

2023



BASEBALL
MANITOBA

COACH
RUNDOWN

BASEBALLMANITOBA.CA

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MESSAGE TO COACHES



Coach,

On behalf of
Baseball Manitoba
and the Coach
Development
Committee I would
like to thank you for
agreeing to coach
for the 2023 baseball

season. Giving back to your community
by giving kids the opportunity to play
baseball is something for you to be very
proud of.

I often get questions from new coaches
and veteran coaches on what they can
do to become better coaches and/
or how to make it a better experience
for the kids. The answer is that there
are multiple tools available online and
around the province depending on what
you would like to improve on. Examples
include Baseball Manitoba In-Person/
Virtual Clinics (Rally Cap, Initiation and
Competition), Baseball Canada On-line
resources (My First Pitch, Coach Videos)
and access to better coaches.com which
is included as part of your Initiation
coach certification.

Another way to expand your baseball
knowledge as well as develop more
coaches is to get an apprentice
coach involved with your team. The
province is full of young ballplayers
that are currently or have played AAA
and possibly college baseball. The
apprentice coach program allows them
to get involved on a full or part-time
basis with a lower expectation of coach
certification. I would encourage you to

add an apprentice coach to your roster for both
the knowledge level they can bring as well as
the positive role modeling that can occur for
our young players.

For information on the Apprentice Coach
Program, coach training info and requirements
please check www.baseballmanitoba.ca.

Thank you for volunteering to coach this
season. You are providing quality leadership
in your community and making a difference in
your players' lives.

Enjoy the season!

Louis Cote
VP Coach Development
Baseball Manitoba

2023 REGISTRATION & ROSTER

For 2023 Baseball Manitoba is once again partnering
with RAMP InterActive on a provincial registration
system. Coaches should check with their clubs
regarding participation in the RAMP system. All rosters
must be created through RAMP. You should be getting
instructions from your clubs/association on how this
is done. All Coaches should be verifying your own
roster in RAMP by the deadline date - May 15 - unless
otherwise stated. Any changes or updates to rosters
after that date must be made by Baseball Manitoba.

For 2023 the Baseball Manitoba Handbook will
not be included in the coach package. It can be found
on our website. Paper copies can be requested by
emailing: baseball.info@sportmanitoba.ca

The following can be found online:

- Official Rules of Baseball Canada
- The Official Rules of Baseball - Canadian Content
- Coach Drill Book/Practice Plans for 11U and 13U

BASEBALLMANITOBA.CA

↳ [COACHES](#)

↳ [INFORMATION](#)

↳ [RESOURCES](#)



LONG-TERM ATHLETE DEVELOPMENT

“Better athletes, Better Baseball players”

What is LTAD?

Human development from birth to adulthood is a continuous process. To understand the process better, experts divide human development into distinct stages with specific characteristics; these are called stages of development.

In Canada, sport and recreational research has identified seven stages of development, each with its own physical, mental, emotional and cognitive characteristics. This is our Long Term Athlete Development (LTAD) model, and it’s the basis for the optimal training and competition kids need to enjoy sport the most and perform their best.

Why do we need the LTAD model?

Because participation in recreational sport and physical activity has been declining and physical education programs in schools are being marginalized.

Because NOT matching skills and activities to a stage of development has serious negative consequences, and Canadians and the Canadian sport system have been suffering from them for some time. To mention just a few of them:

- Children don’t have fun;
- They develop bad habits because of the over-emphasis on winning;
- Their skill development is poor;
- They don’t reach their optimal performance level;
- Many burn out and drop out of sport.



BASEBALL MANITOBA DAY

Saturday, July 8, 2023 Winnipeg Goldeyes vs Milwaukee Milkmen

Day to Include:

- Goldeyes to wear Baseball Manitoba uniforms
- As members of Baseball Manitoba, amateur teams are invited to help us celebrate another summer of exciting Goldeyes baseball.
- Group rates will be available.
- Baseball Manitoba will be having a contest to win free tickets and snack pack vouchers.
- For more information check the Baseball Manitoba website.



COACHES DVD LIBRARY

Baseball Manitoba has a selection of DVD’s available at Coaching Manitoba, Sport for Life Centre, 145 Pacific Ave in Winnipeg. Contact Gena at 204-925-5692 or gena.cook@sportmanitoba.ca. Many great resources are available. Please check the website for a full list.

WINNIPEG GOLDEYES COACH SYMPOSIUM

Join us on Saturday, June 10, 2023 at Shaw Park. We will be hosting up to 50 coaches for a great day of baseball and coach education. Coaches will get to hear from Goldeyes Front Office and Coach Personnel and be introduced to learning opportunities throughout the day. Visit our website, or follow us on social media to stay updated on how you can register.



ANDREW COLLIER
WINNIPEG GOLDEYES GENERAL MANAGER

WINNIPEG GOLDEYES COACH OF THE MONTH

Know a great coach who deserves some recognition? Baseball Manitoba will be accepting Winnipeg Goldeyes Coach of the Month Nominations May 1 - July 31. There will be three winners annually, one for each month; May, June and July. Check out our website to make your nominations, and follow us on social media to stay updated on the winners.



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BASEBALL MANITOBA PITCH COUNT APP

The Baseball Manitoba Pitch Count app is a free tool for coaches. Use this mobile app to easily keep track of every pitch thrown in a game and view statistics from other Manitoba teams. To download the app search "Baseball Manitoba pitch count app" in the App Store for iPhone users and Google Play App Store for Android users.

Teams may still use pitch count booklets to track pitches, but all teams are now required to submit their pitch counts through the app. Pitch count booklets are no longer being distributed but printable/downloadable pitch count forms are available at www.baseballmanitoba.ca/forms.



Pitch count booklets are available upon request, please contact Brenda Horz at baseball.brenda@sportmanitoba.ca for more info.

MAINTENANCE OF CERTIFICATION PROFESSIONAL DEVELOPMENT (PD) POINTS

Maintenance of Certification is the NCCP policy that requires coaches to maintain their certification through Professional Development and training opportunities over a predetermined period. The policy:

- Provides coaches with credit (PD Points) for attending Professional Development opportunities.
- Promotes upgrading and maintaining relevancy to coaching practices.

Professional Development requirements must be completed by the end of the period for which certification is valid. Certified coaches have a PD points tracking box on the status page of the www.nccp.baseball.ca online account.

PD REQUIREMENTS:

Community Sport Stream: N/A	Rally Cap, Grand Slam, 11U, 13U, 15U, and 16+ (A/AA)
Competition Introduction: 5 Years / 20 PD Points	13U, 15U, and 16+ (AAA)
Competition Development: 5 Years / 30 PD Points	Canada Cup/Games

For more information check the website www.baseballmanitoba.ca/coaching or contact James at Baseball Manitoba: baseball.zamko@sportmanitoba.ca



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**YOUR DESTINATION
FOR BASEBALL GEAR
AND TEAM APPAREL**
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BASEMB ONLINE AT HOMERUNSPORTS.COM

*10% off regular priced items. Some terms and conditions apply.
See store for details. Expires 12/31/2023



Home Run Sports Winnipeg
20 De La Seigneurie Blvd off Bishop Grandin Tel: 204-255-7687
Shop 24/7 at homerunsports.com

HOME RUN SPORTS



COACH REQUIREMENTS

WHAT IS THE NCCP?

The NCCP is a training and certification program for coaches, offered across Canada in more than 60 sports. The program was designed to meet the needs of a wide range of coaches - from those who introduce youngsters to sport to those who work with Canada's high performance athletes.

Since its inception, more than 875,000 coaches have taken part in NCCP activities that have helped them to develop the skills, knowledge, and attitudes required to coach effectively.

The NCCP prepares coaches to:

- Better meet the needs of all participants in sport
- Provide a positive sport experience to participants
- Provide opportunities for participants to achieve their full potential in and through sport.

WHAT DOES A NCCP ACCOUNT INCLUDE?

A NCCP account costs \$37.45 and allows coaches to register for clinics while providing practice plans, drills, and other resources (for all levels) located under the "Tools" section. This includes all the information that was previously offered in the Rally Cap App - which is no longer available.

2023 Baseball Manitoba Coach Certification Requirements Community Sport Teams (A/AA)

The following is required for Regular Season Games, Playoffs, and A/AA Provincial Championships:

	7U RALLY CAP	9U GRAND SLAM	11U, 13U A & AA	15U, 18U A & AA	SENIOR A & AA
Respect in Sport Cost: Free (Online)	ALL Coaches	ALL Coaches	ALL Coaches	ALL Coaches	---
Coach Initiation in Sport Cost: \$37.45 (Online)	Head Coach (Recommended)	Head Coach	ALL Coaches	ALL Coaches	ALL Coaches
Coach Initiation in Baseball - Rally Cap Cost: Free (Online)	Head Coach (Recommended)	---	---	---	---
Coach Initiation in Baseball - Fundamentals Cost: Free (Online)	---	Head Coach	ALL Coaches	ALL Coaches	ALL Coaches
Rally Cap Onboarding Session Cost: Free (Online)	ALL Coaches (Recommended)	---	---	---	---
Initiation Coach Clinic Cost: Free	---	Head Coach (Recommended)	Head Coach	Head Coach	---
My First Pitch Cost: \$14.95 (Online)	---	---	Head Coach	---	---
Video Package - 11U, 13U, 15U, or 16+ Cost: Free (Online)	---	---	ALL Coaches (Recommended)	ALL Coaches (Recommended)	---

MINIMUM ONE HEAD COACH AND ONE ASSISTANT COACH ON EACH ROSTER

2023 Baseball Manitoba Coach Certification Requirements Competition Teams (AAA)

The following is required for Regular Season Games, Playoffs, AAA Provincial Championships, Westerns, and Nationals:

	13U AAA	15U, 18U, 21U AAA	SENIOR AAA, All Stars
Respect in Sport Cost: Free Online	ALL Coaches	ALL Coaches	---
Coach Initiation in Sport Cost: \$37.45	ALL Coaches	ALL Coaches	ALL Coaches
Coach Initiation in Baseball - Fundamentals Cost: Free Online	ALL Coaches	ALL Coaches	ALL Coaches
Absolutes Clinic Cost: \$50	ALL Coaches	ALL Coaches	---
Teaching & Learning Clinic Cost: \$50	ALL Coaches	ALL Coaches	---
Planning Clinic Cost: \$50	ALL Coaches	ALL Coaches	---
Pitching and Catching Clinic Cost: \$50	ALL Coaches	ALL Coaches	---
Strategies Clinic Cost: \$50	---	ALL Coaches	---
Skills Clinic Cost: \$50	---	ALL Coaches	---
Video Package - 13U, 15U, or 16+ Cost: Free Online	ALL Coaches	ALL Coaches	---
Core Portfolio Evaluation Cost: \$109 Online	Head Coach	Head Coach	---
Portfolio Tasks - 13U, 15U, or 16+ Cost: Free Online	Head Coach	Head Coach	---
Practice Evaluation Cost: Free	Head Coach	Head Coach	---
Game Evaluation Cost: Free	---	Head Coach	---
Make Ethical Decisions Evaluation Cost: Free Online	Head Coach	Head Coach	---
Safe Sport eLearning Cost: Free Online	Head Coach	Head Coach	---



VISIT BASEBALLMANITOBA.CA FOR MORE COACH RESOURCES

FOR MORE INFORMATION REGARDING CERTIFICATION CONTACT:

James Zamko | (204) 925-5765 | baseball.zamko@sportmanitoba.ca
Brenda Horz | (204) 925-5763 | baseball.brenda@sportmanitoba.ca



SPORT DEVELOPMENT PROGRAMS:



The Rally Cap Program will service the 4-7 age group, and involves three teams of six players that meet at the park at the same time.



Girls Baseball is a development program for girls ages 7-13 who want to learn to play baseball - no experience necessary. The goal is to develop and improve a baseball skill-set while giving players an opportunity to grow and develop in a fun, all-girls setting.



Grand Slam is the follow-up program to Rally Cap and is meant for players aged 8 and 9. The season ends with a Regional Jamboree and a Provincial Jamboree at Shaw Park in June.



The 11U Monster Mania is a fun one-day event for Mosquito "A" teams that are not competing in league or regional championship.



The Spring Break Baseball Camp for ages 6-12 runs for five consecutive days, offering a comprehensive skill development program. The Specialty Camp for ages 13-15 and is three evenings focusing on pitching, hitting and fielding.



The Winter Academy is a baseball skill development camp to prepare for the season emphasizing technique and play.



An opportunity for children with cognitive or physical disabilities to enjoy the thrill of playing baseball, being part of a team, developing physical and social skills plus all the benefits of participation in baseball at a level structured to their abilities.



The 5 Tool Camps are week long camps held throughout the summer focusing on skill development and game strategy. One day camps offered in select Rural areas.



My First Pitch is a program targeted at the development of pitchers entering the 11U division where pitching is introduced for the first time.

PROSPECTS SHOWCASE: 11U, 13U, and 15U - Gives players that are not on league "AAA" teams an opportunity to develop and participate in a high level of baseball and further develop their skills later in the season.

BASEBALL CANADA RALLY CAP PROGRAM:

The Rally Cap Program is baseball's initiation program and is designed to enhance players' and coaches' first experience with the game.

The Rally Cap manual is available on our website.

BASEBALLMANITOBA.CA

↳ PLAYERS & PARENTS

↳ SPORT DEVELOPMENT

↳ RALLY CAP



HIGH PERFORMANCE PROGRAMS:

MALE PROVINCIAL TEAMS: 17U, 16U, 15U and 13U

FEMALE PROVINCIAL TEAMS: Senior, 21U, 16U and 14U

NATIONAL WOMEN'S INVITATIONAL TOURNAMENT: Attended by the Senior Women's Provincial Team in July.

14U GIRLS WESTERN TOURNAMENT: Attended By the 14U Female Provincial team.

WINTER TRAINING: High Performance Baseball and Sport Science training for male and female High Performance players.

MANITOBA SUMMER GAMES: 14U High Performance tournament held every four years, next is 2024 in Dauphin, MB, made up of Regional Allstar teams.

CANADA SUMMER GAMES: 17U Provincial Team Program competes at a tournament held every four years, next is 2025 in St. John's, Newfoundland and Labrador.



RESPECT IN SPORT

Sport Manitoba and Baseball Manitoba believe in being proactive in ensuring sport in our province is safe and welcoming for all participants. Respect in Sport helps us promote those values through a simple and convenient on-line training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport. Respect in Sport enables coaches to deal with legal and moral responsibilities, making them less vulnerable and more confident in dealing with sensitive issues. A risk management tool, Respect in Sport will help sport organizations reduce liability.

As a mandatory Sport Manitoba requirement, all coaches from all sports (that means every Rally Cap, Grand Slam, "A", "AA" and "AAA" baseball coach) must have the "Respect in Sport" course completed by May 15 of the calendar year they are coaching, or their name will be removed from the roster.

If you completed your Respect in Sport for coaches over 5 years ago and you are required by Sport Manitoba to recertify with the new two and a half hour Respect in Sport for Activity Leaders course as part of your requirements of being a coach in Manitoba. Recertification was always a requirement of the program but has not been available until now. If your email address on your Respect in Sport profile is correct and hasn't changed, you should have or will be receiving an email from the Respect in Sport group letting you know you need to recertify or certificate will no longer be active. All coaches should check their Respect in Sport to make sure their number is still valid. **NOTE: The "hockey parent" Respect in Sport is not valid for a baseball coach.**

RECERTIFICATION INSTRUCTIONS

Go to baseballmanitoba.ca...

BASEBALLMANITOBA.CA
↳ COACHES
↳ TRAINING & CERTIFICATION
↳ RESPECT IN SPORT → RESPECT IN SPORT FOR ACTIVITY LEADERS COURSE

If you have taken Respect in Sport within the last five years but cannot remember your number you can look it up yourself using the following steps:

BASEBALLMANITOBA.CA
↳ COACHES
↳ TRAINING & CERTIFICATION
↳ RESPECT IN SPORT → RESPECT IN SPORT CERTIFICATION NUMBER LINK

If you have any questions or problems, contact baseball.brenda@sportmanitoba.ca

BASEBALL MANITOBA SEVERE WEATHER POLICY



BASEBALL MANITOBA'S POLICY ON SEVERE WEATHER DURING ALL BASEBALL ACTIVITIES

RESPONSIBILITIES



THE BASEBALL MANITOBA REPRESENTATIVE, IN COLLABORATION WITH THE UMPIRE SUPERVISORS AND THE UMPIRE CREW, ARE RESPONSIBLE FOR STOPPING A GAME WHEN SEVERE WEATHER HITS.

THUNDER ROARS/ LIGHTNING STRIKES = STOP



WHEN THUNDER ROARS/LIGHTNING STRIKES, THE GAME WILL BE STOPPED. PLAYERS, COACHES, UMPIRES AND FANS SHOULD SEEK PROPER SHELTER.

<http://www.ec.gc.ca/foudre-lightning/>

FIND ADEQUATE SHELTER



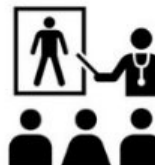
PROPER SHELTER DOES NOT INCLUDE THE DUGOUT. ANY FREQUENTLY USED BUILDING IS CONSIDERED SAFE. ANY VEHICLE WITH A HARD METAL ROOF AND ROLLED-UP WINDOWS CAN PROVIDE A MEASURE OF SAFETY.

RESUMING THE ACTION



AT BASEBALL MANITOBA EVENTS, THE BASEBALL MANITOBA REP AND UMPIRES WILL WAIT AT LEAST THIRTY (30) MINUTES AFTER THE LAST SOUND OF THUNDER OR FLASH OF LIGHTNING BEFORE RETURNING TO THE FIELD AND RESUMING THE GAME.

GET EDUCATED



THE CANADIAN LIGHTNING DANGER MAP, DESIGNED BY ENVIRONMENT CANADA IS AVAILABLE FOR REVIEW PRIOR OR DURING ANY EVENTS.

http://weather.gc.ca/lightning/index_e.html

FOR MORE INFORMATION CONTACT US AT BASEBALL.INFO@SPORTMANITOBA.CA

LET'S GOOOOOO!



#12
LUIS RAMIREZ
RHP



TEAM PACKAGES

GROUPS OF **10** OR MORE CAN SCORE
TICKETS STARTING AT **\$13** EACH

LEVEL-UP WITH TEAM ADD-ONS FOR:
EXPERIENCES | SOUVENIRS | FOOD & BEVERAGES
LEARN MORE AT [GOLDEYES.COM/GROUPS](https://goldeyes.com/groups)



APPRENTICE COACH MENTORING PROGRAM 2023

The Apprentice Coach Mentoring Program has been developed to help recruit and train more young coaches. Apprentice appointments can be made at any competitive level (A, AA, & AAA) and age division (11U to 18U). The program allows for coach mentorship to replace the required clinics as a form of training for the season. The program has the following features:

Apprentice Coaches must:

- Be accepted as an Apprentice by a Head Coach who is fully certified for age and competition level of the team under consideration.
- Be approved as an Apprentice Coach by the local baseball association in charge of the team.
- Complete the Respect-in-Sport online course not later than two weeks into the season.
- Not be a parent of any player on the team.
- Be subject to any current club or association requirements for child-abuse and criminal registry checks, just like any other rostered coach.
- Be older than the players in the age group they are coaching (ideally multiple years older).

Mentor Coaches must:

- Be approved as a Mentor Coach by the local baseball association in charge of the team.
- Accept the Apprentice Coach and ensure the support of the local baseball association for the appointment.
- Commit to helping develop the Apprentice's coaching skills throughout the season.

Clubs Administering the Program will:

- Ensure that there is a maximum of 2 apprentice coaches per team and a maximum of one apprentice coach per mentor.
- Be responsible for reviewing and approving the participation of any individual Apprentice and their Mentor.
- Be responsible for ensuring completion of RIS by the Apprentice and responding to any substantive issues that may arise during the season.
- Ensure that roster forms submitted through RAMP to Baseball Manitoba include any Apprentice Coaches labelled as such.
- Understand that Baseball Manitoba does not oversee competitions beyond Provincial Championships, therefore the Apprentice Coach would not be authorized to participate in Western Canadian or National Championships should the team advance.

Future Coaching for Apprentice:

- Apprentice Coaches at the A & AA levels are only able to remain in the program for one season. The coach would be required to complete the regular NCCP training requirements for future coaching.
- Apprentice Coaches at the AAA level can remain in the program for a second year should they choose. The requirements of remaining in the program include the

apprentice to become **NCCP Initiation Trained** or complete the **AAA Core Clinics**: Absolutes, Planning, and Teaching & Learning.

If you have any questions on the Apprentice Coach Mentoring Program please contact James at baseball.zamko@sportmanitoba.ca.

We hope that you will take this opportunity to introduce some promising new coaches to the game!

Thank you,

Baseball Manitoba Coaching Committee

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VISIT OUR WEBSITE FOR MORE COACH RESOURCES



SPORT ACCIDENT LIABILITY INSURANCE PROGRAM

Baseball Manitoba must receive all initial claims within 75 days of the accident.

Please ensure that ALL parts of the accident claim are completed. Incomplete forms will not be processed and will be returned to the claimant, slowing the reimbursement process. For general questions on the insurance program, call Barb Smith at Sport Manitoba at (204) 925-5645.

NOTE: THIS IS A REIMBURSEMENT POLICY. All payments must be made directly to the group providing your treatment. Include all original receipts of payment with your claim forms. It is suggested that you keep a copy of all your receipts as well. As you receive additional treatment and have more receipts, please submit them to Baseball Manitoba at the address above.

To get a copy of the Accident Claim Form and the Instructions go to www.baseballmanitoba.ca.

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↳ ADMINISTRATION

↳ REGISTRATION

↳ FORMS

PLEASE RETURN ALL APPLICABLE COMPLETED FORMS TO BASEBALL MANITOBA, 145 Pacific Ave, Winnipeg, Manitoba R3B 2Z6 ASAP.

MENTAL HEALTH RESOURCES

Baseball Manitoba is committed to providing mental health support to its members. Sport Manitoba offers multiple helpful resources for not only coaches, but athletes, administrators, and parents.

Many coaches take on more responsibility than they ever thought possible. Sometimes that means dealing with difficult, delicate and sometimes ethical or legal situations that they are not prepared for.

SPORT SUPPORT LINE: 1-877-737-9875

SPORT SUPPORT EMAIL: GETHELP@CHANGEOFSEASONS.CA

The Sport Manitoba Sport Support Line is managed 365 days of the year to ensure community members participating in sport have an appropriate outlet to report abuse. In Manitoba the law requires that anyone who suspects a child may be in danger must report their concerns. The Support Line can assist you in making that report.

Sport
MANITOBA

SAFE SPORT LINE

CALL TOLL FREE

1-833-656-SAFE (7233)

EMAIL

help@safesportline.ca

CONCUSSION AWARENESS

SIGNS, SYMPTOMS, & PROCEDURES

WHAT IS A CONCUSSION?

A concussion is a brain injury that can't be seen on x-rays, CT or MRI scans. It affects the way an athlete thinks and can cause a variety of symptoms.



WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?



A person does not need to be knocked out (lose consciousness) to have had a concussion. Common symptoms include:

PHYSICAL

- HEADACHES OR HEAD PRESSURE
- DIZZINESS
- NAUSEA AND VOMITING
- BLURRED OR FUZZY VISION
- SENSITIVITY TO LIGHT OR SOUND

VISUAL

- LYING MOTIONLESS ON THE PLAYING SURFACE
- SLOW TO GET UP AFTER A DIRECT OR INDIRECT HIT TO THE HEAD
- BLANK OR VACANT STARE

WHAT SHOULD I DO IF I SUSPECT A CONCUSSION?



If any athlete is suspected of sustaining a concussion during sports they should be immediately removed from play. It is important that ALL athletes with a suspected concussion undergo medical assessment by a medical doctor or nurse practitioner, as soon as possible.

LEARN MORE AT BASEBALLMANITOBA.CA

Source: Canadian Guideline on Concussion in Sport | Pre-Season Concussion Education Sheet
www.parachuteCanada.org/concussion

HEAT SAFETY

There are some simple guidelines which have been prepared by the American College of Sports Medicine (ACSM) when it comes to activities in a hot and/or humid environment. The goal in participating in hot weather is to avoid fluid loss from the body or dehydration.

AVOIDING AND PREVENTING HEAT RELATED INJURIES WHILE PLAYING BASEBALL

Guidelines



- 1 Avoid dehydration and make sure you pre-hydrate
 - 2hrs before → 500 ml
 - 1 hr before → 250 ml
 - During (Every 15 mins) → 125-250 ml
 - Immediately After → 500 ml
 - 1 hr after → 500 ml of chocolate milk
- 2 You should drink at least 500 ml for every 9 kg of body weight
- 3 Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma
- 4 Wearing light breathable clothing is advised.
- 5 Officials should be very cautious in authorizing games and practices in environments where the temperature plus humidity combined are 35 C and over. Unlimited substitution is recommended during games as is frequent fluid breaks

Signs



Main types of injuries

- 1 **Under Heat Cramps**
 weakness, muscle cramps, collapse with low blood pressure.
 Treatment to replace the salt loss can be orally or by intravenous if vomiting is a problem.
- 2 **Heat Exhaustion**
 weakness, irritability, collapse, unable to sweat adequately, a fine rash is often present.
 Remove athlete to a cooler environment, use ice baths, fans
- 3 **Heat Stroke** **▲** Medical Emergency call 911
 mental confusion, headache, poor coordination, delirium, convulsions and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed.
 Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.

TRUTH & RECONCILIATION IN BASEBALL

The Government of Canada's Truth and Reconciliation Commission (TRC) has created Calls to Action specific to sport. They are numbered 87 through 91:

Sports and Reconciliation

87. We call upon all levels of government, in collaboration with Aboriginal peoples, sports halls of fame, and other relevant organizations, to provide public education that tells the national story of Aboriginal athletes in history.

88. We call upon all levels of government to take action to ensure long-term Aboriginal athlete development and growth, and continued support for the North American Indigenous Games, including funding to host the games and for provincial and territorial team preparation and travel.

89. We call upon the federal government to amend the Physical Activity and Sport Act to support reconciliation by ensuring that policies to promote physical activity as a fundamental element of health and well-being, reduce barriers to sports participation, increase the pursuit of excellence in sport, and build capacity in the Canadian sport system, are inclusive of Aboriginal peoples.

90. We call upon the federal government to ensure that national sports policies, programs, and initiatives are inclusive of Aboriginal peoples, including, but not limited to, establishing: i. In collaboration with provincial and territorial governments, stable funding for, and access to, community sports programs that reflect the diverse cultures and traditional sporting activities of Aboriginal peoples. ii. An elite athlete development program for Aboriginal athletes. iii. Programs for coaches, trainers, and sports officials that are culturally relevant for Aboriginal peoples. iv. Anti-racism awareness and training programs.

91. We call upon the officials and host countries of international sporting events such as the Olympics, Pan Am, and Commonwealth games to ensure that Indigenous peoples' territorial protocols are respected, and local Indigenous communities are engaged in all aspects of planning and participating in such events.

Baseball Manitoba is committed to the efforts set forth in these Calls to Action and is working towards reconciliation.

BASEBALL MANITOBA LAND ACKNOWLEDGEMENT

Baseball Manitoba would like to acknowledge that we are located on Treaty 1, 2, 3, 4 and 5 Territory, the traditional lands of the Anishinaabe (Ojibwe), Inineu (Cree), Ojibwe-Cree, Dene and Dakota and is the Birthplace of the Metis Nation. Baseball Manitoba respects the Treaties that were made on these territories, acknowledges the harms and mistakes of the past, and we dedicate ourselves to learn move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration. We welcome all nations to baseball activities, programs and community with acceptance and through the spirit of sportsmanship and the game.

**Visit our website for more information
on Truth and Reconciliation in baseball.**

BASEBALLMANITOBA.CA

↳ ADMINISTRATION

↳ ABOUT BASEBALL MANITOBA

↳ TRUTH & RECONCILIATION IN BASEBALL

MANITOBA ABORIGINAL SPORT AND RECREATION COMMISSION (MASRC)



MASRC is Provincial Sport Organization within Sport Manitoba dedicated to the promotion of sport and recreation for all First Nation, Metis and Inuit people in Manitoba.

CONTACT

Ph: 204-925-5737

Fax: 204-925-5716

Email: masrcoperations@sportmanitoba.ca

Website: www.masrc.com

Facebook: @MASRCManitoba

Instagram: @_masrc

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Winnipeg, MB

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For further guidance in crafting an appropriate Land Acknowledgement contact MASRC.

SPORT MANITOBA PLAY MORE BE MORE CAMPAIGN

The Sport Manitoba #PlayMoreBeMore campaign emphasizes the benefits of playing multiple sports and highlights the dangers of specializing in one sport at a young age. Playing a variety of sports will help young athletes:

- Excel in their chosen sport.
E.g. a hockey player who also continues to play volleyball and soccer - soccer is excellent for conditioning, change of direction abilities, and controlling a puck in skates, while volleyball is excellent for leg power and reaction skills. Another example is how cycling and skiing can develop lower body strength for a speed skater.
- Benefit their overall athleticism.
- Avoid overuse injuries that come with repeatedly doing the same sport over and over for several years.
- Avoid burnout.
- Have fun and walk away with a positive and enjoyable experience in sport and physical activity.



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