

WELCOME

West Hill Softball Association

Coach Orientation & Panel Discussion

APRIL 10, 2024



Agenda

- WHS Mission & Your Role as a Coach
- How we select our Coach Volunteers / Requirements
- Mandatory coach actions
- Preseason Best Practices / Engaging your Parent Group
- Season Details – What you need to know:
(Dates, Games, Practices, Tournaments, Provincials)
- Rule Changes & Details
- Coach Resources
- Questions

**WHS Coach Panel
Discussions
Throughout**

WHS

Coach Panel Introduction

Jennifer Kirby Moderator (Alumni team)

Garth Ayres(HS)

Rory Brownell(U15)

Scott Hamel(U13)

Katie Van Kampen(U9)

WHS How Are We Doing?

Coach Satisfaction (Rated 4 or 5 out of 5)

82%

Thank you!



West Hill Softball Mission

... And Your Role As Coach

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 (Apr 16), Coach Resources, Coach contacts, etc.

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

Entrusting you, the coach to uphold this within your team.

- 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 introduce competition, but not at the expense of FUN

Extent of competition is dependent on Division level

<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/>



HOW DO WE LIVE
OUR MISSION AS A COACH?

GIRLS IN SPORT

WHY 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*

WHY I STOP 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*

NEW ALL HEAD COACHES WILL COMPLETE “KEEPING GIRLS IN SPORT” E-COURSE



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.

<https://www.westhillsoftball.ca/coaching/code-of-conduct/>



WHS – Competition Level Expectations

Expectations of Pitcher usage and Lineup & Defense rotations

	Division 1	Division 2	Division 3
U9	n/a	Senior = All players who want to pitch encouraged	Junior = All players who want to pitch encouraged
U11	Focus on top 4-6 pitchers Balanced lineups progressing to maximize by end of season	Focus on top 4-6 pitchers; Balanced rotating lineups during season	Develop all pitchers where possible; Lineup & position balance
U13	Focus on top 4-5 pitchers; Maximize lineups by skill	All pitchers start season, reduce to 4 pitchers by end; Balanced rotating lineups, until end	All pitchers to start season, reduce to 4 pitchers by end Lineup & position balance
U15	Focus on top 3-4 pitchers Maximize lineups by skill	Focus on top 3-4 pitchers Progressing to maximized lineups by skill	Focus on top 3-4 pitchers Lineup & position balance
HS	Performance based, top pitchers only; Maximize lineups by skill	Focus on top 3-4 pitchers; Maximized lineups by skill	Focus on top 3-4 pitchers Progress to maximized lineups by skill during season

All divisions are recommended to use UNIVERSAL lineup rules

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



Mandatory Requirements

COACH ACTIONS AND SEASON
PLANNING

Mandatory for all coaches

Questions?

A) Immediate Requirements To Become A Coach



Complete WHS Coach Application Form (Each Year)

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 2024 Coach Application](#)



Complete Your Calgary Police Security Clearance (Every 3 Years)

Police Checks are 100% administered by Calgary Minor Softball
Please follow their process to ensure you have your security clearance

[Calgary Minor Police Check Process](#)

[VSP Letter](#) (if you are outside Calgary)



Complete The Respect In Sport - Activity Leaders Course (One Time)

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 Foundations Of Coaching Softball (One Time)

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.

Please submit your NCCP through our [Coach Application](#) or our [Google NCCP# Tracker](#)



Keeping Girls In Sport!

New course requirement for Head Coaches to take during the 2024 season. Highly recommended for all Coaches to take this course! Head Coaches: Contact WHS for a FREE access code and we will cover the cost of the course! [Access the course here](#)

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

The logo for West Hill Softball, featuring the letters 'WHS' in a stylized, handwritten font.

Mandatory for all coaches

B) Coach Pre-Season Meetings



Attend WHS Coach Orientation Session

Wednesday, April 10, 2024. (Online) [2023 Meeting Material](#) & [2023 Meeting Recording](#)

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

Thursday, April 11, 2024. (In Person @ TBD)

Mandatory for **new** coaches/assistants, but beneficial for all!

This is a fun, informative clinic with a goal to introduce and demo the right fundamental skills for coaching. Great for coaches at all levels. Come meet your fellow coaches!



Attend Calgary Minor Softball Category Meetings

Dates: April 22-24, 2024 (In Person 1803 – 14 Avenue NE)

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

Full schedule posted on [Calgary Minor Softball site here](#)

C) Optional Formal NCCP Training



OPTIONAL: NCCP Certification Courses

Further information on the [Softball Alberta Website](#)

D) Learn From Our Coach Resources

You can access them on our [Coach Resources](#) page.

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	Teams	Coaches	Players	%
U7	4	8	32	25% (-12%)
U9	6	15	52	29% (+5%)
U11	6	17	69	25% (-12%)
U13	7	32	89	36% (+9%)
U15	7	24	79	30% (+2%)
U17/U19	5	21	64	33% (+0%)
TOTAL	35	117	387	30% (-1%)

(u11-u19)	Coaches	% Cover
Division 1	25	42% (-8%)
Division 2	40	37% (+2%)
Division 3	28	21% (-1%)

Majority of Div 3 teams only have Assistant Coach volunteers

Last Year = 121 total coaches, 31%



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?



Parent Responsibilities

Enforce these responsibilities

PARENT & SPECTATOR CODE OF CONDUCT

<https://www.westhillsoftball.ca/parents/code-of-conduct/>

- **Support / encouragement / positivity**
- **Model good sportsmanship**
- **Respectful communication with your athlete, team and other parents**
- **Get your player to games on time (e.g. 30-45 min prior to games)**
- **Communicate Openly with your Coach/Manager**
 - Let them know when you cannot make it to a game, or you will be late
 - Come to your coach if you have any concerns or issues but follow the 24 hour rule
- **During games, let the coaches coach; only positive encouragement**
- **Fill out Injury and Concussion Protocol and Injury Forms (CMSA website)**
- **Volunteer & participate**
 - Sign-up for a team role, stay for games & practices, and be ready to lend a hand!
- **Ensure any invited spectators also follow the Code of Conduct**
- **Ensure your athlete follows the Player Code of Conduct**

- Parents can have as much fun as the kids... ENJOY!

New Volunteer Policy

Volunteer Policy FAQ & Policy

Why?

- WHS is 100% volunteer run and requires significant effort!
- By asking each family to fulfill Volunteer Credits, we are able to spread out the work. The Association cannot continue to function otherwise.

Requirements?

- 8 credits total per athlete per season (we ask for 2 credit at the association level)
- Opt out: \$300

How is it tracked?

- Association credits are tracked by the WHS Volunteer Coordinator team
- Team credits are tracked by Team Manager or Volunteer Tracker Volunteer

Umpires

UMPIRE SHORTAGE

- Not enough paid umpires in Calgary for Fastpitch
- 2023 did see an increase in umpire interest
- But only games in HS, and portions of u15 were covered.

PARENT REQUIREMENTS

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

WHAT CAN WE DO

- Learn how to umpire
- Treat paid or volunteer umpires with the highest respect
- Promote and encourage to take umpire trainings
(parents, friends, siblings, u15+ players)

**Watch for our
PARENT UMPIRE
CLINIC (Date TBA)**

Getting the season started

Preseason - Equipment

- **Jerseys, Hats, Scorebooks, Rulebooks:** Dates TBA (mid-April)
 - Pickup from central location (as advised by WHS)
 - Jerseys will come in team sets: Line players up by size to distribute based on largest to smallest
 - *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
 - Distributed with the above
- **Equipment Pickup (Strathcona Community Centre)**
 - You will be contacted with dates/time
 - *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@westhillsoftball.ca*

Preseason – Actions

Intro Emails: March 15 –
March 30

- **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? (Volunteer Coordinator, 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 starting April 2 (stay tuned for more info)
 - Teams may book facilities on their own as well (team cost)

Pre-Season: Panel Discussion

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

How do I get parents involved?

SEASON DATES & EVENTS

Start of Season: Outdoors

Preseason Outdoor Practices:

- Pending weather and field conditions (as soon as fields are melted, dry, and safe)
- Outdoor city field bookings start on April 15
- Weekend of April 15 will be first official week of outdoor practices if possible

PHOTO NIGHT – Thursday, April 25 (Westgate Community Centre)

- Jersey & Equipment Exchange to be available
- Meet the WHS Board / Ask Questions

Exhibition Games Week: Week of Apr 22-27

- WHS can 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 26-28

- 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
- First regular weekday games are scheduled for April 29th and 30th

Learn To Plan LTP Opener (All teams): Saturday, April 20

- All players invited to meet their teams, participate in a first group practice
- Fun activities to be determined (volunteers needed!)

PLAY BALL!



Regular Season Details

- **Schedules on Calgary Minor Softball website:**

<http://calgaryminorsoftball.com/divisions.php>

Each team must input their own schedules into TeamSnap (they are not connected)

Key Dates at:

Age Group / Division	Regular Season End Date	Potential Provincials Weekend
u9 & u11	Sunday June 23 rd	u11 only: June 29 - July 1
U13+ Division 3	Sunday June 23 rd	July 5 – July 7
U13+ Division 2	Sunday July 7 th	July 12 – July 14
U13+ Division 1	Sunday July 21 st	July 19 – July 21

- **2 weeknight games per week**

- U11, U15 = Tuesdays & Thursdays
- U9, U13, U17/U19(HS)= Mondays & Wednesdays
- Timbits - TBA

- **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



Playoffs / Post Season Details

- **City Championships (Playoffs)**

- All teams will make the playoffs
- Typically grouped in 4 to 6 team brackets, with a double-knockout format
- Play for medals (Gold & Silver)



- See [Key Dates page](#) on Calgary Minor Softball website

- **Provincials:**

- **Expected** for our u13+ Division 1 teams and u11 “Advanced” Team
- Optional for our Division 2 teams
- Provincial weekends occur in July (Softball AB has dates posted, awaiting final list of host cities/towns)

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

Practices & Skill Sessions

Stay tuned on how to request practice times

Weekly Practices

- **Saturdays** (morning/early aft) OR **Sundays** (morning/late aft/evening)
- **Times** will be based on Coach preference/requests upon team selection
- Please make every effort to attend all practices, they are limited but **Important!**
- Use the time prior to games as additional practice time to get additional reps
- Want more practice time? Just ask fields@westhillsoftball.ca

Friday Night Fun! Skills Clinics

- We are currently working to start up a new series of clinics for those that want more time on the diamond
- Clinics could include: Pitching, Hitting, Catching, Defense, Performance Training, etc.
- Coach the Coaches clinics
- Opportunities for Experience coaches, Junior Coaches/Players
- Stay tuned for more information soon!

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?**

Season Detail: Team Activities



- **Tournaments**

Can be decided on as a team ([Softball Alberta Listings](#))

West Hill Tournament = June 17-19 (u11, u13, u15 – Div levels TBD)

- **Team Building Events (Critical to Success!)**

Ideas: Lunches, bowling, Dawgs Game, batting cage, yoga, team BBQ

- **Team Socks!**

Don't forget, funky socks can be organized at the team level!

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?

Fair play policy

Fair Treatment and Equal Playing Time in all Divisions:

In our younger divisions Learn To Play, U11 and some U13, players should be rotating through every possible position. As the kids get older we recognize that not everyone will want to or be able to play the positions of catcher and/or pitcher in game situations. Within all of our divisions no player should sit out more than one inning at a time. If your coach is playing the Universal rule then no player should sit out more than one inning until every player on the team has sat out one inning. If your coach is playing by the ABC rule then B and C players will alternate every inning and A players play the entire game. A, B, & C players will rotate each game. If this is not happening, talk to the Team Manager. See the Calgary Minor Softball Website for more details on these rules www.calgaryminorsoftball.com

In the older divisions (U15, U17 and U19) we start to see more position specializations, there is less emphasis put on seeing each player play each and every position. However, West Hill Softball (as well as Calgary Minor Softball) does believe that the principle of equal playing time is followed for regular season games as best as possible. At the end of the season, within reason, players should have sat out roughly the same amount of innings (as a percentage of the player's availability). We do not expect coaches to track the amount of innings every player as played, but we do expect that a reasonable approach is taken that would result in equal play. Sometimes competitive teams may take a different approach for tournaments and provincials. If a different approach is taken, it must be communicated to all parents and supported by the majority of parents of the team. As stated above with the specialization of positions, all players should have opportunities at infield and outfield. All playtime and position decisions, takes into account health of the athlete, conditioning of athlete, attitude, injury, emotional state, and practice attendance. If this is not happening, talk to the Team Manager.

PANEL DISCUSSION: How do you implement fair play with your teams?



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/>

Provincial Levels

u7 Timbits
(Boys/Girls)

Boys
Fastpitch
(u9-u19)

u9 Senior
Modified
(Girls only)

u9 Junior
Modified
(Girls only)

SELECTS PROGRAM

U11
Div. 1

u13
Div. 1

u15
Div. 1

u17/19 "HS"
Div. 1

U11
Div. 2

u13
Div. 2

u15
Div. 2

u17/19 "HS"
Div. 2

U11
Div. 3

U13
Div. 3

u13
Div. 3

u17/19 "HS"
Div. 3

**Alignment with
Softball AB Categories:**

Div. 1 = "B"

Div. 2 = "C"

Div. 3 = "D"

**Note: Movement up and down between age
categories & Div. levels can change each year**

- Divisions with Paid Umpires incur \$50 fee umpire fee

- Selects program incurs additional \$50 fee
(extra gym time, practice fields, equipment)

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



WHS Tournament

- **June 14-16, 2024** (Friday-Sunday)
- **Father's Day Weekend!**
- **Glamorgan 4 Diamonds / Glenbrook Diamonds**
- **Age groups:** U11-HS
- **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

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

IMPORTANT: DO NOT CHANGE THE RULES AT HOME PLATE!!!



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



KEY REMINDERS

- Do NOT change the rules at Home Plate. EVER!
- Enforce the WHS Mandatory Infield Mask for all Infielders in 2023.
- Wear a mask to warm-up your pitchers. Always. (It is the rule. Be a role model for your players)

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
- 2023 Code = **WEST-C8P9M8U**

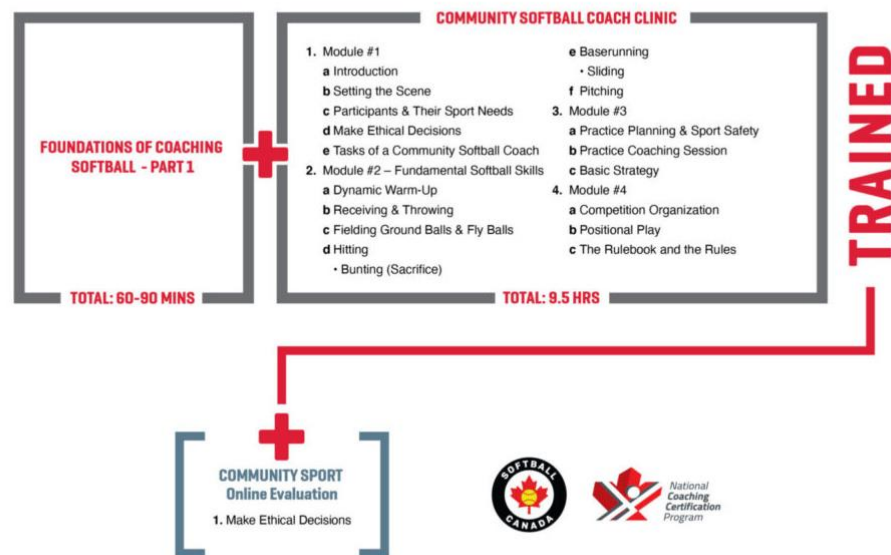
2) COMMUNITY SOFTBALL COACH CLINIC

- 1 or 2 day, in person clinic (sometimes remote)
- 9.5 hours

3) COMMUNITY SPORT – ONLINE EVALUATION

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

COMMUNITY SPORT - ONGOING PARTICIPATION PATHWAY [Learn to Train/Active for Life Stages]



This is required (one coach) if you are going to Provincials (U13+); Fantastic way to learn how to coach!

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]



TRAINED

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!

- 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?

In-person Coaching Skills Session – April 11 @ 7pm @ CFIS

Questions

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



Important contact information

- **Calgary Minor Softball:** fastpitch@calgaryminorsoftball.com
- **General Info:** info@westhillsoftball.ca
- **President (Shireen):** president@westhillsoftball.ca
- **Vice-President (Jennifer):** vp@westhillsoftball.ca
- **WHS Coordinator (Amanda):** info@westhillsoftball.ca
- **Registration Questions** registration@westhillsoftball.ca
- **Timbits Coordinator:** timbits@westhillsoftball.ca
- **Field/Gym Inquiries:** fields@westhillsoftball.ca
- **Equipment Request/Return:** equipment@westhillsoftball.ca
- **Appeals Coordinator:** appeals@westhillsoftball.ca
- **Jerseys:** jerseys@westhillsoftball.ca
- **Tournament:** tournament@westhillsoftball.ca

WHS Board Members



Shireen Bond

President
U15 Coach

✉ president@westhillsoftball.ca



Jennifer Kirby

Vice President & Secretary
Alumni Team Coach

✉ vp@westhillsoftball.ca



Rory Brownell

Treasurer & Director of
Evaluations
U15 Coach

✉ treasurer@westhillsoftball.ca



Rachel Sawyer

Registrar (Outgoing)

✉ registration@westhillsoftball.ca



Brian Antaya

Past President, Tournament
Director
U17/U19 Coach

✉ brian@westhillsoftball.ca



Craig McDowell

Equipment/Lockbox
Coordinator

✉ equipment@westhillsoftball.ca



Nicole Genereux

Fields & Gym Coordinator
(Outgoing)

✉ fields@westhillsoftball.ca



Kevin Church

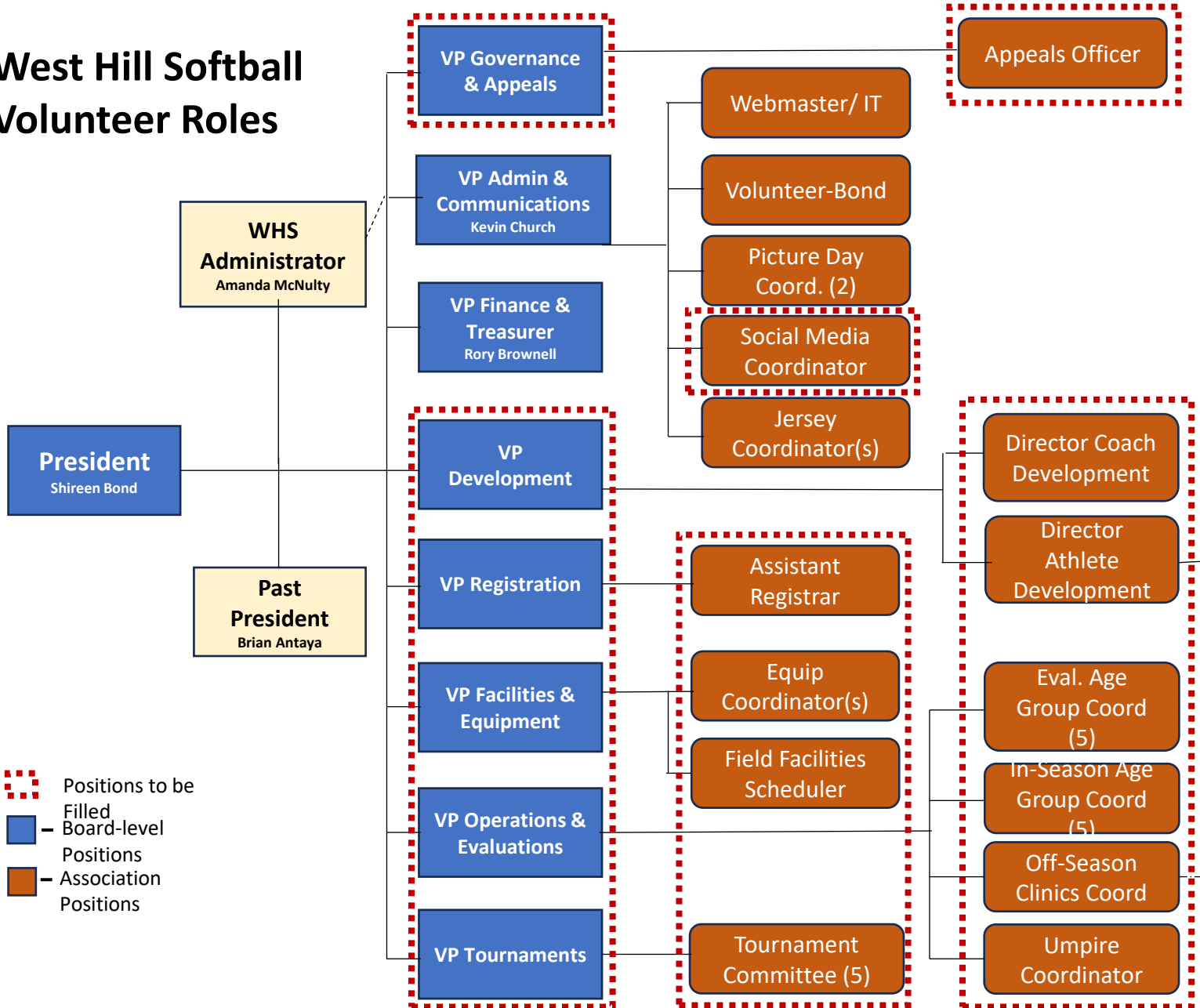
Timbits Program Coordinator
U15 Coach

✉ timbits@westhillsoftball.ca

<https://www.westhillsoftball.ca/about-us/board-of-directors/>



West Hill Softball Volunteer Roles



Email info@westhillsoftball.ca to secure your spot

We Need You!