



The City of Grove City Parks & Recreation Department

4035 Broadway, Grove City, Ohio 43123-0427
614-277-3050



Richard L. "Ike" Stage
Mayor

Fall Youth Baseball Frequently Asked Questions

Where will my child play?

All baseball games are played at the complex at Windsor Park, 4408 Broadway/4330 Dudley Ave. Parking is accessible from the north from Bonnie, Dudley or Moore avenues; west from Babbert Way via Broadway; and south on Ventura Boulevard. Be respectful when parking: do not block driveways, park on private property/in apartment complexes, etc.

How do I know if a game is canceled?

Cancellation information is recorded on the Weather Update/Information Line. Call 614-277-3060 then press 4-1 for Windsor Park's status. The message is updated at 4 p.m. on weekdays when conditions are questionable, 7 a.m. on weekends. The decision is made based on the current field conditions. Weather can change rapidly and storms often arise after this time, so check again before your game time if there is a question. Additional sources of information include [Twitter.com/GroveCityOhio](https://twitter.com/GroveCityOhio) and [Facebook.com/GroveCityOhio](https://facebook.com/GroveCityOhio).

How are players assigned to teams? Do you honor participant requests?

It is the philosophy of the City of Grove City Parks and Recreation Department to treat all persons fairly and equally, including offering equal recreational baseball experiences for all leagues and teams. There is no fall coaches' draft: players not automatically assigned are placed on teams by the Grove City Parks and Recreation Department. There is a maximum of three situations when players may be automatically assigned to a team: (1) head coach's child, (2) two assistant coaches' children and (3) the respective sponsor's child. No other participant requests are honored. **Please fill out the registration form completely as this information is used to balance teams and preserve eligibility for players also on school teams.**

What is the Code of Conduct?

All participants, coaches, parents and spectators at Grove City Parks and Recreation programs are subject to comply with codes of conduct fostering the physical, social and emotional development of players and respect for all players, coaches, officials and spectators. Violations include use of abusive/profane language; mistreatment of Parks and Recreation equipment or property; taunting, humiliating or inciting confrontation with players, coaches, umpires/officials or spectators; and drug or alcohol possession or intoxication.

Any person violating the code of conduct while attending, coaching, officiating or participating in a sports event is subject to disciplinary action. The basic outline of discipline is: first offense: verbal warning; second offense: one-game suspension and third offense: season-long suspension. Other actions may be taken based on severity of the violation up to a permanent ban on association with Parks and Recreation programs.

Zero Tolerance Policy: Grove City Parks and Recreation has adopted a zero tolerance policy for fighting, unauthorized entering of the field of play and other threatening behavior. Any player, coach, parent or other spectator who violates this policy is subject to immediate expulsion and a year suspension from Parks and Recreation sporting events.

Is it possible to exchange uniforms for a different size?

Uniforms are ordered immediately following registration. Due to the timely nature of uniform ordering, exchanges cannot be honored, (i.e. no team changes). **Please double check the size order to be correct (sample clothing is available at signups).** Uniforms consist of a uniform shirt with a sponsor name on the back and cap; pants are not provided in the fall. If the customer orders the wrong size, a new jersey can be ordered at the cost to the customer. If unsure, order a larger size.

Which league will my child play in?

League placement is based on age as of April 30 of current year; T-ball is open to players born after Aug. 1.

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|------------------|------------------|------------------------|-------------------------|
| • Age 5: T-Ball | • Age 7: Minor 7 | • Age 9-10: Minor 9-10 | • Age 13-14: Junior |
| • Age 6: Minor 6 | • Age 8: Minor 8 | • Age 11-12: Major | • Age 15-17: Big League |

How do I know what team I am on?

Coaches call all team members shortly after the coaches' meeting on Sunday, Aug. 3.

When will teams get their pictures taken?

Picture Day for fall baseball participants is Saturday, Sept. 6 at Windsor Field 6.

When does the season start and end?

Teams will have their first practices during the week of Aug. 4. Practices are scheduled Monday through Saturday on various nights. Practice schedules are given to coaches at the meeting and are not available during registration. First games of the season are played on Opening Day, Saturday, Aug. 23. The season ends in mid-October (dependent upon weather).

***Rain-out practices will not be made up.**

What days will my child play on?

Teams play two days per week with one weekday game and one Saturday game. Game days are subject to change depending on the number of teams in each league.

- T-ball: Monday/Wednesday/Saturday
- Minors 6: Tuesday/Thursday/Saturday
- Minors 7: Monday/Wednesday/Saturday
- Minors 8: Monday/Saturday
- Minors 9-10: Monday/Wednesday/Saturday
- Majors: Tuesday/Thursday/Saturday
- Juniors: Monday/Saturday
- Big Leagues: Monday/Saturday

What size bat should I buy for my child?

Please be sure to adhere to the following guidelines when purchasing a bat for your child to ensure the safety of our participants. Bats for T-ball, Minor 6, Minor 7, Minor 8-9 and Major must be labeled "Little League® Approved." and bats must not exceed a barrel size of 2¼ inches. Junior/Big League players must use a bat with no more than a 3-ounce drop (-3) or a bat approved for Minor or Major league use. The drop is the difference between the number of inches in bat length and the number of ounces of bat weight, i.e. a bat 33-inches long and weighing 30 ounces has a drop equal to (-3).

VOLUNTEER COACHES

Mandatory Coaches' Meeting

The mandatory coaches' meeting for all leagues is **Sunday, Aug. 3 at 1 p.m.** in **City Hall**. Only head coaches may attend the meeting due to facility space.

What am I required to do as a coach?

To participate as a coach in our program, complete a volunteer coach application available at GroveCityOhio.gov or in the Grove City Parks and Recreation office. Background checks are performed on all coaching applicants. Anyone on the field during a game or practice must complete this process. Once approved, head coaches must take online training for coaches through NYSCA before the coaches' meeting at:

www.nays.org/Coaches/Nysca_Online.cfm.

Coaches in all sports are required by state law to also complete the National Federation of State High School Associations Concussion in Sports training (free).

What is NYSCA?

The National Youth Sports Coaches Association (NYSCA) helps volunteers understand the psychology of coaching children, giving coaches practical skills to help all participants have fun and maximize skills. It provides continuing education, support and valuable resources to develop coaching skills and enhance relationships with parents, officials and children involved in youth sports.

Do coaches have to be NYSCA certified?

Yes! All head coaches in the Grove City Youth Baseball Program are required to be certified through the NYSCA. NYSCA provides volunteer coaches a website, www.nays.org/nyscaonlineclinics, where they can get

certified from home. The initial certification fee is \$25. The Grove City Parks and Recreation Department will issue a credit in that amount to coaches as reimbursement. *Bring in a receipt or membership card to receive credit.*

How often do I have to renew my certification?

Grove City Parks and Recreation will cover the annual \$20 fee for each head coach who requires a new or renewed certification. Coaches who **have never been** certified must complete the clinic that outlines philosophies about youth sports. **Important:** Current head coaches who receive a renewal notice in the mail from the NYSCA must bring it into the Parks and Recreation Department for processing. Assistant coaches also are required to participate in the NYSCA program, but are not required to become official members unless they want to pay their own membership fees.

What are the benefits of NYSCA membership

Volunteer youth sport coaches who undertake NYSCA training are eligible for NYSCA Honor Roll, a privilege extended to coaches meeting the Coaches Code of Ethics. **Initial Membership benefits** include: \$1,000,000 excess liability insurance, Youth Sports Journal magazine and Introduction to Youth Sports, membership card and discounts for selected hotels, car rentals, theme parks and products. **Continuing Membership benefits** include increased insurance protection: \$2,000,000 excess liability insurance; and \$250,000 excess accident/medical insurance (\$50 deductible) for injuries sustained while coaching.

For additional information: 614-277-3050 • Parks.GroveCityOhio.gov

For daily weather updates: Sports Hotline: 614-277-3060 • GroveCityOhio.gov

twitter.com/GroveCityOhio • Facebook.com/GroveCityOhio

Ohio Department of Health Concussion Information Sheet

For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



www.healthyohiprogram.org/concussion

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



Ohio Department of Health
Violence and Injury Prevention Program
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www.healthyohioprogram.org/concussion