

Spring 2019 Season
Program Handbook

SOUTHINGTON TRAVEL
KNIGHTS
BASEBALL

Southington Travel Knights Baseball
Southington, CT





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Mission

Southington Travel Knights Baseball (“STKB”) provides and promotes a quality and affordable youth baseball program to athletes in Southington and neighboring communities, focusing on skills development and competitive play.

Contacts

STKB is a registered 501(c)(3) non-profit organization. Our Board of Directors are all volunteers who strive to make the program succeed.

President - Michael Massarelli

VP- Lucas DiBenedetto

VP- Leif Laframboise

VP- Kevin Gravel

Treasurer - Stephanie Voisine

Secretary - Kathy Chiulli

Communications and Fundraising - Molly Pierce & Kevin Gravel

Safety Coordinator - Melissa Noyes

Field and officials coordinator - Matt Noyes

Division Coordinator - ages 12 and under - Chris Pierce

Division Coordinator - ages 13 and over - Marc LeFort

Website: www.southingtontravelbaseball.com

Eligibility, Registration and Fees

Youth athletes between the ages of 9 and 18 as of May 1st of the participating year are eligible to participate in this program.

The registration period will be open July-August for the fall baseball season and re-open October-November for the spring baseball season.

Southington Travel Knights Baseball is a “Not for Profit” organization, and thanks to generous donations to the program we are able to keep player costs to a minimum. It is because of these charitable gifts that we can run a successful program at a cost far lower than other the teams in the state.

Registration fees vary depending on age and level of play.



Fees cover:

- Player AAU membership
- League participation fees
- Use of outdoor practice facilities
- Coaching Staff
 - (age 13 and older - non-parent coaching staff)
- Insurance (Teams & Fields)
- Team Supplies
 - Uniforms -includes hat, personalized jersey.
- Game supplies
 - Umpire fees, Game Balls, Field Maintenance

A player will not be discriminated against due to inability to pay full fee. Financial hardship exceptions will be evaluated on a case-by-case basis.

Coaching Philosophy

- We operate on the principle that players gain confidence and a love for the game through positive feedback from parents, coaches, and other players. The coaches and parents set the right culture for the team. We understand that skill level develops at different rates for athletes, but effort and having fun can always be achieved.
- We believe in trying to make practices as fun and entertaining for the players as possible, while providing the practice and instruction that is needed to improve. We have found that players expect and respond to well structured and organized practices...we will keep them engaged and active.
- Teamwork and developing friendships is an important part of any team sport. We will stress to the players the importance of supporting each other and to always be positive towards their teammates.
- Competition is an important element of any sport and as players grow, they naturally become more competitive. Our emphasis on character development teach players how to win with class and lose with grace. The lessons learned on the playing field can carry forward through many aspects of their life.

Coach, Parent and Player Responsibilities

Coach Responsibilities

Coaches are responsible for creating opportunities for players to acquire advanced knowledge of baseball skills as well as implementing concepts of:

- Team work
- Sportsmanship
- Character development
- Player development



- Value of athletic competition

Parent Responsibilities

Parents are equally responsible for ensuring player success in the program, and the expectations are outlined below:

- **Ensuring your child arrives to/departs from practices and games on time.** A mutual respect for time is expected, we understand circumstances may arise and ask that you commit to communicating with the coaches and their staff so plans can be made ahead of time.
- **Be sure that your child is properly equipped and prepared to play.** This includes proper baseball attire, equipment, and adequately fed and hydrated.
- **Be a role model for your child with regards to good sportsmanship, teamwork and positive attitude.** These attributes start with the adults and the players will respond accordingly. We will take pride in STKB organization and will represent with class.
- **Provide encouragement and support not only for your child, but all members of the team.**
- **Understand that your child is not guaranteed a specific position on the field or in the batting order.** Players will play multiple positions that suit their skill and abilities. This is for player safety and will also allow players to gain a better understanding of the entire game.
- **Support your child's participation and positive attitude during practices and games.** Attendance and effort on and off the field are important, and will impact the amount of playing time a player receives.
- **Show respect for the coaching staff and allow coaches to coach.** While this may not be easy, providing instruction from the sidelines may be confusing to a player and negatively impact on their ability to focus and remain engaged in the game.
- **Respect the challenges that coaches face and the amount of time and commitment they make.**
- **Show respect for the umpires.** They will at times make a wrong call, but understand that the job of an umpire is not an easy. Voicing any displeasure will not improve the call.
- **Respect the opposing team, coaches and fans.** They are the same as us in many ways, but they simply represent a different town/organization. Appreciation for their performance and respect for their abilities will contribute to a positive game environment.
- **Be responsible for the behavior of all family members at practices and games.** Others may attend these events to support players, and ensure that they also handle themselves according to these expectations.
- **Understand that winning is important to the team, but the primary objective is promoting an environment of growth and learning.** They will win. They will lose. They will make mistakes. One of the most important lessons will be what they learn from those successes and failures.
- **Offer help as a volunteer where possible.** The success of this team is run on the contributions of volunteers, and it is important to assist when opportunities arise.
- **Schedule a time with the coach to calmly and constructively discuss issues and concerns, rather than before, during, after practices/games.** We ask that you wait a minimum of 24 hours before contacting any coach with concerns over player performance or game outcomes. Work to be part of the solution rather than the problem.



Player Responsibilities

- Hustle is key component of a successful team.

“On and off the field, during practice, as well as in the game!”

Physical Hustle	Mental Hustle
<ul style="list-style-type: none"> ● Run out EVERY ground ball. ● Run out EVERY pop fly. ● Run out EVERY walk. ● Take aggressive turns. ● Tag every base. ● Be ready to move on every play. ● Move on each pitch. ● Back up plays. ● Look for an assignment. ● Slide on close plays. ● Sprint to and from your position. ● Move quickly to the plate. 	<ul style="list-style-type: none"> ● Pay attention to the game. ● Know where you are playing. ● Be aware of each situation. ● Think through your next move. ● Work to help control game tempo. ● Acknowledge teammates performance. ● Contribute to the team’s demeanor. ● Project aggressiveness. ● Project poise. ● Make positive statements when problem solving. ● Be able to review the details for an entire inning. ● Prepare and expect to win. ● Learn to gear up. ● Commit to mental toughness.

- Poise is essential to exceptional performance. Helmet, bat throwing, and temper tantrums do not display poise and WILL NOT BE TOLERATED.
- Players should always show respect for the coaches, parents, umpires, and other players on the team.
- Have fun and always give your best effort in both practices and games.
- Spend time outside of practice playing baseball.

Player Safety

It is the policy of STKB to keep all players safe and to not intentionally place a child in danger. In doing so, we follow the Amateur Athletic Union of the United States (“AAU”) guidelines for player safety. All coaches and team assistants are required to register for AAU membership, and undergo a background check prior to participating in any team practice or game. In addition, coaching staff have received training on response to potential head injuries. If a concussion or head injury is suspected, proper medical management procedures will be initiated.



Drug, Alcohol and Tobacco Use

STKB is committed to providing a healthy example for our youth athletes. The use of drugs, alcohol and tobacco products are not permitted within the vicinity of the playing field and/or spectators. Tobacco products include, but are not limited to: cigarettes, cigars, e-cigarettes, pipes, vaporizers, and smokeless products such as those that are chewed, dipped or sniffed.

Social Media

Any participation in social media, such as Facebook, Twitter, Instagram, Snapchat, etc, that involves STKB shall be conducted with respect and safeguard confidential information of our players, coaches, or families.

- Postings should not disclose any information that is confidential.
- Do not post any negative comments or pictures regarding any aspect of STKB. This includes coaching, officiating, players or parents.
- No Comments that can be construed as harassment or bullying.

Code of Conduct

Conduct deemed detrimental to STKB will be considered a violation of the Code of Conduct. It is the responsibility of the players, coaches, parents, umpires, league officials to act in accordance to these guidelines. Any questionable behaviors should be reported to a member of the STKB Board of Directors. In the event of a report of misconduct, the Board shall investigate the complaint and take appropriate action.

Violations of the Code of Conduct may result in disciplinary action, including but not limited to ejection from the game, suspension, or removal from the team.



Players Liability Release Form

Players Full Name: _____ Age: _____ DOB: ____/____/____

Address (Street/City/State/Zip): _____

Parent/Guardian: _____ Relationship: _____ Phone: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

2018-2019 Liability Release Form:

This form must be read and signed before the above named takes part in any Southington Travel Knights Baseball activity (to include but not limited to; clinics, tryouts, testing, training, coaching, practices, games, competitions, etc.). By signing this form, you affirm having read it and acknowledges agreeing with its contents. On my own behalf and on the behalf of my heirs, successors and assigns, I hereby forever release and discharge and agree to indemnify and hold harmless the Southington Travel Knights Baseball Organization, its owners, coaches, operators and all facilities and their owners, where Southington Travel Knights Baseball conduct tryouts, clinics practices or games, and claims, cost, demands or causes of action, whether known or unknown ("claim") that I may now or hereafter have for injuries or damages arising out of my participation in Southington Travel Knights Baseball and any Southington Travel Knights Baseball related activity including without limitation clinics, tryouts practices, games, team parties, events and training sessions. I understand and acknowledge that dangers of personal injury are inherent in participating in baseball clinics, tryouts practices, games or training sessions and I expressly and voluntarily assume all risk of death or personal injury sustained in the clinics, tryouts, games and training sessions, including but not limited to the risks incurred in all these activities and those arising from hidden, latent or obvious defects in any facilities or equipment used. I acknowledge the possibility that my successors or I may not fully know the number or magnitude of all claims, and agree that this release is a full and final release of all claims. This release is intended to be binding on my heirs and assigns. This release is being signed in consideration of the opportunity to tryout and/or play for the Southington Travel Knights Baseball organization. It is an agreement made under seal and is governed by Connecticut law.

Signature: _____

Date: _____

Print Name: _____



Emergency Medical Authorization Form

Completion of this form grants temporary authority to STKB, its coaches and/or league representative to act on behalf of a parent or legal guardian in the event of an emergency.

PLAYER

Full Legal Name: _____ Date of Birth: _____

Home Address: _____

Parent/Guardian Name: _____ Relationship: _____ Cell Phone: _____

Parent/Guardian Name: _____ Relationship: _____ Cell Phone: _____

Emergency Contact:
(other than parent) _____ Relationship: _____ Cell Phone: _____

INFORMATION FOR MEDICAL TREATMENT

Physician's Name: _____

Address: _____ Phone: _____

Hospital of Choice: _____

Medical Insurance Provider: _____ Policy/Group #: _____

Primary Policy Holder: _____ Policy Holder DOB: _____

MEDICAL HISTORY

Allergies: _____

Medications: _____

Medical Conditions: _____

CONSENT

In the event reasonable attempts to contact a parent/guardian have been unsuccessful, I hereby grant my authorization and consent for STKB league representative to administer basic first aid treatment for any minor injuries or illnesses. If the injury or illness is life threatening or in need of immediate emergency treatment, I authorize STKB to summon any and all emergency personnel to attend, transport and treat. I agree to assume financial responsibility for all expenses incurred for such care.

x

Parent/Guardian Signature

Date



Acknowledgment of Receipt of Handbook

The Program Handbook contains important information about Southington Travel Knights Baseball, and I understand that I should consult any Board member regarding any questions not answered within the handbook.

I understand and agree that I have entered into this organization voluntarily and either the organization or I can terminate the relationship at will, at any time, with or without cause, and with or without advance notice.

I have had an opportunity to read the handbook, and I understand and accept the terms of the handbook. I also understand that it is my responsibility to comply with the policies contained in this handbook, and any revisions made to it. Since the information, policies, and benefits described herein are subject to change at any time, I acknowledge that revisions to the handbook may occur. All such changes will generally be communicated through official notices, and I understand that revised information may supersede, modify, or eliminate existing policies.

I have received a copy of the Southington Travel Knights Baseball Program Handbook on the date listed below. Additionally, I will agree to sign a copy of this Acknowledgment of Receipt, and will be responsible for obtaining a copy if I wish to retain a copy for myself, and will return the official copy to the Southington Travel Knights Baseball representative responsible prior to the start of league practice or play.

Player Name: _____

Parent/Guardian (printed): _____

Parent/Guardian (signature): _____

Date signed: _____



Coaches Code of Conduct

It is the purpose and intent of Southington Travel Knights Baseball (“STKB”) to create and offer quality competitive baseball opportunities. All coaches shall abide to our organization’s commitment to the ideals of good sportsmanship, teamwork, and respect for others. Coaches must be aware of the influences they have on the development of a player and must conduct themselves in a manner that best serves the interest of the players and this organization.

Coaches of this organization shall never place the value of winning above instilling the lifelong values and character to all players. As such, coaches are expected to model these ethical behaviors:

- Coaches are to prohibit “bench jockeying” or bullying behaviors, which would include personal and malicious remarks, cursing and obscene language towards opponents, umpires or spectators. Harassment will not be tolerated.
- Coaches shall take an active role in the prevention of drug, alcohol and tobacco abuse and under no circumstances condone the use of such.
- Coaches are prohibited from using alcohol or any tobacco product in the presence of any player.
- Coaches will comply with the decisions of league officials and observe all rules, policies and procedures as established or endorsed by STKB.
- Coaches are responsible for ensuring all coaching assistants and parent volunteers are held to the same level of accountability to adhere to desired conduct.
- Coaches will not tolerate behavior that would endanger the safety of any player or spectator.
- Coaches must comply with the safety requirements mandated by this organization, which includes successful completion of Positive Coaching Alliance courses as designated by the Board of Directors.
- Coaches shall not permit ineligible player(s) to practice or participate in game play.
- Coaches at no time shall participate in conduct which would incite players or spectators against game officials or board members.
- Coaches shall actively use their influence to enhance good sportsmanship by their athletes and act as a positive role model and set the tone of the game.

I acknowledge that I have read and will comply with the STKB Coaches Code of Conduct.

Signature: _____

Date: _____

Print Name: _____