



COACH'S HANDBOOK

Updated March 2022

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Welcome to HGSL Softball!

Enclosed you will find all of the up-to-date information you'll need for this season!

When game schedules are released, we recommend you to put them in this binder, so all of your information will be in one safe place, along with a copy of your roster with team contact info and medical information about each player. You'll also be able to find copies of the following documents on our [website](#) under the 'About Us' tab.

- **HGSL By-Laws**: This is a copy of the newest voted on by-laws for the League. Look over this document and be familiar with it. If there is anything you'd like to see changed, we accept By-Law Change Submissions at the end of the season, and vote on changes at the end of the year.
- **Division Playing Rules**: HGSL follows ASA rules and regulations. This document outlines all exceptions, clarifications, or modifications that we have implemented as a League. This is very important for you and all your Coaches to be familiar with, and keep it with you always!
- **Coach Sportsmanship Agreement**: This is something you should already be familiar with! Live by it!
- **Player/Parent Agreement**: We created this document for the Coaches. Please issue a copy to each parent (not player) at the beginning of the season. It's a great way to get everybody in the correct mindset we should be in when developing these young athletes.

If you have any questions/concerns about anything this season, including any of these documents, please reach out to any Board member – our contact information can be found on the website!

www.HGSLNH.com

HAVE A GREAT SOFTBALL SEASON!

Mandy Powers, Secretary
hgssecretary@gmail.com

CURRENT BOARD MEMBERS

Board Position	Term	Year of Vote	Name	Telephone	E-Mail
Director	2	2023	Joe Law	(603) 930-5553	hgslsdirector@gmail.com
Deputy Director	2	2024	Becky Radziewicz	(603) 321-0432	hgsl.becky@gmail.com
Treasurer	2	2023	Mike MacDonald	(978) 314-0679	mmacdonald0330@gmail.com
Secretary	2	2023	Mandy Powers	(603) 475-5661	hgslsecretary@gmail.com
Equipment Manager	2	2023	Interim- Mandy Powers		
Coach Representative	2	2023	Lisa Censabella	(603) 321-7174	lmarie1212@yahoo.com
Fundraising Coordinator	2	2023	Megan Radziewicz	(603) 718-0471	hgsl.fundraising@gmail.com
Umpire-in-Chief	2	2023	Stacy Freitas-Ducharme	(603) 557-6521	hgsl.uic@gmail.com
Travel Team Representative	1	2023	Tricia Jette-Gonthier	(603) 494-1686	t.jettegonthier@gmail.com
Field Coordinator	1	2023	Pete Radziewicz	(603) 315-1817	hudsonheatsoftball@gmail.com
Player Development Coordinator	1	2023	Daphne Harne	(978) 409-0790	daphne.harne@gmail.com
Social Media Coordinator	1	2023	Tricia Jette-Gonthier	(603) 494-1686	t.jettegonthier@gmail.com

Who to call if...

It's raining- Becky Radziewicz or Mandy Powers

The other team doesn't show up- Becky Radziewicz or Mandy Powers

The umpire doesn't show up- Stacy Ducharme or Mandy Powers

HGSL COACHING EXPECTATIONS

HGSL expects...

- ...all coaches (head/assistant/volunteer) to maintain an appropriate level of respect with players and their families.
- ...players to be treated fairly regardless of relationship to coaching staff.
- ...all coaches will familiarize themselves with Concussion and Emergency Protocols listed in this handbook.
- ...all coaches will communicate needs and concerns to the Coach Representative or appropriate Board Member(s) via email, phone or in person.
- ...all coaches ensure that Kiwanis Field is raked after each practice and home game. (parents may be asked to assist).
- ...all coaches ensure that Kiwanis Field dugouts (home & away) are cleared of trash and debris upon leaving. This includes the team's dugout when visiting another town.
- ...all coaches ensure that equipment is properly stored upon leaving.
- ...all coaches will ensure that bins and sheds are secured and locked upon leaving.
- ...all coaches will communicate clearly and regularly with player's families with regard to practices, games, progress etc. This may be done via the SI Play coaching site or GameChanger app.
- ...all coaches should refrain from personal cell phone use while coaching.

SEASON EVENTS

- Field Clean Up Day
 - Traditionally held at the beginning of April. Coaches and registered families are encouraged to help rake, clean and prep the field for season play.

- HGSL Photo Day
 - Traditionally held toward the middle of the season.

- End of Season Celebration
 - traditionally held during the last weekend of games. All coaches, players and families are encouraged to attend this celebratory event.
 - Trophies and medals are presented at this time.

IMPORTANT INFORMATION

AVAILABLE FIELDS

- Kiwanis Field (behind SoHo) is our main field. Parking is NOT allowed at SoHo Restaurant or St. Mary's Bank. These establishments have requested their lots **not** be used for softball parking. Ample parking is provided at the field on Cross Street. Please remind your team families.
- Center Field (behind HMS) and Alvirne softball fields may be utilized with permission from schools. Permission must be requested through HGSL who will contact the schools. Coaches should **not** contact schools directly for permission.

LOCK BOX CODES

See hardcopy of Coach's Handbook

EQUIPMENT

LEAGUE PROVIDED

- Bases
- Score book (suggest using free Game Changer Baseball/Softball App)
- Equipment bag containing:
 - 2 sets catcher's gear
 - 1 extra batting helmet
 - 1 extra bat
 - 1 bucket of balls
 - 1 case game balls
 - First aid kit and ice packs
 - Emergency medical information for each player to stay with coach at home and away games

PLAYER RESPONSIBILITY

(Since COVID-19, most players use their own helmets and bats. If they do not have these items, the league will loan individual helmets and bats to some players upon request. This must go through the Equipment Manager, not at the coach's discretion.)

- Glove
- Cleats (recommended)
- Fielder's Facemask (10U and up) required for all pitchers and 1st base (helmets may be worn as alternative)
- Softball pants (recommended) especially 10U and up
- Water

****PLAYERS SHOULD CLEARLY LABEL ALL GEAR including water bottles****

FIRST AID AND EMERGENCIES

- All 6U, 8U, 10U, 12U and 14U Coaches will have First Aid kits available in their team equipment bag. Coaches are required to take First Aid kits with them to all away games as well as players' Medical Consent Forms. (*4U see below)
- When items are used (especially ice packs), coaches must notify the league for replenishment.
- A separate First Aid kit is available inside the green bin at Kiwanis Field (code 1991). 4U coaches may utilize this First Aid kit.
- Coaches are permitted to provide essential and emergent first aid ONLY until a parent/guardian or emergency services arrive. (i.e. ice packs, band-aid etc.) Coaches are **not permitted** to splint, wrap, tape or provide non-emergent medical care to players.
- If 911 must be called, be aware of your location and designate another adult to meet the ambulance and direct medics to the scene.
- **If there is a suspected head, neck, or back injury, DO NOT MOVE THE PLAYER! Do not remove an individual's helmet or other gear.**

CONCUSSION ACTION PLAN

****This action plan attempts to provide guidance to ensure all athletes a safe return to play, however, is under no circumstances a plan to diagnose and/or treat a suspected head injury. HGSL takes no responsibility in the diagnosis or treatment of any injury to a player. ****

Concussion Evaluation:

The diagnosis of an acute concussion typically involves the assessment of clinical symptoms, physical signs, behavioral changes, balance and coordination, sleep, and cognition. An athlete may experience some or all of the following symptoms (reported by athlete).

1. Headache
2. Fatigue
3. Nausea or vomiting
4. Double vision or blurry vision
5. Sensitivity to light (photophobia) or noise
6. Feels sluggish
7. Feels “foggy”
8. Problems concentrating and remembering

Common signs (observed by evaluator or others) found with concussion include:

1. Athlete appears dazed or stunned
2. Confusion
3. Unsure about game, score, opponent
4. Altered coordination
5. Balance problems
6. Personality change (aggressive behavior)
7. Responds slowly to questions asked
8. Forgets events prior to trauma
9. Forgets events after trauma has taken place
10. Loss of consciousness (any duration)

Any player suspected of a head injury must be pulled from play immediately. The player may either be released to parent/guardian or emergency services (if necessary). Any player being evaluated by qualified personnel (i.e. EMT/paramedic, physician etc.) for a suspected concussion or head injury **will not be eligible to return to play** until the league receives documentation from the evaluating physician clearing the player to return. Documentation of medical clearance may be emailed to hgssecretary@gmail.com.

THUNDER AND LIGHTNING

- Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND REMAIN IN A VEHICLE UNTIL COACH TELLS YOU OTHERWISE. “IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.

SEASON EXPECTATIONS

PRACTICES/GAMES

- 4U Division will have one (1) activity per week.
- 6U Division will have one (1) activity per week, with a maximum of two (2) activities if the previous week's activity was canceled due to weather.
- 8U Division will have two (2) activities per week, with a maximum of three (3) activities if the prior week's activity was canceled due to weather.
- 10U, 12U & 14U Division will have three (3) activities per week, with a maximum of four (4) activities if the prior week's activity was canceled due to weather.
- Season begins with all practices. As the season progresses, some practices become games. Towards the end of the season, most practices may be replaced with games.
- Pitching/catching clinics available throughout the season with Coach Meg Radziewicz. Anyone interested in pitching should attend. A parent/family member is expected to catch for or at least stay with the player to observe proper technique to enable practice at home.

Meg Radziewicz- hgsf.fundraising@gmail.com

PRACTICE DRILL IDEAS

Coaches are strongly encouraged to review these drills. Many techniques have changed in the last 15-20 years and often coaches will teach older techniques that may have been learned previously. Please feel free to reach out to Player Development Coordinator, Daphne Harne @ daphne.harne@gmail.com at any time with questions.

- Proper throwing techniques <https://www.youtube.com/watch?v=uZhjYIHKoEI>
- Hitting drills <https://www.youtube.com/watch?v=OEKDXHogtcE>
- Fielding drills
 - <https://www.youtube.com/watch?v=G0J-ZDZzetU>
 - <https://www.youtube.com/watch?v=lwqlj4sey8o>
- Quick feet/hands <https://www.youtube.com/watch?v=gr8pqOu73Eo>
- "Crow Hop" throw <https://www.youtube.com/watch?v=T73E3jZLa-M>
- Baserunning <https://www.youtube.com/watch?v=fDGW8yymfiE&t=33s>
- Sliding <https://www.youtube.com/watch?v=TBeU3dcnhyE>
- [FOR COACHES | hudsonsoftball \(hgslnh.com\)](#)
- [Pregame Stretches To Prepare To Throw - YouTube](#)
- [How To Catch A Softball/Baseball For Beginners - YouTube](#)
- [2 Backhand Drills - YouTube](#)
- [Hitting Drill To Work On Hand Path/Barrel Control - YouTube](#)
- [How To Hit A Softball - YouTube](#)
- [Softball Workout #2 - 5 Drills - YouTube](#)
- [Softball Infield Drill- Quick Hands with Flat Glove - YouTube](#)
- [2-Day Infield Camp with Coach Steinman - YouTube](#)
- [RHYTHM, TIMING, & POSTURE DRILLS - YouTube](#)
- [Softball Workout - 10 Drills - YouTube](#)
- [Drill For Youth Players - YouTube](#)