

## Welcome!!

Thank you all for coaching-we have most coaches set and are in a great place for 2026!

So- now that you have agreed to coach what are the next steps?

- Link for all sports info; <https://teamsideline.com/sites/TriTownshipParkDistrict/home>
- There is a coaches corner-just for you!
- Complete your background check-every 2 years (3-4 min to complete)
- Concussion training-every 2 years (30 mins to complete) - do it before practices start-you will be happy you did! No coaches shirt until background and concussion are complete:  
<https://www.train.org/cdctrain/course/1089818/details>
- Rules- read them
- Info on when to pick up your bags and practice schedule for Tee Ball and Coach Pitch
- Info on Draft dates and Bag pick up for Instructional Divisions up

### **What you will receive from us for the Players:**

- We supply a Team bag with helmets and balls, and catchers gear for Instructional and up.
- Head Coaches and 2 assistants will receive a shirt.
- The players will receive a shirt and a hat. Players will need a glove and to bring a water bottle to practice. Boys Instructional up need a cup. You will decide your pant color, sock choice, etc.which can be purchased from Play it Again Sports, Walmart, Amazon, etc.

### **Rules, Practices, Games, Pictures**

- Rules
  - Rules can be downloaded from Team Sideline or you will receive a set at draft/bag pick up. At draft you can ask questions. Tee Ball and Coach pitch, email or call with questions!
- Practices
  - Tee Ball and Coach Pitch, send your preferred practice day and we will add you to the schedule-dates and times are at the bottom.
  - Instructional up-we will be doing practice schedules at draft with your preferred practice days-will negotiate conflicting days. Field space is LIMITED.
  - You can start practicing any time after you pick up your bags.
  - Once games start, assigned practices stop. We utilize the fields for games.
  - The park does not call off practices due to rain/weather. Use your best judgement-try not to tear up the fields. It will be at your discretion. We will start calling rainouts once games start.
  - If a field is lined, it has a game on it (Select, BAA or High School) so it is off limits.
- Games
  - Parks in our League-Troy, St. Jacob, Highland, and Maryville, Collinsville and Ofallon. Tee-Ball we play Troy and STJ teams. Ofallon and Collinsville we play only in GA and GAA. Other divisions are integrated with different parks depending on the division.
  - Game Schedules will come out by mid April-sooner if we can.
  - Games start approx April 27 and run thru June for league play. Tee Ball, your season is over after league games. All other divisions will be scheduled TBD dates for Playoffs for when league play is over. In the past we ended the season June 30, however with the rain each year we have gone back to playoffs after the 4th. If you do not wish to play in the playoffs, we will need to know by June 15.
  - Tee Ball and Instructional do not have Umpires. Rookie up do.

- We need all blackout dates BY DRAFT. You are allowed 2 dates that you can not coach. We can not accommodate a list of dates--please talk to your Assistants and Parents for help.
- We will send out a 24 hour review of your schedule by the second week of April. This is for errors. We can not change games unless it is an error. If we change your game it affects the other teams schedule.
- Reiterating-f you do not give us your blackout dates, you will be responsible for rescheduling games AFTER schedules are out. We will not change games in the 24 hour review that you will have because you forgot.
- Game changes due to rain are difficult enough to reschedule, we will NOT reschedule for personal issues. If you do not have enough to play, email other coaches in your division. It is a forfeit for inability to field a team.
- Reschedules due to rainouts-you will contact the other coach and discuss 2-3 dates that work for the makeup. Email the home field contact where the rainout occurred. They will check the dates and add your game in. Contact the other coach immediately to get it rescheduled. DO NOT wait. We will not be able to accommodate coaches who wait until the second week of June to reschedule 3 rainouts.
- We call games here in Troy for Games--here in the park. We call by 3:30 during the week and 7:45 Saturday mornings. We update Team Sideline and post to our Park Facebook Page. If there is a threat of storms, we will not call. We call for FIELD CONDITIONS at the time of 3:30. Anything after that will happen on the fields by the Umpire Coordinator. He is located in UMP shed at Field #4 or if it is an urgent storm or pop up-Facebook is the first place where we post. Check all parks for their own field cancellations.
- If you have started games and there is an issue such as lightning or severe weather, our Umpire Coordinator will make this call. He will have an airhorn. If you hear the airhorn leave the fields and move to your cars. We will do a 30 minute rain delay, then after 30 minutes it will need to be rescheduled. Check your rules for when a game considered complete as far as innings.
- We do not know the conditions of the fields here in the office. Please do not call for insider info on the fields. We are updated from staff-once we know, we post on FB and update Team Sideline.
- Pictures
  - Picture Date is May \_\_\_\_\_. Back up May \_\_\_\_\_. They will go from 7:30 and run all day. ALL teams are required to let your parents know. They do not have to take pictures as individuals or a team, but they need to be given the option.
  - Times will be set according to your games that day. All games will start late on picture day. If a team is running late-the game will start late so remind your parents of this.
  - We will send picture info and time schedules when it gets closer and post it on Team Sideline.
  - We will email once pictures are back for you to pick up for the team.
- End of the Season
  - We have Medals for Tee Ball and Instructional. We will have 1st and 2nd place only for Rookie up.
  - We will have Bag Drop times or you can drop off at the Park Office.
  - Think about Coaching Next Year!

Thank you for stepping up to coach. You make the difference. Your kids will look back and remember-they may even step up with their own kids someday!

<b>ROTATION SUGGESTIONS:</b>
Start your 9, if you have players on bench they go in next inning (never have a player sit out two innings in a row) ** Made a rotation before, and it was less hectic during the game. **
If I had a weaker player on the infield, I always had a stronger player in the outfield behind him.
Strong positions are SS (longer throw) and 1B (needs to catch). SS can cover a lot of the ground/area.
P – these are the kids that can throw decently.
C – can have Average players here (if you have the players that will catch, this is a good spot to rotate for Infield slot)
1B – strong
2B – most all the kids can play here (short throw to first)
SS – strong
3B – another position that all can play (not likely for many players to make throw to first) (can make a play at 2B or 3B)
OF – ALL players
Depending on Game Length/Time. Every player should have set one inning, then 4th inning can move players as needed.
Players on Bench, would likely go to OF or IF spots, the starting OF would rotate to Infield spots or bench, then rotate players (OF, Bench, IF) that way everyone made IF by 3rd inning.

<b>HEAT INDEX POLICY</b>
The following heat index policy guidelines have been established to ensure the safety and welfare of all players, coaches, and umpires involved with the sport of softball.
<b>HEAT INDEX ACTIONS</b>
<b>80° - 89°: Use caution; Monitor athletes carefully for necessary action.</b>
<b>90° - 104°: Use extreme caution; Ensure water breaks are allowed as needed; Ensure that all individuals drink fluids and that uniforms are modified to ensure the coolest level available.</b>
<b>105° - 114°: Games will be shortened in duration to allow a longer break between games for all involved; Alter uniforms where feasible;</b>
<b>115° &amp; Above: All activities will be suspended until the heat index is below 115</b>
Heat Advisory Options & Suggestions
Pushed back to 7pm
No new innings for softball & baseball will start after 75mins
Coach pitch & Tee Ball no new inning after 45mins
Players playing the position of catcher may not catch for more than two consecutive innings
Watch and monitor participants and take any necessary action
Our goal is safe first. Please remind your players to bring water and to take breaks when needed.

Tee Ball Practices Days			
T-Ball	Games		
Day	Field	Time	Team
Monday	#11	5:30-6:30	
Monday	#11	6:30-7:30	
Monday	#12	5:30-6:30	
Monday	#12	6:30-7:30	
Monday	#13	5:30-6:30	
Monday	#13	6:30-7:30	
Monday	#14	5:30-6:30	
Monday	#14	6:30-7:30	
Monday	#8 (soccer)	5:30-6:30	
Monday	#8 (soccer)	6:30-7:30	
Monday	#7 (soccer)	5:30-6:30	
Monday	#7 (soccer)	6:30-7:30	
Day	Field	Time	Team
Tuesday	#11	5:30-6:30	
Tuesday	#11	6:30-7:30	
Tuesday	#12	5:30-6:30	
Tuesday	#12	6:30-7:30	
Tuesday	#13	5:30-6:30	
Tuesday	#13	6:30-7:30	
Tuesday	#14	5:30-6:30	
Tuesday	#14	6:30-7:30	
Tuesday	#8 (soccer)	5:30-6:30	
Tuesday	#8 (soccer)	6:30-7:30	
Tuesday	#7 (soccer)	5:30-6:30	
Tuesday	#7 (soccer)	6:30-7:30	
Day	Field	Time	Team
Wednesday	#11	5:30-6:30	
Wednesday	#11	6:30-7:30	
Wednesday	#12	5:30-6:30	
Wednesday	#12	6:30-7:30	
Wednesday	#13	5:30-6:30	
Wednesday	#13	6:30-7:30	

Wednesday	#14	5:30-6:30	
Wednesday	#14	6:30-7:30	
Wednesday	#8 (soccer)	5:30-6:30	
Wednesday	#8 (soccer)	6:30-7:30	
Wednesday	#7 (soccer)	5:30-6:30	
Wednesday	#7 (soccer)	6:30-7:30	
<b>Day</b>	<b>Field</b>	<b>Time</b>	<b>Team</b>
Thursday	#11	5:30-6:30	
Thursday	#11	6:30-7:30	
Thursday	#12	5:30-6:30	
Thursday	#12	6:30-7:30	
Thursday	#13	5:30-6:30	
Thursday	#13	6:30-7:30	
Thursday	#14	5:30-6:30	
Thursday	#14	6:30-7:30	
Thursday	#8 (soccer)	5:30-6:30	
Thursday	#8 (soccer)	6:30-7:30	
Thursday	#7 (soccer)	5:30-6:30	
Thursday	#7 (soccer)	6:30-7:30	
<b>Day</b>	<b>Field</b>	<b>Time</b>	<b>Team</b>
Saturday	#11	9:00-10:00	
Saturday	#11	10:00-11:00	
Saturday	#12	9:00-10:00	
Saturday	#12	10:00-11:00	
Saturday	#13	9:00-10:00	
Saturday	#13	10:00-11:00	
Saturday	#14	9:00-10:00	
Saturday	#14	10:00-11:00	
Saturday	#8 (soccer)	9:00-10:00	
Saturday	#8 (soccer)	10:00-11:00	
Saturday	#7 (soccer)	9:00-10:00	
Saturday	#7 (soccer)	10:00-11:00	
<b>Fridays All Day</b>	<b>ALL FIELDS</b>	<b>OPEN</b>	
<b>Saturdays 11:00 on</b>	<b>ALL FIELDS</b>	<b>OPEN</b>	
<b>Sundays All Day</b>	<b>ALL FIELDS</b>	<b>OPEN</b>	