

The 7th Inning Stretch

L I T T L E L E A G U E C A N A D A



WINDSOR CENTRAL LITTLE LEAGUER WINS PEPSI PITCH, HIT AND RUN CONTEST

Information And Photos Submitted by Kathy Recchia, District Administrator, Ontario D5

On Saturday June 19th, Storm Riciotti from Windsor Central Little League won the Pepsi Pitch, Hit and Run contest at the Rogers Centre in Toronto in the 9-10 year old boys category.

Storm got 5 strikes, hit the ball 155 feet and ran from second to home in 8.35 seconds. His total score was 1000 points!

There are 30 of these Team Champion events. One at each of the MLB team stadiums. The top 3 scores among the winners advance to the National Championship at the MLB All Star game in Anaheim California, July 13th.

At press time we haven't heard if Storm will advance to the finals with his score...

Good Luck Storm!!!

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Remember...If it isn't fun...it isn't Little League!

TEACHING FOR TOMORROW LITTLE LEAGUE EDUCATION PROGRAM

Article by Al Herback, Little League Canada's National Coach

Teaching For Tomorrow LLC— Questions and Answers



It has been almost five months since the launch of the new education program for Little League Canada – Teaching for Tomorrow. There has been a tremendous amount of effort making the program available to all teams in Canada in both English and French. No matter the program, no matter the sport, there will always be ways to improve the logistics and information distribution to the local leagues year by year. Growing pains will be part of each year and a few questions, which have been common in various parts of Canada, will be addressed in this newsletter. I am sure others will surface throughout the year and will be looked at as well, to see where adjustments may be made.

QUESTION #1. We have tried the new warm-up in our area for Playing the Game and have found it to be very exciting and beneficial. There is definitely plenty of activity and movement in this type of warm-up and there is no doubt there will be positive results in the athletic ability of the children. However, as the year progressed, we had some practices that only five or six players attended - too few for a regular 'frozen tag' warm-up. Any suggestions?

My suggestion would be to have a secondary warm-up that would consist of the more traditional exercises such as jumping jacks, arm circles, toe touches, along with a few more which can be done with any number of players. One possibility would be to include a one-page insert into each manual to describe this type of warm-up for the 2011 season.

The 'frozen tag' warm-up has many more advantages in preparing children for a practice or game. Through this valuable games-type warm up, they get the chance to practice skills such as running, agility, quickness, endurance

and most of all, have lots of fun. Mixed in are a variety of traditional exercises for muscle loosening and stretching.

Our main objective of this type of warm-up is to better provide for the athletic development of children. It is our hope that most of you have given this exercise program a chance and have seen the positive results it would have had on your players. To complete the warm-up with the sprints and slides in the Playing the Game program, players would have had a fun routine for body readiness to participate in the remainder of the practice. We are all aware of the difficulty in getting the majority of the children to practice and it is one of the areas we are attempting to address in the teaching of 'Life Skills'. It is our hope that when a commitment to play ball is made by a family, the areas of loyalty, responsibility and teamwork come into play and should be a prime consideration by everyone. We feel that through emphasizing these life skills and the fun-filled activities as part of each practice, children would rarely miss.

QUESTION #2 Does Little League have a mandatory date on which a province, city or district has to begin registration or have the opening day? This year we had only two practices previous to opening day and with the weather, really didn't get many extra practices as the rainout games piled up. Could we start the season the second weekend in May? We realize it may shorten the season by a couple of games, but will increase the crucial time necessary to prepare players for opening day and the season.

Throughout Canada there are various starting times and opening dates for the season. With registrations being done usually before mid-April, this would definitely allow time in the last week in April and two weeks in May for scheduled practices. If this was a decision for your district and you were to begin your season mid-May, you are still required to have a 12-game schedule along with playoffs completed by the end of June. The extra time would allow coaches the opportunity to fulfill the goals of the Teaching for Tomorrow

program. By completing the six essential practices, coaches will have taught the necessary skills for the upcoming season.

For the sake of the coaches and the children, it is so important to practice. As many children have never played any formal baseball/softball, it is crucial to get at least 3-4 practices in before the season. In the Learning the Game program, just follow the first three practices and it will give you a good basis for the players to learn the skills necessary to play the first games of the year. With additional practices during the year, you will complete the program. The Playing the Game program is a bit more complicated. If I were to choose practices to be used for a shortened pre-season, Innings #1, #2, #4 and #5 would be the top choices. Then between games, #3, #6 and the 'Scrub' section would conclude the program.

There is one other thought that I would like to leave with you. During the clinic presentations I make mention of how important it is to practice together. There could be two or even as many as three teams working at once. Yes, you may have thirty or more players, but you will also have many more coaches as well. In this way, veteran coaches are made available to help others with very little background in teaching baseball and also frees up valuable field time. As individual teams, three time slots would be needed for practices whereas with teams working together, three practices could be done in the same time frame and on the same field. This system would also address the problem of an individual team having too few players to run a fulfilling practice. With the intermingling of players, there will be enough for the 'frozen tag' warm-up and plenty of players for fly ball drills, ground ball drills, pitching drills and hitting drills. It really is as easy to work with two or three teams as it is with one. In this type of situation with many drills happening at the same time, remember that **safety** is of major importance!

Continued at the top of page 3

These have been two outstanding questions that we are sure affect many districts throughout Canada. As practices are the key to any team's success to play the game, we must all do our best to come up with a solution that will make this happen for the benefit of our

children.

Please feel free at anytime to send me an email at al.herback@gmail.com with any questions or comments you may have or if I can be of assistance in any other area of the program.

TOURNAMENT RULE CLARIFICATIONS FOR SOFTBALL

Please note that two clarifications have been made to the 2010 Tournament Rules and Guidelines for softball.

The clarifications are:

- Rule 6.09 - The batter becoming a runner on a dropped third strike will apply for the 10-11-Year-Old Tournament in softball.

- Rule 7.08 (a) (5) - The base runner's ability to leave the base when the ball is released by the pitcher will apply for the 10-11-Year-Old Tournament in softball.

Note: These rules will not apply for the 9-10 tournament division of softball.

These clarifications are listed on the Little League web site at:

<http://www.littleleague.org/learn/rules/rulechanges.htm>

TOURNAMENT RULES AND REGULATIONS REMINDER

Dear Little League Volunteers, As the International Tournament is set to begin, this will serve as a reminder regarding various Rules and Regulations, as well as Tournament Rules and Guidelines, that have been updated or clarified since the 2010 rule books were published last November.

You can find links to those updates, including changes enacted at the International Congress in March, at the fol-

lowing URL:

<http://www.littleleague.org/learn/rules/rulechanges.htm>

Also, please take a few minutes to review the Tournament Frequently-Asked Questions document here:

<http://www.littleleague.org/tournamentre-sources/2010IntTournamentFAQs.htm>

Best wishes to all for a safe and fun International Tournament!

Sincerely,
Patrick W. Wilson
Vice President of Operations
Little League International Baseball and Softball

The Little League
Pledge
I Trust In God
I Love My Country
And Will Respect It's
Laws
I will Play Fair
And Strive To Win
But Win Or Lose
I Will Always
Do My Best

YOU MAKE THE CALL...

Situation #1– Runner on first base... the batter hits a single into right field. The runner advances to third but misses second base on his/her way. The second baseman takes the throw from the right fielder and kicks the second base bag in disgust. **IS THE RUNNER STANDING ON THIRD OUT FOR MISSING THE BASE?**

Answer #1- 2.00/7.10 - This is an appeal play. Appeals must be made by verbal request or in an unmistakable manner. The runner is NOT out at this time.

Situation #2- Jr./Sr./Big League Baseball/Softball – The batter hits a short fly ball to center field. The second baseman and centerfielder converge on the pop-up. At the last second....the infielder lunges for the ball and deflects it into the umpire. The alert centerfielder catches the ball before it touches the ground. **IS THIS AN OUT?**

Answer #2- 2.00 CATCH - This is not a legal catch since the ball touched the umpire. The ball is alive and in play.

Situation #3– No outs...runner on second. The batter fouls a pitch into the stands. The umpire throws a new ball to the pitcher who is standing behind the mound. As the pitcher is rubbing the new ball between his/her bare hands... the runner attempts to steal third but is thrown out. **DOES THIS OUT STAND?**

Answer #3- 5.11. This is considered **NO PLAY** since the ball is still "dead"...the pitcher must be on the rubber with the ball and the ump signal "play" before the ball is alive again.

TEACHING YOUNGSTERS HOW TO BE GOOD SPORTS

Taken from the Little League International Publication, "The Coach's Box"

By Darrell J. Burnett, Ph.D.

"Sports do not build character. They reveal it." - Heywood Hale Broun

We're living in an age where the preservation of traditional values can no longer be taken for granted. It seems we need to have reminders (books, movies, magazine articles, newspaper articles, internet blogs, etc) to maintain our awareness of the importance of preserving the basic human values that are essential to the survival of a community.

It's no different in the world of sports. The traditional value of sportsmanship is being challenged from all sides: professional, college, high school, and even in youth sports. There are some who say sportsmanship is becoming a lost art and that unless we remind ourselves of the essentials of sportsmanship and strive to maintain the basics of sportsmanship it will gradually fade as other values have done in our society.

In the midst of all this, it seems doubly important that we recommit ourselves to guiding our youth, reminding them what sportsmanship is all about; rewarding them for showing good sportsmanship and showing, by our example, that sportsmanship is still alive and valued in youth sports today.

To that end, here's a 10-item checklist for kids to follow as they try to develop a habit of good sportsmanship.

Sportsmanship Checklist for Kids

1. I abide by the rules of the game.
2. I try to avoid arguments.
3. I share in the responsibilities of the team.
4. I give everyone a chance to play according to the rules.
5. I always play fair.
6. I follow the directions of the coach.
7. I respect the other team's effort.
8. I offer encouragement to my teammates.
9. I accept the judgment calls of the game officials.
10. I end the game smoothly.

Sportsmanship: *The ability 1) to win without gloating, 2) to lose without complaining, and 3) to treat officials, teammates, and your opponent with respect.*

Sportsmanship Tips

- If you make a mistake, don't pout or make excuses. Learn from it, and be ready to continue play.
 - If a teammate makes a mistake, offer encouragement, not criticism.
 - If you win, don't rub it in.
 - If you lose, don't make excuses.
- © Darrell J. Burnett, Ph.D.

1. I abide by the rules of the game.

Part of good sportsmanship is knowing the rules of the game and playing by them. If a player decides to play a given sport, it is the responsibility of that player to learn not only to how play, but how to play according to the rules which have been established and standardized to allow competitive games to be played in an orderly fashion. The more a player knows the rules the more that player can enjoy the sport.

2. I try to avoid arguments.

Part of good sportsmanship is anger management. Arguing with officials, coaches, teammates or opponents is often simply a misguided effort at "letting off steam" in the heat of competition. A good sport knows that anger can get in the way of a good performance. A good sport knows how to walk away from an argument and to stay focused on the game at hand.

3. I share the responsibilities of the team.

Good sportsmanship implies that the player on a team is a team player. In other words, the player understands that his or her behavior reflects on the team in general. Moreover, a team player does not condone unsportsmanlike conduct from teammates and reminds players that they all share in the responsibility of promoting good sportsmanship.

4. I give everyone a chance to play according to the rules.

In youth recreational sports the more talented players, if they are good sports, will look out for and encourage

the less talented players on the team, cooperating with coaching plans to let everybody play. Unfortunately, some coaches may become so preoccupied with winning at all cost that they seldom play some players, regardless of the time and effort they put in at daily practice, even with the score warrants clearing the bench.

5. I always play fair.

Honesty and integrity should be an integral part of sports. A player with good sportsmanship does not want a hollow victory that comes as a result of cheating ("dirty" fouls, ineligible players, performance enhancing drugs, etc.)

6. I follow the directions of the coach.

A player with good sportsmanship listens to and follows the directions of the coach, realizing that each player's decisions affect the rest of the team. If a player has disagreements with the coach, the player discusses the disagreements privately, in a civil manner, away from the public eye.

7. I respect the other team's effort.

Whether the other team plays better, or whether they play worse, the player with good sportsmanship does not use the occasion to put the other team down. In the field of competition respect for opponents is central to good sportsmanship. If an opponent out-performs a player, that player accepts it, learns from it, offers no excuses, and moves on. If a player out-performs an opponent, that player enjoys the victory but does not gloat, does not belittle, and does not minimize the opponent's effort.

8. I offer encouragement to teammates.

A sign of good sportsmanship is a player who praises teammates when they do well and who comforts and encourages them when they make mistakes. Criticizing teammates in the heat of battle simply distracts from the focus of working together and gives the advantage to the opponent who develops a sense of confidence when seeing signs of weakness and a lack of unity in the midst of competition.

9. I accept judgment calls of the game officials.

Part of the human condition is making

mistakes. Arguing with an official over a judgment call simple wastes energy. The player with good sportsmanship knows that errors may be made, but the player also knows that a game is made up of all the plays and calls from the beginning to the end of the game, not just the call in dispute. The player with good sportsmanship may be upset, but that player also has learned to focus his/her energies back on the game and on doing the best he/she can do for the rest of the game.

10. I end the game smoothly.

When the game is over, pouting, threatening, & cajoling have no place in the life of players with good sportsmanship, who emphasize the joy of participating, regardless of outcome. They're not devoid of emotions, but they know that

their efforts to end the competition smoothly, without antagonistic emotional display, will help ensure that the games will continue in the future. On a final note, a word of caution. We can't be so naïve as to think that by teaching and valuing sportsmanship in our youth we will ensure that they will take these values with them into their young adult and adult sports lives. However, if we don't expose them to the essentials of sportsmanship, and if we don't guide them in developing a sense of good sportsmanship, we can all but guarantee that they will fall prey to the young adult and adult world of sports and athletics, with its continued tendency to minimize sportsmanship, and maximize winning as the only real value in competitive athletics.

Dr. Darrell Burnett is a clinical psychologist and a certified sports psychologist specializing in youth sports. He has been in private practice in Laguna Niguel, California for 25+ years. He is a member of the Little League International Board of Directors. He was listed among the "Top 100 Most Influential Sports Educators in America" by the Institute for International Sport. His book, *IT'S JUST A GAME! (Youth, Sports, & Self Esteem: A Guide for Parents)*, and his Sportsmanship Card Game, *GOOD SPORT!* are described at his website, www.djburnett.com, along with his other books, booklets, and CDs on youth sports and family life.

SIDELINE SUGGESTIONS (10 THINGS KIDS SAY THEY DON'T WANT THEIR PARENTS TO DO)

Taken from the Little League International Publication, "The Coach's Box"

By Darrell J. Burnett, Ph.D.

1. **Don't yell out instructions.** During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. **Don't put down the officials.** This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. **Don't yell at me in public.** It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong."
4. **Don't yell at the coach.** When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. **Don't put down my teammates.** Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. **Don't put down the other team.** When you do this you're not giving us a very good example of sportsman-

ship so we get mixed messages about being "good sports."

7. **Don't lose your cool.** I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. **Don't lecture me about mistakes after the game.** Those rides home in the car after the game are not a good time for lectures about how I messed up – I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during game!
9. **Don't forget how to laugh and have fun.** Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. **Don't forget that it's just a game!** Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

(From *Playbook for Kids: A Parent's Guide to Help Kids Get the Most Out of Sports*. The Gatorade Company)

The Little League Parent / Volunteer Pledge:

I will teach all children to play fair and do their best

I will positively support all managers, coaches and players

I will respect the decisions of the umpires

I will praise a good effort despite the outcome of the game

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LITTLE LEAGUE CANADA BASEBALL AND SOFTBALL 2010 TOURNAMENT SCHEDULE

Baseball

Major (Little League):

World Series: August 20-29 Williamsport, Pennsylvania
 Canadian Championship: August 7-14 Ancaster, Ontario
 Divisionals:
 Atlantic: Saint John, New Brunswick
 Quebec: D3, Montreal (N.D.G.), July 23-27
 Ontario: D3, Current River, July 26–August 4
 Prairies: High Level, Alberta, July 25–August 3
 British Columbia: D6, New Westminster, July 24–August 1

Junior:

World Series: August 15-21 Taylor, Michigan
 Canadian Championship: August 7-12 Lethbridge, Alberta
 Divisionals:
 Atlantic: Cape Breton, Nova Scotia, August 3-5
 Quebec: Montreal (Brossard), D3, July 23-27
 Ontario: East Nepean, Ottawa D2, July 28 or 30-Aug 3
 Prairies: Medicine Hat, Alberta, July 13-18
 British Columbia: Coquitlam, July 17-?

Senior:

World Series: August 15-21 Bangor, Maine
 Canadian Championship: August 7-12 St. John, New Brunswick
 Divisionals:
 Atlantic: Saint John, New Brunswick, July 24-25
 Quebec: Rouyn–Noranda, D1, July 23-27
 Ontario: Oakville, D1, July 28 or 30-Aug 1
 Prairies: Calgary D8
 British Columbia: Vancouver D6, July 27-Aug 1

Big League:

World Series: July 28 -August 4 Easley, South Carolina
 Canadian Championship: July 20-25 Regina, Saskatchewan
 Divisionals:
 Atlantic: Nova Scotia
 Quebec: Victoriaville, D4, July 16-18
 Ontario: Ottawa, D6, July 12-18
 Prairies: Calgary, Alberta D3
 British Columbia: None

Softball

Major (Little League):

World Series: August 12-18 Portland, Oregon
 Canadian Championship: August 5-9 Victoria, BC
 Divisionals:
 Atlantic: TBD
 Ontario: TBD
 British Columbia: TBD

Junior:

World Series: August 15-21 Kirkland, Washington
 Canadian Championship: August 7-12 Oyen, Alberta
 Divisionals:
 Atlantic: TBD
 Ontario: TBD
 British Columbia: TBD

Senior:

World Series: August 8-14 Lower Sussex, Delaware
 Canadian Championship: None
 Divisionals:
 Atlantic: None
 Ontario: None
 British Columbia: None

Big League:

World Series: August 5-11 Kalamazoo, Michigan
 Canadian Championship: None
 Divisionals:
 Atlantic: None
 Ontario: None
 British Columbia: None

If anyone has information that can help to fill in the blanks...dates, District or League hosts, for any of the above, please email me with the details so I can update this page...thestretch@littleleague.ca





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For a membership application form, please contact Little League Canada at Canada@littleleague.org.

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