



Behavior and Expectations Manual

Welcome

Congratulations on your selection to the Wolves Baseball Association Team to participate in the upcoming QLD State Titles which may progress to the next level, if the team can be competitive. The program's intent is to further develop your skills and start you on a pathway to success. This pathway may include Little League World Series, represent QLD and Australia, go to College in America or sign a Professional League contract with the hope to play Major League Baseball. Therefore you should give 110% at all times, remain committed and prepared to work hard. This will lead to success.

Player Behavior

All Wolves Baseball Association players, coaches and Executive Officers will be expected to maintain a high standard of behavior at all times (both on and off the field) and uphold the strong tradition that has been set by those that have worn this uniform before you. As a member of the Wolves Baseball Association Team you are not only representing yourself, your teammates, your family, your club, Baseball Queensland, and the larger baseball community.

At the tournament, you will be expected to:

- Be courteous and respectful of tournament staff, officials, your opposition, spectators and all members of the community at all times
- Be appropriately presented at all times in the company of anyone other than our players and staff (e.g. No hats indoors, no ninja shoes, no thongs/flip flops at meals, no offensive slogans on clothes, no butt cracks hanging out etc.)
- Be mindful of your language in the presence of others (even if it's not directed at them, if it's in earshot it's not appropriate)
- Be punctual (on time) for all scheduled events

When on the field you will also be required to:

- Hustle on and off the diamond at all times
- Be respectful of your teammates, coaching staff, opponents, officials, media or any other members of the community
- Abide by both the rules and the spirit of the tournament
- Maintain positive body language at all times

The following will also not be tolerated at any stage while at the tournament:

- Any alcoholic consumption
- Any tobacco products
- Illicit drugs of any sort
- Pornographic material
- Inappropriate social media content
- Any form of behavior that is disruptive to the performance of our team

Please understand you are going to the tournament for a very specific purpose. We have no doubt you will have a good time on tour, but you will likely have the best possible time if the team is successful. We have been training for this program for a long time, and trust that you will be able to devote all of your energy towards performing to the best of your ability at the tournament. The schedule of penalties outlined above is intended as an indicator only and does not serve to limit the potential penalties the staff may see fit to impose.

Arrive Before Practice Starts

Be early, if practice starts at 8am then you should arrive 7:45am. An 8am start does not mean arrive at 8am. **For games**, you are expected to arrive **one hour (1 hour)** before the scheduled game time. This time may vary depending on the individual team Manager.

Uniform and Equipment

The approved Wolves Baseball Association uniform is only to be worn at all times in games by players and officials. The uniform is:

Little League, Intermediate Leagues – White playing pants, team issued playing shirt (sleeveless), black belt, black socks, and black playing hat (NEW ERA). Coach and EO wear region polo shirt, black region shorts, white ankle socks and black playing hat (NEW ERA).

Little League Junior League, U16, U18 (including coaches) - White playing pants, black undershirt (**black only** if long sleeved), black playing shirt, black belt, black socks, and black playing hat (NEW ERA). No other colors are permitted to be worn.

At training, players (and coaches) are to wear white/grey playing pants, black training shirt, black belt, black socks, and black ADJUSTABLE playing hat with region logo. EO to wear region polo shirt, black region shorts, white ankle socks and black playing hat with region logo (NEW ERA).

It is YOUR responsibility to ensure you have packed your uniform and equipment that you need to play baseball. If you leave something at home, you may find yourself not participating that day.

Fluids

Please ensure that you always bring sufficient drinking water to practice and games. Staying hydrated during long games is extremely important.

Respect

At all times you should listen to a coach's direction when an instruction is being provided. Attention to detail and actively listening when you are on the baseball field, this may also prevent injuries from occurring.

At the end of practice or a game ensure that all equipment is packed away, rake the field, replace any covers on the field, put away bases and clean the dugout of all rubbish.

Always thank your coaches, scorers and the umpires. Without them, you wouldn't be able to play baseball.

Parent/Guardian

The team Manager is accountable for all players, coaches and Executive Officers for the period when training commences to the completion of the tournament. As a parent/guardian, you are required to communicate directly with the team's Executive Officer with any questions that you may have.

When you drop your child off to training or a game, the Duty of Care for the child is with the Manager, Assistant Coaches and Executive Officer. Please do not approach the dugout to communicate with your child, do not attempt to communicate with your child from the sidelines. If you have something to give your child, please locate the Executive Officer to pass it on.

Consequences

If any player breaches any of the behavior and or expectations contained in the Wolves Baseball Association Inc. Behavior and Expectations Manual, a consequence may apply. The consequence will be determined by the Team Manager, Wolves Baseball Association Committee or Baseball QLD.

Nutrition/Recovery

The following recovery protocols are designed to aid the body to recover from the stresses of intense training or competition. These are most critical when the turnaround from one session/game to the next is shortest (during competition), however following good recovery practices will also help to maximize the adaptation to training during out-of-competition periods as well.

Nutrition – Appropriate nutrition is important to facilitate adequate recovery between heavy training or during competition. The stress (training stimulus) causes increased production of hormones that promote the storage of muscle glycogen (energy) and protein synthesis (muscle rebuilding) which circulate throughout the body for up to an hour post exercise. Consuming foods high in carbohydrates and protein within the 30-45mins immediately after exercise maximize the rate at which these processes occur and facilitate an increased rate of recovery.

Consuming foods high in low GI carbohydrates throughout the rest of the day ensure energy stores are filled to capacity for the start of the next session/game.

Rest – Growth and repair of muscle (and other) tissue is highest during the night when levels of certain hormones are at their peak. Ensuring that you get adequate and regular sleep (~7-9hrs) helps to ensure that muscle and nerves are well rested and you wake up feeling as fresh as possible for the next day's training or competition.

A regular sleep pattern is also important, as is not sleeping too long. Sleeping in (longer than 10hrs) means you also go longer without consuming more food and fueling muscle tissue.

Cold Water Immersion – Submerging the body (or specific limbs) in cold water (12-15°C) post exercise appears to help reduce post exercise soreness and increase recovery. Constriction of superficial blood vessels and nervous system stimulation are thought to reduce the swelling from micro-trauma in muscles and increase the rate of return to normal function. Submersion of up to 10 minutes for individual limbs (or up to the waist) or up to 4 minutes at a time up to the neck can be tolerated with little associated risk.

Hot/Cold Contrast Therapy – Similarly with cold water immersion, contrast therapies are thought to reduce the post exercise soreness and increase the rate of return to normal function, however are generally considered much more tolerable than purely cold water immersion. Submersion in cold water for up to a minute, intermittent with up to 3 minutes in warm water (3-4 times) appears to work well. This can be done in the shower (start hot, then 1 minute with hot tap off, then hot again and repeat). If done outside where there is no hot water, light exercise done between cold water also works well.

Light Exercise – Low intensity exercise can serve to promote circulation, remove lactic acid and other cellular debris without the addition of further bi-products associated with high intensity exercise. These can include light run-throughs, dynamic stretches, thera-band exercises or even the prehab routine (done with little to no resistance and low volumes). Specific areas that are stiff or sore can be targeted by doing light exercises that will direct blood flow to that area.

Self-Massage – Self massage with either a foam roller (for broader areas) or a ball (for smaller or deeper areas) can be used to provide relief from pain and stiffness or to warm up muscles. As with any kind of massage which increases circulation to a localized area, it can be used as a warm up, to reduce muscular tension and restore function.

For broad or superficial areas the foam rollers are more suitable, however for smaller or deeper spots a small ball (possibly a baseball) is more than suitable. Self-massage means that you can apply as little or as much pressure as you can tolerate.

Stretching – Stretching aids in promoting circulation thus it can be used as other recovery strategies are, to help reduce muscular tension, post exercise soreness, and increase function (it increases joint range of motion).

Please direct any questions or clarification that you may have to the Wolves Baseball Association Regional Director of Coaching.

Regards

Eric Arendt



Regional Director of Coaching
Wolves Baseball Association



Please complete and return this page only to the teams Executive Officer. You retain the content of the behavior and expectations Manual.

I, _____ have read, understand and agree to comply with the Wolves Baseball Association Inc. Behavior and Expectations Manual dated March 2015. I agree that consequences may apply if I breach any of the behavior and expectations as stated in the Wolves Baseball Association Inc. Behavior and Expectations Manual.

Player Name: _____ Signature: _____

Date: __ / __ / __

Parent Name: _____ Signature: _____

Date __ / __ / __