



# GROVE CITY YOUTH BASEBALL

## CITY OF GROVE CITY PARKS & RECREATION DEPARTMENT

614-277-3050 • Rain Line: 614-277-3060 • GroveCityOhio.gov • 3226 Kingston Ave., Grove City, OH 43123  
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## FALL 2019 FREQUENTLY ASKED QUESTIONS

### When do I register for Grove City Fall Baseball?

Registrations are accepted every business day during June, 8 a.m.-5 p.m. For 2019, sign up Monday, June 3 through Friday, June 28. Hours are extended until 7 p.m. on Tuesday, June 25. Registration after June may result in the player being placed on a waiting list and includes an additional \$20 fee once registration is accepted.

### What must I bring to register for Grove City Fall Baseball?

You will fill out a player registration form, so be prepared to provide child's birthday, uniform size and emergency contact information. You also need full payment fee and, to qualify for the lower fee level, proof of residency (e.g., current utility bill, pay stub, etc.). For a first-time baseball player, bring the child's birth certificate, even if he/she has participated in Grove City Parks and Recreation (GCPR) programs other than baseball. The registration form must be signed by a legal guardian. Complete the registration form as fully and accurately as possible as it is used to balance teams. Please share information important for GCPR to know such as allergies, behavior issues and restraining orders on non-custodial parents. Parents and players also are required to review information related to the GCPR code of conduct, youth concussions and sudden cardiac arrest (sign off required). Please provide contact information that will allow a coach to reliably reach you.

### Are there any other requirements for my child to participate?

For the safety of their children, parents are encouraged to familiarize themselves with the symptoms of concussion and sudden cardiac arrest (SCA). Please review the Ohio Department of Health Concussion Information Sheet and Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian. All participants must submit signed forms acknowledging the receipt and review of this information before playing in any games.

### Why are there two fee levels - "resident" and "non-resident"?

GCPR and its programs receive financial support from property and income taxes collected within the City of Grove City and unincorporated areas of Jackson Township. In consideration of this, people living and working in these areas receive a discounted rate for youth sports and most other programs. Please note: a Grove City mailing address/ZIP code 43123, does NOT guarantee you live within corporation limits. If unsure, check your address at the Franklin County Auditors website: parcel numbers starting with 040 are in Grove City, 160 in Jackson Township and 161 in Urbancrest.

### How old does my child need to be to participate?

All players must be born between May 1, 2001, and Aug. 31, 2014. No exceptions are made. A player must be a minimum of 5 years old on Aug. 31 to participate. Players who turn 18 on or before April 30 are not eligible. A child's birth certificate must be presented in order to register a player for the first time. For ages 3 and 4, GCPR partners with Bally Sports to offer the introductory Little Sluggers program; visit [ballysportsgroup.com](http://ballysportsgroup.com) for details.

### What are the leagues based on age?

The "aging date" for participants is set by Little League International® annually. For 2019, the player's "age" is based upon his/her age as of Aug. 31, 2019. Players born May through August 2001 may play in the GCPR Big League. A player has an option to select the league for players one year older; i.e., an 8 year old can play "up" in the Minor 9-10 league, but a 9 year old cannot play in the Major league designated for 11 and 12 year olds.

LEAGUE	AGE	DATE OF BIRTH
• T-ball	5	Sept. 1, 2013 - Aug. 31, 2014
• Minor 6	6	Sept. 1, 2012 - Aug. 31, 2013
• Minor 7-8	7-8	Sept. 1, 2010 - Aug. 31, 2012

LEAGUE	AGE	DATE OF BIRTH
• Minor 9-10	9-10	Sept. 1, 2008 - Aug. 31, 2010
• Major	11-12	Sept. 1, 2006 - Aug. 31, 2008
• Junior	13-14	Sept. 1, 2004 - Aug. 31, 2006
• Big	15-17	May 1, 2001 - Aug. 31, 2004

### Do you honor player requests?

It is the philosophy of GCPR to treat all persons fairly, including a goal of offering equal recreational baseball experiences for all leagues and teams. Adhering to this philosophy, in only three situations will players be automatically assigned to a team: (1) head coach's child, (2) two assistant coaches' children and (3) the respective sponsor's child. Siblings playing in the same league will be placed together. No other participant requests are accepted. Players who register late are assigned to teams as openings arise.

### How do I know which team my child is on?

The head coach of your child's team will call soon after that league's coaches' meeting. **Please be prepared to answer a call from a number you do not recognize or have space available on your voicemail for the coach to leave a message.** Coaches for T-ball through Minor 7-8 receive team rosters Tuesday, July 16. The coaches' meetings for the older leagues are Thursday, July 18. Your child may practice as soon as Monday, July 29.

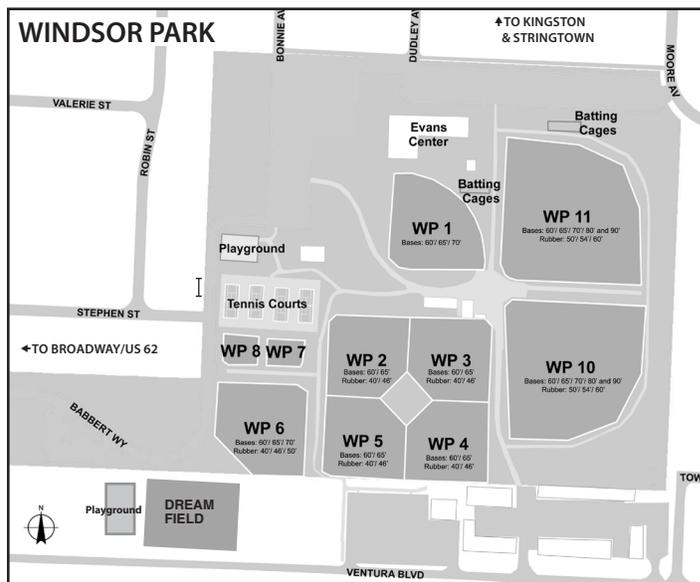
## When does the season start and end?

Practices start the week of July 29 and are scheduled Monday through Saturday on various nights. Coaches receive practice schedules at the coaches' meeting. Opening Day is Saturday, Aug. 17. All attempts are made to play games, but rainy/inclement weather can prolong the season or result in double-headers.

## Where will my child play?

Grove City Fall Baseball games for all leagues except Minor 7-8 are played at the baseball 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.**

Minor 7-8 teams play at Fryer Park, 3899 Order Road, to accommodate the installation of new turf infields on Windsor Park Fields 2 and 5.



## What days will my child play?

Teams generally play **two games per week** on assigned days; if three days are shown for a league, each team will play on two of those three days. Makeup games are rescheduled for Saturdays. Practice and game days are subject to change based on the number of teams in each league, but are expected to follow the schedule to the right.

## When will my child have practice?

Teams practice **Monday, July 29 through Thursday, Aug. 15** on days corresponding to their game days. After Opening Day, teams no longer practice. Canceled practices are not rescheduled. Practice and game days are subject to change based on the number of teams in each league.

PRACTICE/GAME DAYS						
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>T-ball</b>	Game		Game			
<b>Minor 6</b>		Game		Game		
<b>Minor 7-8</b>	Game		Game			Game
<b>Minor 9-10</b>	Game		Game			Game
<b>Major</b>		Game		Game		Game
<b>Junior</b>		Game		Game		Game
<b>Big</b>	Game		Make up Game			Game

## How do I know if a game/practice 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 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).

## Is it possible to exchange uniforms for a different size?

Uniforms are ordered immediately following the draft. Due to the time-sensitive nature of uniform ordering, exchanges cannot be honored (i.e., no team changes). **Please double check the size in order to be correct; there is sample clothing at registration.** Keep in mind that shirts must be tucked in. If unsure, order the larger size. Uniforms consist of a GCPR baseball shirt, Minor League or Major League Baseball cap (depending on the league) and socks. Sponsor names are placed on the back of each shirt. If the customer orders the wrong size, a new shirt can be ordered at the customer's expense, but this can take up to two weeks.

## What equipment does my child need to play baseball?

Players receive a cap, uniform shirt and socks. Batting helmets, catching equipment and baseballs are provided by GCPR. Players provide their own mitts, batting gloves, bats and shoes (no metal-spiked cleats).

## What size bat should I buy for my child?

Guidelines are established to ensure the safety of all participants. Little League® has adopted USA Baseball®'s Bat Standards going forward. Approved bats will be marked with the USA Baseball® logo. For more information, visit [LittleLeague.org/batinfo](http://LittleLeague.org/batinfo). Find a list of approved bats at [USAbat.com](http://USAbat.com).

**\*\*New USA Baseball bat standards were instated for all Little League® affiliates starting in 2018. Please review the requirements carefully before buying a bat, especially on clearance, as older bats marked with the Little League®-approved seal may NOT be legal.**



## What is the Code of Conduct?

All participants, coaches, parents and spectators at GCPR 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 including racist, religious or sexual slurs; mistreatment of GCPR equipment or property; taunting, humiliating (e.g., "making fun" of players of lesser abilities) or inciting confrontation with players, coaches, umpires/officials or spectators; and drug or alcohol possession or intoxication.

Anyone violating the code of conduct while attending, coaching, officiating or participating in a sports event is subject to disciplinary action. Below is a basic outline of discipline. Other actions may be taken based on severity of the violation up to a permanent ban from GCPR programs.

- **1st offense:** verbal warning issued by the Sports Supervisor.
- **2nd offense:** one-game suspension issued by the Sports Supervisor.
- **3rd offense:** season-long suspension issued by the Sports Supervisor.

**Zero-tolerance Policy:** GCPR 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 one-year suspension from Parks and Recreation sporting events.

## COACHES

### How do I become a coach?

If you would like to participate as a coach in our program, fill out a volunteer coach application available in the GCPR Office in the Kingston Center and online on the Youth Baseball web page. Coaches must be at least 18 years of age and pass a background check. Once approved as a coach and before the player draft, a coach must take online training for coaches through the National Youth Sports Coaches Association (NYSCA) at [www.nays.org/coaches](http://www.nays.org/coaches). Youth coaches in Ohio also must complete a concussion education program, available via free online programs from the National Federation of State High School Associations and the Centers for Disease Control and Prevention (Heads Up Concussion in Youth Sports), as well as training in sudden cardiac arrest per Lyndsay's Law through the Ohio Department of Health.

### What am I required to do as a coach?

Coaches are expected to attend a coaches' meeting on the appropriate date (see below). Coaches should serve as positive role models and are responsible for teaching the fundamentals of the game and good sportsmanship to players. They organize their teams including contacting their players after the coaches' meeting, distribute uniforms and other materials as needed (schedules, health information forms, etc.) and regularly communicate with the sports supervisor and members of their teams. They also are responsible for keeping books that record player participation and game scores.

### When are the mandatory coaches' meetings?

Head coaches are required to attend meetings corresponding to the league(s) in which they are coaching. Coaches receive team rosters and player contact information at the meeting. Players are assigned to teams by GCPR staff.

- **T-ball, Minor 6, Minor 7-8:** 6 p.m., Tuesday, July 16, in the Kingston Center
- **Minor 9-10, Major, Junior and Big:** 6 p.m., Thursday, July 18, in the Kingston Center

### Are coaches required to be NYSCA certified?

Yes! All head coaches are required to be certified through the National Youth Sports Coaches Association (NYSCA), which provides volunteer coaches an online website to earn certification at home. The initial certification fee is \$25. **Coaches who bring in a receipt or membership card to the Parks and Recreation office are issued a credit in that amount as reimbursement.** Visit [www.nays.org/coaches](http://www.nays.org/coaches). In order to pick up uniforms, head coaches must show proof of certification.

### I want to be an assistant coach. Are my requirements different?

Any adult who helps on the field is considered an assistant coach. **All assistant coaches must complete the background check process.** Assistants are not required to complete the NYSCA certification process. Head coaches may choose up to two assistants.

### What disqualifies a person from being a coach?

GCPR reserves the right to reject a coaching applicant for any reason including past violations of the Code of Conduct. An application is not considered from a person who has any criminal conviction at any time that is deemed to be of such nature as to cause damage to the effectiveness of the City of Grove City. Additionally, a volunteer applicant with criminal convictions is not considered for the following durations:

- **Permanent:** any sexual crime or felony drug or violence conviction
- **10 years:** other felonies and multiple misdemeanor drug or alcohol convictions
- **Seven years:** misdemeanor violence
- **Five years:** misdemeanor potential danger to children or drug or alcohol convictions including OVI



# 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.



<http://www.healthy.ohio.gov/vipp/child/returntoplay/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 Learn (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.
5. For more information, please refer to Return to Learn at <http://www.healthy.ohio.gov/vipp/concussion.aspx>

### Resources

ODH Violence and Injury Prevention Program

<http://www.healthy.ohio.gov/vipp/concussion.aspx>

Centers for Disease Control and Prevention

<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations

[www.nfhs.org](http://www.nfhs.org)

Brain Injury Association of America

[www.biausa.org/](http://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. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
6. 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.*



Ohio Department of Health  
Violence and Injury  
Prevention Program  
246 North High Street, 5th Floor  
Columbus, OH 43215  
(614) 466-2144

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>



# PARENT/SPECTATOR & PLAYER CODES OF CONDUCT

All participants including players, parents and spectators shall remain supportive of the organization's commitment to the ideals of good sportsmanship and creating a positive, supportive experience for participants by adhering to the following doctrines.

## Parents and spectators shall:

- Support and show respect for all players, coaches, umpires and league officials, and not ridicule or demean players on any team, officials, parents or other program participants.
- Make every attempt to have the youth player on time and ready to play for all games and practices.
- Be a positive role model and do their best to support a positive experience for players.
- Display the principals of good sportsmanship and team play and conduct themselves in a manner that best serves the interests of participants on all teams.
- Inform the coach of any disability or ailment that may affect the safety of a child.
- Comply with the decisions of league officials and observe all rules, policies and procedures as established or endorsed by the Grove City Parks and Recreation Department (GCPR).
- Not question an official's call.
- Be drug and alcohol free while at any GCPR athletic event.

## Players shall:

- Display good sportsmanship and team play at all times and respect all coaches, players, league officials, umpires and spectators.
- Not taunt or use abusive/profane language including racial, sexual or religious disparagements, act abusively toward, or attempt to humiliate any player, coach, official, spectator or GCPR representative.
- Follow the direction of the coaching staff.
- Not abuse or mistreat any GCPR or school equipment or property (e.g., throwing batting helmets).
- Make every attempt to be on time and ready to play for all games and practices.

Grove City Parks and Recreation has a **zero-tolerance policy**, the violation of which could result in an indefinite suspension up to a lifetime ban from Parks and Recreation activities. This includes, but is not limited to:

- fighting
- physical contact
- aggressive behavior towards an individual
- profanity/slurs
- belittlement of players
- violation of the substitution rule

Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating or participating in a youth sports event is subject to disciplinary action, including but not limited to the following in any order or combination:

- If an individual is ejected from a game for any reason, that individual must leave the facility, is immediately suspended and will not be permitted at any future practices or games until the sports supervisor has reviewed the incident.
  - The individual ejected, potential witnesses and the official must submit an incident report explaining the situation that resulted in the ejection.
  - Based upon the information provided, the suspension may result in a minimum of a one-game suspension up to permanent removal from all future league activities conducted by Grove City Parks and Recreation.
  - If an individual is ejected from two separate games, that individual will be immediately removed from the league without a refund and will not be permitted at any facility for games for the remainder of the season.
- I agree that youth sports programs play an important role in promoting the physical, social and emotional development of children. Therefore, it is essential for players, parents, coaches, spectators and officials involved in youth sports events to model good sportsmanship and lead by example by demonstrating fairness, respect and self-control.
- I accept any penalties that are assessed to me relating to my behavior.

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**PLAYER NAME**

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**LEAGUE**

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**PARENT SIGNATURE**

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**DATE**