



## Welcome to Mount Seymour Little League

Welcome to Mount Seymour Little League (MSLL) – we are excited to have you join our organization. MSLL has over 500 kids ranging from age 4 to 18 playing baseball. Our home field is Myrtle Park – this is home to the first 5 levels of baseball starting with Rally Caps (4-6 year olds), then Rookie Junior(5-7), Rookie Senior(7-9), AA(8-10), AAA(9-11) and Majors(10-12). Our teenage players play in bigger parks across the North Shore in Juniors, Seniors and Bigs divisions.

MSLL is a volunteer run organization and relies on ALL parents to step up and help out. Everyone has a role to play on the team whether coaching, managing, bringing snacks, working a concession shift or just cheering on the team during the games.





## What is Rally Caps?

Rally Caps is a Little League Canada program, which MSLL started using in 2008 to replace the original T-ball program. The main focus of Rally Caps is to ensure that the kids get practice time in addition to game play such that they get time to learn the fundamental skills of baseball (catching, throwing, running etc).

Rally Caps teams are smaller than traditional T-ball teams with approximately 6-8 players per team. At each game 3 teams attend. While two teams play a game, the third team practices. The teams then rotate, such that each team plays two games and has one practice session. MSLL will provide coaching support to all Rally Caps teams to help coaches learn how to teach their players the basic ball skills.

## What to expect at a game

At the start of the season the games will be pretty chaotic! It takes a few games for the coaches to get to know the kids and to get used to the rotation of the games and practice sessions. The kids at this age may have trouble focusing and getting kids to understand what is expected during the game will take time. However, as the season moves along you will see significant improvement and everything will run much more smoothly.





## Coaches

Each Rally Cap team should try to get 1 or 2 assistant coaches in addition to the head coach. With kids this young it helps to have as many adults as possible involved especially during the practice times. All coaches must obtain a criminal record check (CRC).

MSLL will provide coaching support to all volunteers to help you learn how to coach. We strongly support the AI Herback Teaching For Tomorrow coaching course and MSLL will cover the cost for all coaches to attend this course. More information can be obtained from the Rally Caps Co-ordinator. The Little League Canada website is also an excellent resource for coaching tips and practice plans.

[http://www.littleleague.org/managersandcoaches/Coach\\_Resource\\_Center.htm](http://www.littleleague.org/managersandcoaches/Coach_Resource_Center.htm)



## Team Manager

The other key role for your team is a Team Manager. This will be the parent who emails the team regarding rain outs or changes of schedule, organizes who is working each assigned concession shift, distribute photo order forms and photos, sets up a snack schedule for your team etc. This is an organizational role not a coaching position – but having a well-organized Team Manager will make the season run smoothly for everyone.



## Equipment

MSLL provides equipment bags for the Rally Caps teams. These bags are shared between all teams and are therefore stored in the locker at Myrtle Park. The head coach for each team will be provided with a key for the locker. The equipment bag contains all items needed for games and practices including, Ts, bats, bases, etc

Your team will receive a set of T-shirts with your team logo. The players get to keep these t-shirts at the end of the season. All players should wear their team shirt to every game.

Players must have their own glove. Make sure it is labeled with the players name as gloves frequently get misplaced! Make sure the glove you have fits the child's hand and that it is not too big for them to be able to close it. There are helmets available in the team equipment bag, but it is recommended for players to get their own helmet. If using a team helmet, players must wear their own ball cap under the helmet.

The equipment bag includes bats so players do not need to provide their own bat. If a player has their own bat, please ensure that the bat is a suitable size and weight before allowing them to use it.

Good options for purchasing gloves and helmets are: Canadian Tire, Time Out Sports or the North Shore Sports swap.

For the remaining uniform the player should wear sweat pants or similar and either running shoes or baseball cleats.





## Concession

MSSL is lucky to have the field house building in Myrtle Park, which we use to run our concession. The concession manager is also a volunteer and puts lots of time into making this run smoothly. The concession is definitely a big part of the Little League experience, offering coffee and hot chocolates for evenings when it's cold, and ice cream when the weather gets warmer – and of course serving hot dogs throughout the season!

All teams are required work 2-3 shifts in the concession. The concession shifts run from 5.30pm to 8.30pm. It is recommended to split this up so that each parent works a 1.5-hour shift either from 5.30pm to 7pm, or 7pm to 8.30pm. There are further volunteers who will help with opening and closing the concession and show you what you need to do.

As Rally Caps teams are smaller than our other teams your team will be assigned to work in the concession with another team. You should try to assign these shifts to families that are not already coaching or managing such that every family on the team has at least one volunteer role.





## Photo Day

MSLL has Photo Day on the first Saturday in May. Every team has individual and group photos taken. Each team will be assigned a time for their team photo. You should plan to have your team arrive 15 minutes before your assigned photo time, so that everyone is ready and the photo schedule can stay on track.

MSLL pays for each player to receive a "Memory Mate" which includes the player's individual and group photo. Parents can use the photo order form to order additional photos, photo gifts, enlargements etc. The team manager is responsible for picking up the photo order forms which will be available in the concession 1-2 weeks before photo day and distributing them to the team, and also for handing out the photos to the teams once they have been delivered.

## Fun Skills Days

At the mid-point of the season there will be a fun skills day for all Rally Cap teams. Players move through different stations and try out skills they have learned so far. At the end of the season a second skills day is held. These days are intended to be fun for all the players.





## **CRCs**

All coaches need to get a criminal record check done. The forms for this can be found on the MSLL website. You then take the completed forms to the RCMP office on 13<sup>th</sup> Street. It can take several weeks to process a CRC application so it is recommended that you complete this as soon as possible. Completed CRCs need to be sent to the MSLL safety officer and are good for 2 years. For full instructions and forms refer to the “Coaches” section on the [msll.ca](http://msll.ca) website.

## **Forms**

The Team Manager should collect medical forms from each player. The medical form can be downloaded from the MSLL website. These should be stored in the team binder and brought to every game. The coaches and manager are also required to complete the volunteer application form (note: the references section is not required). The team manager collects the volunteer forms and then hand them in to the Rally Caps co-ordinator.

## **Snack Schedule**

For Rally Caps kids the snack at the end of the game is often a big highlight! Traditionally parents take it in turns to bring a snack and/or drink for the whole team to share at the end of the game. If you team wants to do snacks the Team Manager should set up a schedule such that each parent takes it in turns to bring the team snack. Don't forget to check for allergies on your team when organizing snacks.