



ST. Albans Little League

Team Expectations

"Little things are big." Yogi Berra

It is the mission of Saint Albans Little League to provide an opportunity for all Saint Albans boys and girls ages 5 through 12 to participate meaningfully in the sport of baseball & softball, to learn the rules and strategies of the game, to learn sportsmanship and respect for their fellow players, coaches and to ALWAYS have fun.

Player Expectations:

- HAVE FUN!
- Give 110% all of the time, you have worked hard all year to get to this point.
- Be responsible for communicating with the coaches and teammates.
- Be on time. If you can't make practice or will be late please call one of the coaches.
- Be willing to try new things. You might play a position that you didn't play much before.
- No Shorts! Baseball pants or long athletic pants only. All catchers must wear a cup.
- Bring water, we will have water breaks.
- Be respectful to all coaches, fellow teammates, and umpires.
- No negative comments will be made to any players, coaches, or umpires.
- **UNSPORTSMAN LIKE BEHAVIOR will not be tolerated! It will affect your playing time.**
- Players will face consequences for inappropriate or distracting behaviors.
- If a player continues to be distracting, we will set up a meeting with parent. After that: **Three Strikes and you're out.**

"Whatever you do, you should do it with feeling. What I mean is, don't go through the motions. What ever job you have, do it with real energy and effort, or else you won't get it done or done right."

Yogi Berra

"Winning taught me a lot. Mostly is taught me to be gracious and appreciative of being on the right team in the right place at the right time. I was never one to gloat, because that's just dumb."

Yogi Berra

Playing Time

- St. Albans Little League Baseball requires all coaches to abide by the league rules established for appropriate playing time.
- Some kids will play more than others in certain games, but over the course of the season playing time should be close to being equal.
- Playing time is based on the game situation. Coaches will make decisions to benefit the team's goals as well as the safety of individuals.
- We will try to put the kids in a position to be successful.
- DO NOT approach the coaches before, after, during a game, or in front of the players to discuss a coach's decision. Please take 24 hours to consider the situation. Don't overreact and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate the problem may not be as it appears.
- It is not all about the playing time, it is about being on the team with a group of kids that want to be there and contribute as best they can.

Parent Considerations

- What are your son's/daughter's goals? Do your goals for your son/daughter match theirs? If not use their goals and not yours!
- Make sure that your son knows that win or lose, erred or heroic, played or not played, that you love him, appreciate his efforts, and are not disappointed.
- Don't coach your son before, during, or after games. Enjoy the experience and the game.
- Teach the enjoyment of playing, to be out trying, working as a team, to improve their skill, and the competition that athletes bring.
- Try not to relive your athletic life through your son in a way that creates pressure. You too lost as well as won, were scared, backed off at times and were not always heroic. Don't pressure him because of your pride.
- Don't compare the skills, courage, or attitude of you son with those of his teammates. Appreciate him for what he can do.
- Don't compete with the coaches.

"... the things you believe in should guide your actions and behavior."

Yogi Berra