



# Chuckers

"The Confident Baseball Coach: fostering health, safety, fun & success"

## Introduction

As a volunteer Richmond City Baseball tries to provide our coaches and parents information and direction regarding the development of the youth athletes.

Within this document is some information to help provide support regarding player health and safety with some basic tips to look for.

Richmond is a diverse community and our organization puts a tremendous amount of effort and time to build our brand that is inclusive to all.

Lastly, RCBA works together with hockey, soccer & lacrosse to promote a vision of creating multi-sport athletes...in turn, hopefully we develop athletes who like baseball!



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## “Coaching for Health & Safety”

As a coach, the well being of your players is always a top priority. You can play an important role in the lives of your athletes if you teach them how to better care for themselves and those around them. While baseball is one of the safest options available, like all sports, there are some inherent risks for injury that can occur.

There are a few important health and safety programs that can positively impact your team. Here are some important tips to help reduce the risk of injury associated with overuse.



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## “Coaching for Health & Safety”

### **Brian Cashman NY Yankees GM:**

Everybody wants to quantify what they do. You have batting averages, you have how many home runs somebody hits, and then on the pitching side of it, one of the aspects is, hey, how hard can you throw? We're going to wind up in a situation where there's many people who might have been potential major league-caliber personnel that get removed altogether because they blew a shoulder out because of damage that they did trying to max out and impress, somebody in a small environment, before they were fully developed.



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## "Coaching for Health & Safety cont."

### **James Andrews, M.D.:**

The number one thing that we recommend as far as prevention is to try to prevent fatigue.

### **Glenn Fleisig, PhD:**

The research has shown that pitch count is the ideal way to keep track and monitor how much people are pitching and therefore their risk of getting hurt.

### **Brian Cashman NY Yankees GM:**

Competition, the will to win, the pressure to perform can at times override, the decision-making process and the most important thing for amateurs to do is be in a competitive situation and have fun, but also protect themselves.



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## "Coaching for Health & Safety cont."

### **Fleisig PhD:**

Fastballs, changeups, curve balls, and even sliders have been compared in the biomechanical studies.

The overall conclusion is, is that the fastball when done right is stressful on the pitcher but is necessary and is acceptable. And the changeup is the single particularly safest pitch to throw.



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## “Coaching for Health & Safety: Tips for Safe Pitching Practices”

- Ask your pitchers when was the last time they threw, and how much they threw in that outing.
- Pay close attention to pitchers as they are warming up. If a pitcher looks as if his or her arm is sore, be sure to talk to the pitcher and decide if he or she is unable to compete that day.
- If a pitcher verbalizes that his or her arm is hurting, take him or her out of the game to rest.



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## “Coaching for Health & Safety: Tips for Safe Pitching Practices cont.”

- If you notice a pitcher grabbing his or her elbow or shoulder, or favoring his or her arm in any way while on the mound, call timeout to check on the pitcher and take him or her out of the game to rest.
- Minimize the amount of time pitchers spend playing catcher immediately before and after pitching appearances.
- You'll find Pitch Smart's general guidelines and age specific recommendations for safe pitching practices in the Related Resources tray below.



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## "Inclusion"

- As a coach, it is vital to understand your responsibility to your young athletes.
- Every word they hear influences them, and they are looking to you as a role model.
- Bullying and harassment frequently occur outside the classroom or on athletic fields.
- Part of your responsibility as a coach is to erase an unacceptable dialogue that is disparaging and harmful to youth.
- The goal should always be to provide a safe, respectful, positive, and competitive environment for all athletes.





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## "Inclusion"

### Coaches can help create an environment of inclusion by:

- Always giving the same level of respect to everyone.
- Never tolerating derogatory or belittling language between athletes.
- Recognizing and mentoring each athlete.
- Listening and displaying empathy to all athletes.
- Remembering that some disabilities may not be easily noticeable and can be hidden, such as dyslexia and Attention-Deficit/Hyperactivity Disorder.
- Having open communication from the start about abilities and limitations.
- Being considerate of the modifications to the game or the extra time athletes may need



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## “Baseball and the multi-sport athlete”

There are several benefits of your athletes participating in more than one sport throughout the year. These include:

- Avoiding burnout
- Reducing the risk of overuse related injuries
- Developing better skills as an all-around athlete
- Enhancing the development of mental and life skills, and
- Building confidence

Ultimately, by encouraging your players to play other sports during baseball's off-season, you are helping them become better all-around athletes and people.

*This is property as developed of Richmond City Baseball (1963)*