

West Hill Softball (WHS) Coaches Orientation and Panel Discussion

APRIL 3, 2022



Agenda

- **WHS Mission & Your Role as a Coach**
- **How we select our Coach Volunteers / Requirements**
- **Preseason Best Practices / Engaging your Parent Group**
- **Season Details – What you need to know:**
(Dates, Games, Practices, Tournaments, Provincials)
- **Rule Changes & Details**
- **NCCP & Coach Resources**
- **Coach Panel Discussion-Tips from the Top**

**WHS Coach Panel
Discussions
Throughout**

WHS

Coach Panel Introduction

- **Paul Ghazar (U11)**
- **Tanya Carlson (U13)**
- **Scott Springman (U19)**
- **Jennifer Kirby-Moderator (U19)**

West Hill Softball Mission

... And Your Role As Coach

WHS – Our Core Values

Reference

Strength in Community: Our teams, players, coaches, volunteers, parents, fans, and others constitute our West Hill Community. We serve as role models, mentors, and leaders seeking not only to teach others, but also to learn from them. We develop new connections and friendships with our teammates and their families. We take pride in creating and fostering these life enhancing relationships, which lead to a strong and vibrant community.

Respect the Game: We respect the game of softball. In doing so, we must all show respect for teammates, opponents, umpires, coaches, volunteers, other parents, and our environment. We value each individual's unique talents and their diversity, and in doing so, respect each other and ourselves.

Individual Responsibility, Integrity, & Accountability: All members of the WHS community bear individual responsibility and play an important role in reaching a common goal. We understand that we are accountable for our actions both on and off the field, and are committed to the highest sense of integrity encompassing every aspect of our behaviour. We strive for high moral character, honour, respect and honesty in all our actions, realizing that the strength of a community is based on the integrity of its members. Each of us adheres to our various CODES OF CONDUCT for players, coaches, and parents.

Work Ethic: Work ethic is the relentless effort to better yourself and your team both physically and mentally day in and day out, in season and out of season. Be humble. Be hungry. Engage in the process and your work ethic will take care of the outcome.

Positive, Fun Environment, promoting Joy: Joy is the reason we all play the game. We have a positive attitude in all practices, games, tournaments, and other league events on and off the field. In doing so, we bring joy to all members of our association.

Pride In West Hill: We are proud to represent our team, our association, and our community. We take pride in wearing our "West Hill" logo, and our core values it represents

Competitive Spirit & Sportsmanship: We use the competitive spirit to excel at the highest level, while acting and competing in a way that reflects our core values. We are resolved to compete in an atmosphere of respect, fairness, and graciousness among all of our constituencies.

<https://www.westhillsoftball.ca/about-us/who-we-are/>



WHS – Coach Code of Conduct

Reference

As a coach participating in West Hill Softball programs, you are expected to:

1. **Complete required training** including the Respect in Sport course as required by Calgary Minor Softball.
2. **Model good sportsmanship** by treating everyone fairly, with respect and dignity including players, parents, coaches and officials.
3. Refrain from the use of profane, insulting, harassing or otherwise offensive language or behaviour while coaching.
4. **Teach** all players the skills of the game, the values of teamwork and the meaning of good sportsmanship.
5. Provide **encouragement and positive direction** to players remembering that athletes play to have fun.
6. **Uphold the rules**, regulations and policies of the West Hill Softball Program.
7. Provide a **safe playing environment** for the athletes.
8. Ensure that all athletes get **equitable** instruction, opportunity, support and playing time.
9. Support all efforts to **remove verbal and physical abuse** from sporting activities in line with the Respect in sport training.
10. Ensure the activities being undertaken are **suitable** for the age, experience, ability and fitness level of the players I coach.
11. I will work to **resolve** all parent-coach or athlete-coach **conflicts** related to playing time, in-game decisions, coaching methodologies, personality conflicts or otherwise. Coaches are encouraged to wait 24hrs from the time of the event or activity before contacting a parent or athlete for discussion.

WHS Targets – What does good look like?

90% Coach Satisfaction rate (2019 = 89%, 2020 = 97%, 2021 = 82%)

75% Renewal Rate (2019 = 70%, 2020 = 68%, 2021 = 80%!!!)

90% Likelihood to Recommend (8+ out of 10 rating) (2019 = 91%, 2021 = 88%)

Some comments:

- *“They did a good job of spending time to show the right way to do something. Always **positive** and **encouraging**.”*
- *“Coaches were very **patient, positive** and **helpful**!”*
- *“He was such a **knowledgeable** coach and has a gift to effectively coach girls and pass his knowledge on to the girls.”*
- *“Our coaches were amazing! They made it **super fun** for the girls, even with covid protocols. Could not have asked for better!”*
- *“Always makes each player feel included, gives everyone equal opportunity to try new positions. He makes learning the game **fun**.”*
- *“Our team was very **inclusive** - everyone was made to feel that winning or losing was a TEAM effort. At the U12 level, it was nice to have so many **female coaches**.”*

GOAL: MEET 90% Satisfaction & 75% Renewal Rate



West Hill Softball Mission

Our Role as Coaches

- **Introduce** athletes to the sport and **how to play** the game
- Grow softball **skills** through consistent instruction

We want to empower you to know the game and provide you support.

Skills Clinic next weekend, Coach Resources page, Coach contacts

- **Inclusive** for all skills levels, in all age groups

Entrusting you, the coach to uphold this requirement, now more than ever

- Build **confidence** in athletes through positive reinforcement
Introduce athletes to the excitement of **competition**
Ensure all players are **HAVING FUN**

Create a positive environment, kids having fun first and foremost

We can introduce competition, but not at the expense of FUN

<https://www.westhillsoftball.ca/about-us/who-we-are/>



West Hill Softball Mission

- Improve **fitness** level through active practices and games

*Softball can sometimes be stationary, keep your athletes moving.
Design practices and warm-ups that promote overall physical health*

- Build **new friendships** through team dynamics
- Build a sense of **community** through friendship and connections

*Allow for social time for the players before/after practices
Promote team activities, engaging the families*

- Build strong future **female role models** in sport

*Empower your female coaches & parents to participate.
The power of the female role model on the field can't be understated*

- Be a Leader & a Role Model - you represent West Hill Softball

With the overall goal: **DEVELOPING A LIFELONG LOVE OF THE GAME**

<https://www.westhillsoftball.ca/about-us/who-we-are/>



WHS Mission: Panel Discussion

HOW DO WE LIVE
OUR MISSION AS A COACH?

Mandatory Requirements

COACH ACTIONS AND SEASON
PLANNING

Mandatory for all coaches

Questions?

A) Immediate Requirements To Become A Coach



Complete A WHS Coach Application Form

NEW FOR 2022: All prospective coaches must please fill out the following application form for consideration in the upcoming Season. Once evaluations are complete and teams are formed, coaches will be contacted. Coaching applications will be considered based on number of applications per team and coaching experience. [WHS Coach Application](#)



Complete Your Calgary Police Security Clearance

Required every 3 calendar years.

Follow instructions here on [Calgary Minor Softball Site for Security Clearance](#)

You can download your [VSP here](#) (updated for 2022)



Complete The Respect In Sport - Activity Leaders Course

Details and link to the course on our [RIS Page](#)

This course **MUST** be the Activity Leaders edition.

Once completed, or if you already have a RIS #, submit your Certificate # to WHS on our [Google Form](#)



Complete Fundamentals Of Coaching Softball

One time online course through [Softball.ca](#). Foundations of Coaching Softball (FOCS) is Softball Canada's first online National Coaching Certification Program (NCCP) modules developed to introduce new and experienced coaches to the foundational skills of coaching and softball-specific coaching concepts

<https://www.westhillsoftball.ca/coaching/coach-requirements/>

WH

Mandatory for all coaches

Questions?

B) Coach Pre-Season Meetings



Attend WHS Coach Orientation Session

Session will occur in April, date TBD

Mandatory for ALL Coaches to review details of requirements for the coming season, new rules, tips & tricks, meet your fellow coaches.



Attend WHS Coaching The Fundamental Skills

Session will occur in April, date TBD

This is a fun, informative night with a goal to introduce and demo the right fundamental skills for coaching. Great for coaches at all levels. Mandatory for **new** coaches/assistants, but beneficial for all! Come meet your fellow coaches!



Attend Calgary Minor Softball Coach Orientation

Mandatory for all new coaches without Softball NCCP Certification

Dates & Locations: TBD for 2022, pending restrictions

Pre-registration required (fastpitch@calgaryminorsoftball.com)

More info on [CMSA Site here](#)



Attend Calgary Minor Softball Category Meetings

(Only one coach per team required; Head Coach preferred)

Dates: April 11-13, 2022 (expected online)

Full schedule posted on [CMSA site here](#)

<https://www.westhillsoftball.ca/coaching/coach-requirements/>

Coach Selection Process

DETAILS

- Players are first placed at their appropriate skill level
- Skill level assignment is NOT impacted by coach availability
- Considerations: Application, certifications
- Other considerations: Commitment levels, experience

Age Cat	Coaches	Players	%
U7	14 (3)	33	42%
U9	15 (3)	62	24%
U11	34 (9)	93	37%
U13	24 (8)	88	27%
U15	21 (7)	76	28%
U17/U19	13 (8)	40	33%
TOTAL	121	392	31%

(u11-u19)	Coaches	% Cover
Division 1	30	50%
Division 2	35	35%
Division 3	30	22%

*Majority of Div 3 teams only have
Assistant Coach volunteers*

Last Year = 96 total coaches, 29%



Coach Roles & Expectations

HEAD or CO-COACHES:

- Works with team manager to communicate to team
- Arrange pre-season meeting to discuss coaching roles, philosophy and expectations
- Ensure practice plan is prepared for each session
- Develop team ground rules
- Instructs Assistant Coaches how they can help
- Ensure the equipment arrives to the field early every practice!
- Develop an Emergency Action Plan (EAP) – Required for each event
Template at: http://westhillsoftball.ca/page.php?page_id=121841

ASSISTANT COACHES (4 total coaches is the recommended number)

- Assist with equipment and team set up
- Assist with building practice plans, and helping them run effectively
- Organizes players ensuring they are ready to play
- Participates in activities (hitting ground balls, playing catch, setting tees, coach pitch, warming up pitchers, etc.)

PANEL: Best practices for making an effective team of coaches?



Getting the season started

Preseason - Equipment

- **Jerseys + Hats:** Dates TBA (mid/late April)
Line up your your players up by size and distribute based on largest to smallest (often very little wiggle room to request exchanges).
Please ensure that the Jersey sheet is filled in for WHO has WHICH jersey for tracking purposes
- **Coaches:** Will receive a WHS hat & coach shirt (TBD)
- **Equipment Pickup** (Strathcona Community Centre)
Pick up scheduled for Apr 1-3 & 9-10.
Please pick up at your given time since we have tight timelines at SCA. If you can't make it or have any other questions, please e-mail Craig at equipment@westhillssoftball.ca

Preseason – Actions

Has everyone received their intro email?

- **Intro Email sent out by WHS to each Head Coach (Or Coach group)**
- **Intro Email to your team**
 - Confirm players placement on your team
 - Who you are, your experience/background, philosophy, values, and what to expect
 - Notify WHS officials that this action has been completed
 - Best practices can be sent out
- **Have a Parent Meeting (Critical) – in person or virtual**
 - Setup all the volunteers on who will do what
 - Further details later in deck
- **Coordinate with your Manager to fill the Team Volunteer Roles**
 - Who will do what? (help at practices, equipment manager, bench moms, treasurer, first aid, umpires, scorekeepers, tournament/social coordinators, first aid (?), photographer (?))
- **Setup your first practices**
 - Could be Indoor or Outdoor in next two weeks

Parent Responsibilities

**Reinforce & remind parents of
THEIR role with the team**

PARENT/SPECTATOR CODE OF CONDUCT:

As a parent and spectator participating in West Hill Softball programs, you are expected to:

- **Complete the Respect in Sport** course as required by Calgary Minor Softball (must be recertified every 5 years)
- **Model good sportsmanship** for your child in all interactions with their teammates, coaches, opponents and Umpires.
- **Refrain from any criticism** of Umpires; whether volunteers or paid, they, like your children, are learning the game, and need support and encouragement from all.
- **Provide positive feedback** to all players from both teams, and offer encouragement when they try something creative, or demonstrate good skills.
- **Avoid conflicts** with parents from your team, and from the opposing team.
- **Let the Coaches do their job**; avoid yelling instructions to players from the sidelines, it can be confusing and frustrating
- **Communicate openly with your coach** if you have ideas or concerns; choose a time away from a game situation; treat the Coach with respect, and work with them for the betterment of the team.
- For all parent-coach or athlete-coach conflicts related to playing time, in-game decisions, coaching methodologies, personality conflicts or otherwise, **we encourage parents/athletes to wait 24hrs** from the time of the event or activity before contacting a coach for discussion.
- **Demonstrate commitment** to the team by having your child attend all practices and games, arriving on time, or providing notice if necessary to miss one or being late. (E.g. Arrive 30-45 minutes before games)
- **Do your fair share**, sign-up for volunteer roles with your child's team; this league is 100% run by volunteers
- Ensure your child is interacting consistent with the Player Code of Conduct listed below.
- Ensure your child is having fun; developing a lifelong love of the game!

Umpires

CURRENT REALITY

UMPIRE SHORTAGE

- Not enough paid umpires in Calgary
- Shortage amplified with COVID
- 2021: only Div 1 games were covered

PARENT REQUIREMENTS

- Parents are expected to umpire across most levels
- No previous experience required
- No formal training required
- Suggestion to rotate responsibility
- Set expectations early, before season

WHAT ARE WE DOING?

PARENT UMPIRE CLINIC (Date TBA)

WHS will be hosting a parent umpire clinic closer to the season (early April). Last one was 2019.

COACH UMPIRE PROGRAM

We are looking to implement a requirement that all coaches will attend (TWO) games for an age group lower than their own.

Why? Help fill the umpire gap; Coach mentoring & connections; coach appreciation of the other side

HOWEVER, WE NEED HELP!?

We do need an organized volunteer who can help us schedule this cross-functional program and be an aid for teams with parent umpiring issues.

Team Parent Positions

Lots of ways to get involved!

- Head Coach / Co-Coaches / Assistant Coaches (3-4 per team)
- Practice Assistants
- Team manager
- Umpires
- Field Manager
- Scorekeepers
- Treasurer
- Equipment manager
- Coordinators: Tournament, Social, etc.
- Optional: Team photographer

Pre-Season: Panel Discussion

What are some best practices/most important actions to start your season?

How do I get parents involved?

Calgary Minor Season Details

Season: Start of Outdoor Season

Preseason Outdoor Practices:

- Can start anytime in April
- Pending weather and field conditions (as soon as fields are melted, dry, and safe)
- Outdoor city field bookings typically start by April 15
- Weekend of April 16 – Easter - (and week of April 18) will be first official week of outdoor practices
- All field use should be booked/confirmed prior by contacting: fields@westhillsoftball.ca

Exhibition Games Week: Week of Apr 25-28 **New in 2022**

- WHS will pair up internal teams to compete (where possible)
- Exhibition games are a good way to iron out the kinks before your first game!

Opening weekend: April 30-May 1

- Each team will play up to 4 games on the first weekend (two on each day)
- Not a tournament; an accelerated plan to get everyone going quickly
- It is common for one of both of these days to get postponed due to weather, be prepared
- First regular weekday games are scheduled for May 2-3

Timbits Opener (All teams): Saturday, April 23

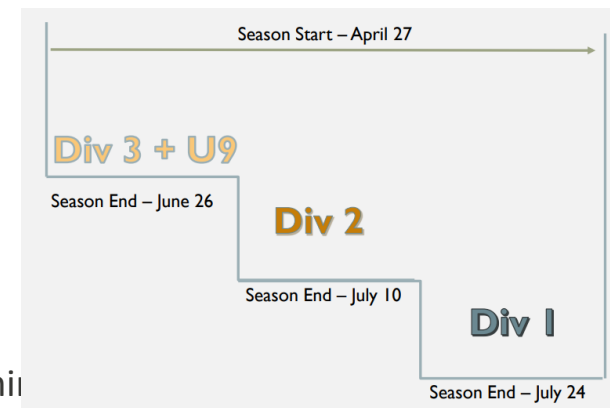
- League will help run this for all teams; distribute equipment, etc.
- Details still to come on this new opening day

PLAY BALL!



Season: Regular Season Details

- **Schedules on Calgary Minor Fastpitch (CMF) website:**
<http://calgaryminorsoftball.com/divisions.php>
Each team must input their own schedules into TeamSnap (they are not connected)
- **Key Dates at:** http://calgaryminorsoftball.com/page.php?page_id=39184
- **2 weeknight games per week**
 - Some teams will get bye nights (odd # of teams)
 - U9, U11, U15 = Tuesdays & Thursdays
 - U13, U17/U19HS= Mondays & Wednesdays
- **Weekly Practices**
 - **Saturdays** (morning/early aft) OR **Sundays** (morning/late aft/evening)
 - When teams are formed, let coach know preferred timeslot, they will have some choice
 - Please make every effort to attend all practices.. **Important!**
 - Want more practice time? Just ask fields@westhillsoftball.ca
- **Game times (6:45pm starts)**
 - Typically arrive 30-60 min prior to games, depending on coach and level of play
 - Game Lengths: **U9 & U11** = 1 hr 30 min; **U13+** = 1 hr 45 min



PANEL QUESTION:

Arrival times for your teams before practices and games?

WH

Practice Planning

- **Plan backwards**
 - ✓ When does the season begin and how many training sessions will we have during the season
- **Set time limits** for drills
- **Use drills** to reinforce fundamentals
- **Create stations** that ensure lots of reps per player
- **Create a series of practice plans** that can rotate and use over and over again

**PANEL DISCUSSION: How do you maximize your practices?
Arrival times for your teams?**

Game Day Planning

- **Be prepared with your plan**
- **Create a lineup & defensive positions before you arrive**
- **Use a whiteboard that you can display to players (this limits shouting of positions)**
- **Be specific about arrival times and warm-up**
- **Adjust as needed**

PANEL DISCUSSION: Your best advice for game days and fair play?

Season: Weather Policies

- There is no such thing as “normal weather” in Calgary
- In past few years we have had nights postponed due to:
Rain, Snow, Smoke, Cold, Heat, Floods
- Expect all of the above, and expect the spring cold!
- Calgary Minor (CMF) will determine league-wide postponements
- Temperature threshold is 4 degrees (“Feels like” number on Weather Network)
- Individual game postponements can be determined by team officials before or at the field (work with opponent)
- Coaches: always try to play the game until the last possible moment
- Postponed games have to be rescheduled by the team themselves.
- Remember:
 - Calgary weather can be drastically different in two parts of town
 - Calgary weather can drastically change in one hour
 - *E.g. In the past, it has snowed at 3pm, only to play in sunny 12 degrees by 6pm.*



**Teams will be requested to make-up ALL postponed games
(need to work with opponent, WHS, and/or CMF to coordinate)**

Assume “Game on!” until you hear otherwise

WHS

Season: Tournaments / Playoffs

Tournaments & Post-Season Details:



• Tournaments

- All posted on Softball AB website: <https://www.softballalberta.ca/tournaments/listings/>
- Recommend to sign-up early



• Playoffs / “City Championships”

- All teams will make the playoffs
- Expanded playoff format this year
- Two week, weekday format, with a final weekend as necessary
- Typically grouped in 4 to 6 team brackets, with a double-knockout format
- Play for medals (Gold & Silver)

• See [Key Dates page](#) on CMF for most accurate info

- *Division 3: Monday June 13 – Sunday June 26 (no games July 17-19 weekend)*
- *Division 2: Monday June 27 – Sunday July 10 (no games July 1-3 weekend)*
- *Division 1: Wednesday July 6 – Thursday July 21 (July 22-24 weekend only if necessary)*

• Provincials:

- Expected for our Division 1 teams (B or C Level)
- Optional for our Division 2 teams (C or D Level)
- Provincial weekends occur in July (weekend dependent on their level)

<https://www.softballalberta.ca/championships/provincials/>

W4H

Calgary vs. AB – Provincial Levels

Competitive

Recreational

u7 Timbits
(Boys/Girls)

u9 Modified
(Girls only)

SOFTBALL ALBERTA – “B”

U11

Div. 1

u13

Div. 1

u15

Div. 1

u17/19 “HS”

Div. 1

SOFTBALL ALBERTA – “C”

U11

Div. 2

u13

Div. 2

u15

Div. 2

u17/19 “HS”

Div. 2

SOFTBALL ALBERTA – “D”

U11

Div. 3

U13

Div. 3

u13

Div. 3

u16/19 “HS”

Div. 2B

**Alignment with
Softball AB Categories:**

Div. 1 = “B” or “C”

Div. 2 = “C” or “D”

PANEL: What are your strategies for tournaments and provincials? Which ones do you like?

W4H

WHS Tournament

- 'Spring into Summer' fun-first theme
- Friday-Sunday June 17-19
- Father's Day Weekend!
- Glamorgan 4 Diamonds / Glenbrook Diamonds
- Age groups: U11, U13, U15
- Divisions: TBD
- WHS teams encouraged to participate (will have subsidized fee)
- Build on the incredible success from Inaugural 2019 Hits & Spits tourney



Planning Volunteers Needed!
Email us at: volunteers@westhillsoftball.ca

Photo Night & WHS Celebration

Friday, May 13th **Absolute Baseball Academy** (2221
Crowchild Trail NW)

- Celebratory night for ALL teams at WHS
- Free team & individual photo memory for every player
- Free time in the batting cages
- Food & drinks will be available-Sponsored by Kal Tire
- Contests / prizes



End of Season Expectations

- **Coach's Player Evaluations**

- We will be asking for at least 1 player evaluation form filled out per team
- We will accept more than 1
- Don't just put in scores, the comments about the player proved to be just as important
- Critical for our evaluation process the following season

- **Equipment Return – *Date TBD***

- SCA Community Centre; details to be communicated in June/July
- Don't forget, this includes Jersey return (with the tracking sheet!)

- **Wind-up Party**

- Ideas include pizza party at the field!
- Parents vs. Kids game

CALGARY MINOR RULES

2022 Changes

Softball Canada, Softball Alberta, and Calgary Minor Fastpitch are implementing changes in 2022

- Age group changes to Odd numbered years
- Means all groups of girls stay with the same group from 2021 to 2022
- Age groups move up one category with rules (e.g. u11 now follows old u12 rules)
- One exception: u13 will continue to use the 11" ball instead of 12"
- New u9 age group splits away from Timbits
- WHS expands Timbits age group to include 5 year old players

Changes		Ball Size	Pitch Dist.	Base Dist.
Women's		30.5 cm (12")	13.1 m (43')	18.3 m (60')
U23	Under 23	30.5 cm (12")	13.1 m (43')	18.3 m (60')
U19	Under 19	30.5 cm (12")	13.1 m (43')	18.3 m (60')
U17	Under 17	30.5 cm (12")	13.1 m (43')	18.3 m (60')
U15	Under 15	30.5 cm (12")	12.2 m (40')	18.3 m (60')
U13	Under 13	27.95 cm (11")	11.58 m (38')	16.76 m (55')
U11	Under 11	27.95 cm (11")	10.67 m (35')	13.7 m (45')
U9	Under 9	27.95 cm (11")	9.14 m (30')	13.7 m (45')
U7	Under 7	27.95 cm (11")	9.14 m (30')	13.7 m (45')

U9 "Softies"

Division Specific Formats

U9 MODIFIED

(All u9 teams will play modified rules in 2022)

- 6 fielders; no outfielders
- Home Run line – 25 feet behind the bases
- No walks – Coach pitch after 4th ball (pitches up to 3rd strike)
- No stealing home

U11+ TRADITIONAL

- 9 fielders, no home run line

HIGH SCHOOL STRUCTURE (U17/U19)

- Calgary Minor & WHS operate these divisions together
- u19 does not have enough players or teams for a full league
- Provincials & Tournaments remain split at U17 & U19 levels
- All pitchers will now throw from 43'

All Rules Will be Reviewed at Calgary Minor Category Meetings



Division Specific Rules

Dropped 3rd Strike Rule (in effect for u15+)

- U9-U13 the batter is considered out, regardless of whether the pitch is caught
- U15+, the batter may run if the ball strikes the ground before being caught

Infield Fly Rule (applies for u15+)

- U9-U13: All balls are in play, and no automatic outs may be called
- U15+: Umpire discretion to call infield fly rule

Stolen Bases

- U9 only – no stealing home
- All other league may steal bases at any time



All Rules Will be Reviewed at Calgary Minor Category Meetings

WH

Division Specific Rules

Runs Per Inning

- Calgary Minor moving back to 4 run max (except Div 1)
- Open inning rules change once again
- Note: Many tournaments & provincials will continue with a 5 run rule

Category	Division	Runs / Inning Limit	Open Inning
U9	All	4	None
U11	All	4	None
U13	Div 1	7	Final Inning
U13	Div 2	4	Final Inning – Capped @ 10 Runs
U13	Div 3	4	None
U15	Div 1	N/A	All
U15	Div 2	4	Final Inning – Capped @ 10 Runs
U15	Div 3	4	None
High School	Div 1	N/A	All
High School	Div 2	4	Final Inning
High School	Div 3	4	None

All Rules Will be Reviewed at Calgary Minor Category Meetings

The logo consists of the letters 'WHH' in a stylized, handwritten font. The 'W' and 'H' are connected, and the letters are slanted to the right. The color is a dark red or maroon.

COACH RESOURCES

NCCP Certification (Optional)

DETAILS AT: <https://www.softballalberta.ca/coaches/>

COMMUNITY SPORT LEVEL

1) FOUNDATIONS OF COACHING SOFTBALL – PART 1 (<https://softball.ca/onlinelearning/foundations>)

- Required for Coaching at any Provincials Online Training; 60-90 Minutes
- Pre-Requisite for Part 2 “Community Softball” if you do not have previous NCCP softball training

2) COMMUNITY SOFTBALL COACH CLINIC

- 2-day, in person clinic (being re-examined in 2021 to be offered remotely)
- 9.5 hours

3) COMMUNITY SPORT – ONLINE EVALUATION

- Make Ethical Decisions (MED)
- Online testing for certification



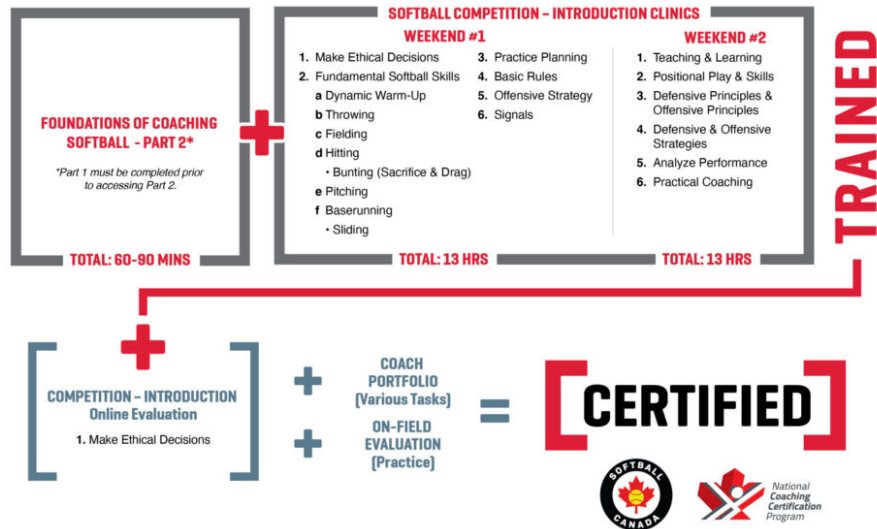
This is required if you are going to Provincials (U13+); Fantastic way to learn how to coach!
For 2021 – only 1 coach per Provincial team is required to be certified

Optional for Coaches

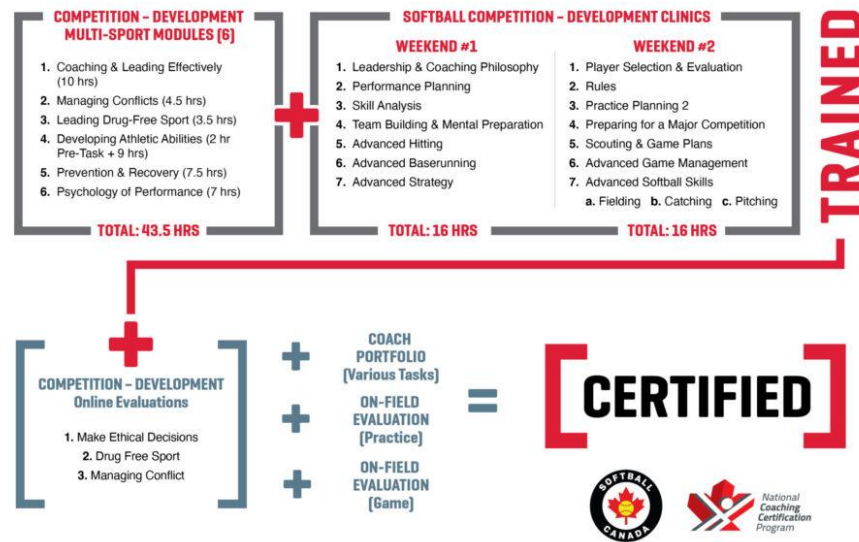
NCCP COMPETITIVE CERTIFICATION:

- *Competition Introduction* <https://www.softballalberta.ca/coaches/competitionintroduction/>
Learn to Train / Train to Train Stages
26 hours + Online Evaluations + Coach Portfolio + On-Field Evaluation
- *Competition Development:* <https://www.softballalberta.ca/coaches/competitiondevelopment>
Train to Train Stages / Train to Compete Stages
76 hours + Online Evaluations + Coach Portfolio + On-Field Evaluations

COMPETITION – INTRODUCTION PATHWAY [Learn to Train/Train to Train Stages]



COMPETITION – DEVELOPMENT PATHWAY [Train to Train/Train to Compete Stages]




Coach Resources

<http://westhillsoftball.ca/coaching/coach-resources/>

Sections include:


- Becoming a Coach
- Working with Parents and Players
- Player Safety
- Skills & Drills
- Sample Practice Plan

It's a work in progress ...
send us ideas to make
this better!

Home Clinics 2022 Season Parents Coaching About Us


- How to Improve as a Coach (link to come)
- [Top 10 Reasons Children Play Sports](#)
- WHS Coach Orientation - 2022 *(to come)*

Section 1:
Becoming A Coach




Section 2:
Working With
Players & Parents

- Introductory e-mail template to parents
- [Pre-season player questionnaire](#)
- [Pre-season parent questionnaire](#)



- WHS Player Medical Form & Emergency Contacts
- [EAP - Emergency Action Plan Template / Example](#)
- [Concussion Guidelines & Protocol](#)
- [Steps to Follow When an Injury Occurs](#)
- [Calgary Minor Injury Report Form](#)

Section 3:
Player Safety



Section 4:

- [Softball Skills Checklist](#)
- [Throwing progressions](#)

Importance of fundamentals

- **Teach and reinforce sound fundamentals**
 - ✓ Teach proper hitting, pitching, throwing mechanics (Softball vs. baseball)
 - ✓ Softball skills checklist
 - ✓ Coach resources from our website
- **Use equipment that is appropriate for the age group**
 - ✓ Glove & bat size
- **Ask for help if you are not sure**
- **Hard to break bad habits at older ages**
- **Let them know the “why” behind what you are teaching**

Coach Resources – Panel Question

What coaching resources have you found the most valuable?

Top 10 Reasons I Play Sports

1. To have fun
2. To improve my skills
3. To stay in shape
4. To do something I am good at
5. For the excitement of competition
6. To get exercise
7. To play as part of a team
8. For the challenge of competition
9. To learn new skills
10. To win

**Source: NCCP Coaches Manual Softball Canada from player survey with young female athletes*

11 Reasons I Stopped Playing Sports

1. I lost interest
2. I was not having fun
3. It took too much time
4. Coach was a poor teacher
5. Too much pressure (worry)
6. I wanted a non-sport activity
7. I was tired of it
8. I needed more study time
9. Coach played favorites
10. Sport was boring
11. Overemphasis on winning

“Statistics show that over 70% of children drop out of organized sports by the age of 13” **Source: Respect In Sport*

Questions

Thank you for attending and
best of luck for a fun &
successful season!



Important contact information

- **General Info** (Brian Antaya & team): info@westhillsoftball.ca
- **President** (Brian Antaya): director@westhillsoftball.ca
- **Vice-President** (Jennifer Kirby): vp@westhillsoftball.ca
- **Registration Questions** (Rachel Sawyer): registration@westhillsoftball.ca
- **Timbits Coordinator** (Laurie-Lynn Wall): timbits@westhillsoftball.ca
- **Field/Gym Inquiries** (Nicole Genereux): fields@westhillsoftball.ca
- **Equipment Request/Return** (Craig McDowell): equipment@westhillsoftball.ca
- **Appeals Coordinator** (Shireen Bond): appeals@westhillsoftball.ca
- **Tournament** (TBD): tournament@westhillsoftball.ca