise in hot weather, they're at risk of heat-related illnesses. Understand how heat-related problems happen and what steps you can take to prevent them.

Risk factors for dehydration

Your child might be vulnerable to dehydration and other heat-related illnesses in a hot or humid environment if he or she:

- Wears clothing or protective gear that contributes to excessive heat retention
- Rarely exercises
- Is overweight or obese
- Is sick or had a recent illness, especially involving diarrhea, vomiting or a fever
- Is taking certain supplements or medications, such as cold medicine
- Has had a previous heat-related illness
- Has a chronic condition, such as diabetes
- Isn't well-rested

Acclimating to the heat

Heat-related problems are most likely within the first few days of practice in a hot environment. That's why it's best to take it easy at first, gradually increasing the amount of activity — and the amount of protective equipment — as the days pass. Young athletes might need up to two weeks to safely acclimate to the heat.

During hot and humid conditions, coaches are encouraged to:

- Require young athletes to drink plenty of fluids before practice and during regular beverage breaks — even if they aren't thirsty
- Make sure clothing is light colored, lightweight and loose-fitting, or exposes as much of the skin as possible
- Decrease or stop practices or competitions if necessary, or move them indoors or to a shady area

Knowing when to slow down — or call it quits

To determine when heat and humidity make strenuous exercise risky for young athletes, your child's coach might monitor the wet-bulb globe temperature (WBGT) — the standard index of temperature and humidity combined. If the WBGT is too high, outdoor athletic activities might need to be limited or canceled.

Spotting dehydration and other heat-related problems

Even mild dehydration can affect your child's athletic performance and make him or her lethargic and irritable. Left untreated, dehydration increases the risk of other heat-related illnesses, including heat cramps, heat exhaustion and heatstroke.

Encourage your child to pay attention to early signs and symptoms of dehydration, including:

- Dry or sticky mouth
- Thirst
- Headache
- Dizziness
- Cramps
- Excessive fatigue

Remind your child that he or she should report signs and symptoms to the coach right away. Don't let embarrassment keep your child on the field. If dehydration is detected early, fluids and rest might be all that's needed. If your child seems confused or loses consciousness, seek emergency care.

Prevention is key

If your child plays sports in hot weather, encourage him or her to drink plenty of fluids before, during and after practices and games. Teach your child the signs and symptoms of dehydration, as well as the importance of speaking up if they occur. Involve your child's coach, too. Talk to the coach about adjusting the intensity of practice depending on the temperature and humidity on the field — and support the coach's decision to cancel games and practices when it's dangerously hot outside.

Quenchers

Hints for keeping happy, healthy, HOT kids hydrated!

As the kids explode out of doors and indoors, make sure they are prepared. Drink WATER! Water is a vital ingredient for keeping body temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Thirst doesn't kick in until approximately 2% of body weight is lost as sweat, so make sure that kids are drinking BEFORE they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Closely watch kids for signs of dehydration – including fatigue; dry lips and tongue; low energy; grayish skin; and lack of tears. Since children's body temperature rises faster than adults, it is essential that kids get plenty of fluids to keep them cool—especially when it's hot and humid!

What you can do to keep kids hydrated

- Make sure that kids drink fluids at every meal and snack time throughout the day, and during every period of physical activity.
- During physical activity (and especially on hot days), make sure that kids drink frequently, even if they are not thirsty. Every 20 min, give younger kids 5 ounces of cold water (about the size of a small juice box—or 10 gulps), and give teens about 9 ounces.
- Offer cold water – it's absorbed faster! Avoid sugar-sweetened drinks – these are absorbed more slowly.

Choose wisely to really beat the heat!

Cold Water!

Sodium-Free Seltzer

Water flavored with fruit slices or frozen fruit

Diluted 100% Juice (4oz water and 4oz juice)

Juice ice cubes

Juice Spritzers (juice and seltzer water)

Why not juice, soda or sports drinks?

- Because they often contain sugar, caffeine, phosphorus and artificial sweeteners.
- Even very small amounts of sugar slow down fluid absorption by the body. The acid in juice can cause stomach upset, especially when combined with heat and exertion.
- Caffeine increases the amount of water lost by the body, and speeds up dehydration.
- Phosphorus in carbonated soft drinks limits the body's ability to use calcium to build bone.
- Artificial sweeteners condition kids to expect "sweetness" in drinks and foods, and kids may reject healthful alternatives that don't provide the same sweet taste. Since their long-term safety is not fully understood, it is best to avoid them.
- Sports drinks are helpful only for highly intense activity that lasts longer than 1 hour, when the ability to keep going is required for competition. In normal play, stopping for a healthy snack and cold drink is a better way for the body to refuel.

Keeping kids energized with snacks

Growing kids, even teens, need a mid-morning and mid-afternoon snack to maintain their energy—this is especially true when outdoor games are the way of the day. A 15 minute rest in the shade for a healthy snack and cold drink is essential on hot days. When kids spend a full 8 hour day away from home, they need at least one good meal and two snacks. A snack or meal every two and a half hours is a good standard.

Drink Sense Tips

Do Select

Water

100% Juice:

- Minute Maid 100% Juice
- Welch's 100% Juice
- OceanSpray 100% Juice
- Northland 100% Juice
- Capril Sun
- Sodium-Free Seltzer
- Zazz Seltzer, all flavors
- Polar Seltzer, all flavors
- Schweppes Seltzer Water
- Apple and Eve
- Mott's 100% Juice
- Libby's Juicy Juice

Steer Clear

Water Soda: regular or diet

Drinks with added sugar and/or artificial sweeteners:

- Fruit Punch
- Junior Juice
- Kool Aid
- Crystal Light
- Minutes Maid Coolers
- Sunny Delight
- Welch's Juice Cocktail
- Ocean Spray Juice Cocktail
- Vitamin Water
- Iced Tea
- Lemonade
- Sports Drinks; Gatorade, Powerade

Snack Sense Tips

Create snacks that include choices from each of the following groups:

Fruits and Vegetables: frozen grapes, berries, or melon chunks; pre-cut orange wedges; apples; pears; bananas; applesauce; pepper strips; carrot sticks or baby carrots; sliced cucumbers or squash; pea pods; green beans or jicama sticks. A quick ranch dressing or plain yogurt and honey dipping sauce make it fun!

Proteins: Peanut or other nut butters; hummus or chick peas; cheese; yogurt; hard-boiled eggs; tuna fish (the new pouch preparation is great!); a handful of unsalted nuts (peanuts, cashews, walnuts or almonds); soybeans (edamame) with or without the pods (find them in the frozen foods aisle; simply defrost and eat!).

Whole Grains: whole wheat pita or flatbread; whole wheat or graham crackers; RyVita crisps; whole wheat toaster waffles; trail mix or granola; oat bran mini muffins; fig bars; or dry whole-grain cereal.

A note about trans fats: Many snack foods tend to be high in unhealthy trans fats, especially crackers and grain-based products. Purchase products that have no "partially hydrogenated oils" or "shortening" present in the ingredient listing. Products labeled "Zero Trans Fats" may have up to .5 g of trans fats per serving, so a quick label check helps to avoid these unhealthy fats.

Team: _____
 Opponent: _____
 Date: _____

Batting Order: 

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Score							
Teams	1	2	3	4	5	6	F

10 batting order boxes are distributed across the field diagram, each containing a numbered list (1-6) for player entry.

Bench

 <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 	 <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 	 <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____
--	--	--



Team Up

Coaches & Parents



Sandy's Trophies is proud to donate 10% of In House YMCA Team Trophy purchases, back to the YMCA Sports Program, A wonderful way to obtain additional funding for your Children's Sports Programs.

YMCA

&

SANDY'S TROPHIES



Order at: www.sandystrophies.com

or

800 W. Lewis St.

Pasco, WA (509) 547-0007

E-Mail: sales@sandystrophies.com

Sandy's Trophies is a family owned and operated business. We stand behind our work 100%. Our prices are very reasonable and comparable to other area trophy businesses. A basic trophy starts out as little as \$6.24 and includes 3 FREE lines of engraving.

Our normal turn around time is one week.



Please consider
Sandy's Trophies

for your team awards.



You & your kids will benefit when you do!!!