



Continuing the Little League tradition of making it "safer for the kids."

Training Issue

Be Prepared for Accidents



Free course teaches coaches to handle crisis situation

What's the prescription for reducing injuries next year? Schedule a first aid seminar for your coaches now.

Free First Aid Clinic Available

The "Prevention and Emergency Management of Little League Baseball and Softball Injuries" course is being offered for the twelfth year, and is provided **free** to leagues who request it. Over 350,000 coaches and managers have

taken the Emergency Management Training Program course to date. The results have been great.

"This training program is one of the most important efforts we've undertaken," stated Jim Ferguson, director of adult education. "Parents expect managers and coaches to be trained to handle emergency situations."

The American Orthopaedic Society for Sports Medicine produced the course and has instructors who will come to your league to present it. The time varies with each class, as much of the training is question and answer, but the average class will probably last three hours.

Who should take it?

All new coaches, managers and those coaches and managers who haven't taken the course in the last three years should attend. The physicians presenting this course will have the most up-to-date techniques available; many improvements have occurred in the last three years, so coaches and managers who have not taken the course for several years should take it as a refresher.

The course is offered Oct. 15, 2001 — May 30, 2002. However, the training is not held Dec. 10 through the first week of January due to the holidays.

Course materials contain:

- student textbook;
- set of study questions;
- step-by-step instructor's manual;
- course critique sheets;
- and acknowledgment cards of completion.

The course covers the 12 most common injuries and

their management; the student textbook provides materials which should be read prior to attending the class, and the study questions are for use during the training session.

This course builds beyond the basics of first aid and CPR training, for the best background to help prevent injuries and deal with them if they happen.

How do I get started?

Contact your District Administrator for a list of instructors. You and your

DA can then schedule the training. The training is free and the instructors are volunteers. If you cannot contact a local AOSSM member to give the training, any qualified medical professional can provide training based on the instructor's manual: an EMT, nurse, doctor or physical trainer, etc.

The local league will need to provide a meeting place. *First, contact your DA.* He may be able to schedule several leagues' training clinics at once to make the best use of the volunteer physician's time. Inside this edition is the reservation card for ordering materials to get a jump start on scheduling training. Return the card inside to LLB Headquarters indicating how many will attend as soon as possible. Check the return card's list to find an AOSSM delegate who can locate the instructor in your area.



Spectator behavior sparks concern

While about half of all parents are extremely satisfied with the behavior of spectators at their child's games, there is room for improvement, says a study published by the National Alliance for Youth Sports (www.nays.org).

Fifty-one percent of parents with kids involved in organized baseball, basketball, football and soccer say they are extremely or very satisfied with the behavior of fans at games, according to study findings released by American Sports Data Inc.

However, 25 percent of parents say they are somewhat satisfied, and 24 percent say they are not satisfied at all.

"Although the survey indicates that there continues to be many good experiences in youth sports, it also clearly demonstrates that there remains a significant problem," said Bob Bierscheid, chairman of the board for the National Alliance For Youth Sports. "We must continue the effort to enlist everyone involved in youth sports activities, including parents, coaches, administrators and entire communities, to commit to having children's sports be fun, positive, safe experiences for all youngsters regardless of experience or ability."

The issue of parental behavior at youth sporting events has been in the national spotlight for quite some time, as stories of fistfights, arrests and ugly confrontations continue to occur with alarming regularity.

"We can't be lulled into a feeling of complacency that all is well with children's sports, if, in fact, 24 percent of the parents are telling us that there are significant behavior problems still taking place," said Fred Engh, president of the Alliance. "The bottom line is we have a significant problem and we must continue to strive toward changing the culture of youth sports."

In fact, other studies done on the subject of parental behavior at youth sports events point to an ever-increasing problem.

The August, 2001 issue of *Sports Illustrated For Kids' Kids Speak Out: Violence In Youth Sports* study reported that 74 percent of the youngsters who responded said they had seen out-of-control adults at their games. Furthermore, when asked what kind of bad behavior they had seen, the top two responses were parents yelling at kids and parents yelling at coaches or officials. Also, 57 percent of the more than 3,000 respondents said they think there is too much violence in youth sports.

A pair of studies conducted by Survey USA has uncovered similar findings regarding unacceptable parental behavior.

It polled 500 parents in Indianapolis, Indiana on their

views on violence in youth sports earlier this year. The survey found that 55 percent of the parents said they've seen parents engage in verbal disputes at youth sporting events; 21 percent of the parents said they've witnessed a physical altercation between other parents at a youth sporting event; and 73 percent believe that parents who become physically or verbally abusive during games should be banned from youth sports.

Survey USA conducted a similar study with adults in the South Florida area and found that 82 percent think parents are too aggressive in youth sports; and 56 percent said they had witnessed aggressive parents in youth sports.

Guidelines for Parents of Children in Sports

Here are 10 guidelines for parents with children in any sport, originally published in the journal *The Physician and Sportsmedicine* in 1988. Consider giving this to parents during registration.

1. Make sure your children know that — win or lose — you love them and are not disappointed with their performance.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Don't relive your athletic past through your child.
6. Provide a safe environment for training and competition. This includes proper training methods and use of equipment.
7. Control your own emotions at games and events. Don't yell at other players, coaches, or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.
10. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.

©1988 The Physician and Sportsmedicine. Permission to reprint is granted for nonprofit educational purposes. (*Guidelines for parents of children in sports. Phys Sportsmed 1988;16(4):71*)

Keep parents in check with 'Sport' contract

If your league has been struggling with a way to handle increasingly volatile spectators, here's a way the National Youth Sports Safety Foundation offers for getting parents to take responsibility for their own actions at competitions. We suggest parents sign this contract at the beginning of each season to reinforce the proper attitudes of spectators, and the impact they have on players.

Last year, more than thirty heads of Massachusetts' chapters of national sports and medical associations, educational organizations, and professional associations met at Children's Hospital in Boston to participate in a consensus meeting to develop a sport parent code of conduct for the state. Little League Baseball was represented and assisted the formation of the contract below.

Sport Parent Code of Conduct

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

Umpires: Help maintain order

“Dear ASAP,

“Contemplating the continuing saga of safety on the field, brings me to the issue of field rage. Field rage is like road rage. It is senseless, irrational, and can lead to a potentially dangerous situation, such as fighting. Games should simply be discontinued by the umpire and the board needs to address the issue.

“You might think that field rage could not be a problem in Little League, but down through history, fans and players have simply gotten out of hand. ...

“While umpiring, I hear coaches, players and fans voice their opinions. This happens in varying degrees in every game for all umpires. Generally the ‘chatter’ is kept under control. I have caught myself grimacing a few times as a coach, during a game. ...

“Game control is everyone’s responsibility. Keeping control of the crowd is a safety issue. Coaches, parents, players and umpires must make a concerted effort not to let a game get out of hand.

“Umpires play a particularly key position in controlling the game from a safety stand point. Perhaps the best way to keep a game from escalating into an unpleasant situation is for the umpires to maintain communication.

Communication needs to start early in the game.

“The umpire can address the coaches and captains at the pre game conference. High school officials have started this procedure. I believe that I am seeing a positive effect. The boy or girl captains are particularly addressed. They are told that as leaders, it is part of their job to help their coaches by discouraging harassing remarks from their teammates. The coaches are pleased that another

adult is reinforcing their positive viewpoints. Further, it helps the coaches to realize that they are setting the example for their players, just in case the thought sometimes escapes their minds.

“Continued communication should exist throughout the game, as it is needed. When a questionable remark is heard by an umpire, walking over to the talker and addressing the issue early in a calm manner often puts the issue at ease. Respect begins to build, because questions are addressed and validated. This respectful communication tends to help those who verbalize to act in a more civil manner.

“Someone was complaining about one of my strike calls the other day. Between innings, the opinionated assistant coach brought me one of the ‘out of play’ balls. I asked, ‘Are you the talker over there?’ He replied in an apprehensive voice, ‘What do you mean?’ I replied, ‘You know what I mean.’ He paused and quipped, ‘It was almost in the dirt!’ I had seen that pitch as a well executed breaking ball, but I did not defend my call. I simply said, ‘I know.’ We smiled at each other and I never heard from him again until a foul ball hit my hand. That assistant coach asked me if I was OK? I said in pain, ‘Yes, thanks for asking.’ He appreciated the validation and I certainly felt better in my time of pain.

“So consider communication to be a valuable tool to help to keep those Little Leaguers happy, healthy, safe and in control.”

Dr. Thom. Whitlatch
PIAA and Little League umpire and coach and
Pennsylvania District 23 Safety Officer

Coaches: Be careful how you speak to players

Coaches are influential people. Players learn good and bad habits from coaches. But you may be tuning players out if you choose insensitive or derogatory terms. So watch what, and how, you say things.

Triggers are words, phrases, or attitudes that are offensive to a person. Triggers most often relate to issues around gender, race, cultural heritage, class, sexual preference, religion, political affiliation, age, and other similarly sensitive topics, depending on age.

When a coach treads on one of these triggers, offended players stop listening on the spot and begin mentally preparing a rebuttal to the insensitive

comment. This rebuttal may lead to a discussion (or argument) during the game, a confrontation afterward, or it may become a silent cause of alienation and poor listening for the remainder of the season. This situation is known as “emotional deafness,” and can be avoided.

One solution is to communicate a receptive attitude that allows players to let you know if and when you have tripped on a trigger. This can be as simple as saying something like, “I try to be aware of all of our various differences and I always mean to be respectful of everyone in here, but if I say something that offends you, please speak to me about it.”

Protect access to kids' information

"Dear ASAP,

"I have been elected as the new president for the Virginia Beach Little League. I will continue to support the ASAP program now more than ever since now I am in a position that can better influence the ASAP program at my league. I have registered my new safety officer replacement with Little League.



"Something I thought might be worth printing in the ASAP newsletter:

"During the Spring 2001 season when I was the safety officer and Major VP, I had a Minor Coach ask me to give him all the 9- and 10-year-old player information for the league. I politely refused and was curious why he wanted the information. The coach replied that there are AAU coaches that come scout and having the information would help them find kids that are of AAU caliber. I quickly informed the coach that it was strictly forbidden to give such information for other than Little League purposes. I told him player information is confidential and is not to be shared with anyone and if he were to share such information it would be grounds for his dismissal as a coach and/or volunteer of the league.

"You may want to print something in your ASAP newsletter that the use of Little League rosters for other than Little League purposes is strictly forbidden. Giving such information would violate Little League's Policy on Access to the Kids, which is for the kids' protection.

"I am not against agents of other youth sports organizations but I have picked Little League as the organization of choice. Leagues that elect to have coaches that are also AAU or other baseball organized sport members run the risk of a conflict of interest and may compromise Little League's stance on access to the kids because you do not know to which organization the coach is loyal.

"Some leagues think that an AAU baseball coach is better trained to coach than a first-time dad volunteering. Little League is about teaching kids baseball, in a safe environment, and also teaching teamwork and good sportsmanship through 'character, courage, and loyalty' no matter how well they play. Of course there are pros and cons to having a coach that is more knowledgeable.

"Leagues can provide the first-time volunteer dad coach with the same tools and knowledge of a seasoned coach by putting in place a good coaches training program and make a position on the board such as I have, for a Coaching Manager who would be in charge of providing that training.
"Thanks for making it safe, and together we can make a difference!"

**Andy Adler, president
Virginia Beach, Va., Little League**

Thanks for the reminder, Andy. You give several good points. Andy's safety plan won the prize for the best in the nation in 1998, and he continues to improve the safety for participants in his league.

The safety and security of the kids in Little League Baseball's programs are the utmost importance for any league. While some may see no compromise with providing names and information to people outside the league, the hard truth is these children's parents are entrusting you to safeguard their children. This leaves no room for judgement calls on outsiders' trustworthiness.

For the league member wearing "both hats," LLB's Principles of Conduct (Page 19 of the 2001 Operating Manual) stress: "The vitality and growth of any major youth program is dependent upon its integrity and its individual entity. To the extent that the time and energies of its members are diverted to other similar activities, the more limited will be its prospects for continued success. ...

- "1. No officer or board member of a Little League and no District Administrator or other representative of a group of Little Leagues shall, at the same time, hold office or be a member of the board of any other youth baseball/softball league or function as an official or representative of such a program. ...
- "4. **The loan, sale or any commercial use of Little League records, including lists of players, coaches, umpires or volunteers and/or their addresses by any officer or director of a Little League or by a District Administrator is considered highly inappropriate, is contrary to Little League policy and is strictly prohibited.**"

Little League also has a Conflict of Interest Policy which speaks against "any activity which gives rise to, or could give rise to, an appearance or claim of self-dealing, divided loyalty or conflict of interest by reason of such person's position with Little League Baseball, Inc."

Affidavit helps track pitches

“Although there are no pitch limits in Little League Baseball, in our league pitch totals are closely monitored. In our mind at some point excessive pitch totals become abusive (to the pitcher).

“The way I monitor pitch totals for all divisions is through the use of the pitching affidavit. Ours utilizes NCR (non-carbon reproducing) paper to make a duplicate copy. This duplicate must be signed by the team manager, and turned in once a week. As safety director I review these weekly.



“Our form also monitors the catcher/pitcher combination. Although I do not consider the throwing stress that the catcher endures anywhere near that of a pitcher, we would prefer not to see catcher/pitcher swapping positions in the same game.

“We use this review as a tool for educating coaches.”

Regards,
Ed Wikstrom, safety director
East Anaheim, Calif., American
Little League

East Anaheim American Little League

Pitching Affidavit

Team: _____ Week of (Sunday through Saturday): _____

Date	Field	Pitcher	Catcher	Innings	# Pitches	Opposing Pitcher	Innings	# Pitches	Scorekeeper Signature

Comments/Report of Injuries: _____

Manager’s Signature: _____

Date: _____



'Can we have more coaches?'



"At a recent district meeting our league president was informed that each team may only have one manager and two assistant coaches.

Under no circumstances can anyone else be on the field to help out because insurance won't cover them. I would like to know if there are any options available to us to include more adult participation. Our T-Ball and Minor Leagues have always included a lot of adult participation in order to provide basic instruction."

**Carol Marcin, safety officer,
Townsend, Mass., Little League**

"PS- I get the ASAP News every month and read it cover to cover. I've been able to utilize a lot of ideas presented. Thank you."



Your league president is correct. Only one manager and two coaches are allowed on the field DURING A GAME. Each team is allowed just one manager, who is in charge of the team. However, you may have as many coaches as you have adults volunteer for the position. All coaches still need to be appointed by the league president and confirmed by the board, and Little League recommends all volunteers fill out the Volunteer Application Form available with your 2002 Safety Officer Manual, or from Little League's Web site. This is also a new requirement in 2002 for having a qualified safety plan.

Adults who approach managers and want to "help out" the team, but not be appointed as a coach may not have the best interests of the kids at heart. This is the easiest way to skirt the rules, by approaching an over-worked coach and offering assistance. Make sure all managers and coaches know all adults helping with teams must be appointed by the league president. Also, the league's insurance will not cover injuries to adult "volunteers" who are not named on

the team roster as a coach, either. So you may have as many coaches on a team's roster as you have people interested in helping, subject to being appointed to the position. You just have to limit how many people help during games to one manager and two coaches. Having more coaches does help the younger divisions which need more "hands on" training by an experienced coach, but just during practice. Also, this allows you to ensure your teams always have more than one coach at practice, helping to ensure safer conditions with more adults eyes watching for concerns.



"Our league split this fall into a north and south league with separate charter. However, we are operating under one board for this year so I am the safety officer for both north and south. We also are sharing all of the same fields for our leagues. My question is: Do I need to complete two field and safety questionnaires and compile two separate manuals when all the information will be the same? Next year we hope to secure separate fields and will have two separate boards, so I can understand two separate manuals and questionnaires. Please let me know."

**Sallie Wilhelmi, safety officer
Cactus Foothills, Cave Creek, AZ.**



One manual is fine, just include both charter numbers and make sure it is followed by both leagues. Make extra copies of everything you submit, so you can give a set to the new safety officer next year, as well as keeping a set. **Remember:** Submit your qualified safety plan, registration form and facilities survey early to make sure your league receives the 20 percent player accident insurance credit. The deadline is May 1, but plans will be accepted beginning Jan. 1.

Have a question or tip to share?
Call the ASAP Hotline:
800-811-7443,
or e-mail: asap@musco.com



Or write to us at:
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'Can we have
more coaches
than two?'



HOTLINE TIPS

FROM READERS

Concessions concern: FDA warns of burns risk from eruptions of hot water overheated in microwave ovens

The FDA has received reports of serious skin burns or scalding injuries around people's hands and faces as a result of hot water erupting out of a cup after it had been over-heated in a microwave oven. Over-heating of water in a cup can result in superheated water (past its boiling temperature) without appearing to boil.

This type of phenomena occurs if water is heated in a clean cup, especially a new cup. If foreign materials such as instant coffee or sugar are added before heating, the risk is greatly reduced. If super-heating has occurred, a slight disturbance or movement such as picking up the cup, or pouring in a spoon full of instant coffee, may result in a violent eruption with the boiling water exploding out of the cup.

What Can Consumers Do to Avoid Super-Heated Water?

Follow the precautions and recommendations found in the microwave oven instruction manuals, specifically the heating time.

- Do not use excessive amounts of time when heating water or liquids in the microwave oven.
- Determine the best time setting to heat the water just to the desired temperature and use that time setting regularly.

ASAP HOTLINE
24 HOUR TOLL-FREE
800-811-7443

ASAP News

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Check it out! The ASAP News is on the Web at: <http://www.littleleague.org/manuals/asap/newsletters/index.htm>

League Name: _____

League No.: _____ Date: _____

As Safety Officer of our league, I am confirming:

we **will** participate

we **will not** participate

in Little League's **Free** Emergency Management Training Program.

We have approximately _____ managers and coaches
who will take part in the Emergency Management Training Program.

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