

RCBA Pre-Season Newsletter



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Getting Started with Coaching

Richmond City Baseball Association (RCBA) is a community run organization that heavily relies on parents to take on coaching roles. Without their involvement, it would not be possible to run our programs, so we thank all coaches who have already volunteered a lot of their time and request more parents to get involved.

Meet Sean O'Neill – Director of Coach & Player Development



Sean with Buck Martinez, Broadcaster for the Toronto Blue Jays

Sean has been coaching with RCBA for the past 12 years and is stepping into the role of Coach and Player Development this season. He has coached players from 5U to 15U at the A, AA, and AAA levels. Most recently he led our 15U AA team to a win at the 2024 BC Qualifiers to represent BC at the Western National Baseball Championships. Sean is currently running skills development sessions for our 11U to 15U age groups.

If you have any questions at all about becoming a coach, contact Sean at coachdevelopment@richmondcitybaseball.ca

Who can be a coach?

"I can't be a coach because I never played baseball before..."

Although it's true that many of our coaches have experience playing baseball, it's not a requirement to becoming a coach. Anyone can help out on or off the field. Just put your hand up and show up. We'll give you something to do and some tools and the knowledge to do it. If you work well with kids and want to be involved, we have resources available to help you with coaching and with baseball specific skills.

“I can’t be a coach because I’m not NCCP certified...”

The NCCP (National Coaching Certification Program) of Canada, provides information and certification for coaches in all sports. Signing up for an NCCP number and doing the few courses that are needed to be a trained or certified coach, is an easy process... and RCBA will reimburse you for all your costs to do so. All coaches must at least have a CRC (Criminal Record Check) completed, as well as two other NCCP courses: Safe Sport and Initiation.

You can get more information and sign up for an NCCP number at <https://nccp.baseball.ca/>. Courses are offered throughout the season. To be reimbursed for any courses, send the payment receipt to treasurer@richmondcitybaseball.ca to be issued a refund.

If you're unsure about coaching or how to get started, reach out to Sean O'Neill at coachdevelopment@richmondcitybaseball.ca for help.

“I can’t be a coach because I don’t have enough time...”

One of the best things you can do for your son or daughter when they're starting a new sport, especially at a young age, is to be there with them. As a parent, you don't want to miss a thing, and you'll likely be there to watch and support them, so grab a glove and do what you can to join them in their journey.

Being a coach does require a lot of time. Not only time spent on the field, but head coaches need to develop practice plans, organize game line ups, talk to parents and players, etc. If you are unable to dedicate enough time to be a head coach, there are many opportunities to be involved as assistant coaches and parent helpers. Coaching isn't a one-person job.

Call for Coaches

We need coaches for the following divisions:

5U – 7U	The program for these divisions is Rally Cap and we need more parent coaches to sign up for these age groups. It's important to have a lot of support for the younger players to ensure they have a great time and fall in love with baseball.
8U	There are still a lot of teams in this division that need both head and assistance coaches .

If you are interested in joining, please contact your **division coordinator** for more details, or info@richmondcitybaseball.ca

Coaching Clinics & Resources

NCCP courses are available throughout the season. But don't wait... the sooner you start, the easier it is to get what you need.

Sean will be organizing general coaching sessions before the season starts to share knowledge about coaching and baseball. We'll talk about specific skills (pitching, hitting, fielding), tactics, and strategy. Stay tuned for dates!

Until then we encourage you to check out the coaching resources available on our website. These should give you some great inspiration for planning practices this year.

Baseball BC NCCP - <https://www.baseball.bc.ca/coaching>

Baseball Canada NCCP - <https://nccp.baseball.ca>

RCBA Drill Library - <https://www.richmondcitybaseball.ca/coaching/drill-library/>

Baseball Canada Videos - <https://www.richmondcitybaseball.ca/coaching/baseball-canada-videos/>

Important Dates for Tryouts & Evaluations

All our advanced skill divisions (AAA & AA) require tryouts to determine what players are most appropriate to play at the level. Once the teams are selected, the remaining players can continue playing at the A level.

13U AA	March 2 nd @ 9-11am - Latrace Field
15U AA	March 2 nd @ 2-4pm - Blundell Field & Cage March 3 rd @ 12-2pm - Blundell Field & Cage
18U AAA	Tryouts have already been completed.

The following divisions have evaluation sessions that are used to determine the skill level of players so teams can be organized with even strengths.

11U	March 9 th & 10 th @ TBD - Latrace Field
13U A	March 9 th @ 2-4pm - Blundell Cage March 10 th @ 10am-12pm - Blundell Cage
15U A	Date & Time TBD - Blundell Cage

Dates and times are subject to change.

If you have any questions, please contact your **division coordinator** for more details, or info@richmondcitybaseball.ca

Volunteer Opportunities

RCBA is able to provide baseball programs for Richmond youth because of parents who can volunteer their time. There are many opportunities for parents to get involved regardless of their baseball experience. As an incentive, upon registration it's agreed that any parent who does not participate in helping a team, or the organization will be charged an extra \$100 non-volunteer fee.



Grounds Crew makes our fields look fantastic!

The volunteer opportunities are divided into 3 categories:

1. Full Time Positions

- RCBA Board member, Division Coordinator, Head Coach / Assistant Coach, Team Manager are always in demand. If you want to get involved please contact your division coordinator for more details, or info@richmondcitybaseball.ca

2. Team Volunteer Tasks

- Every team will need parent volunteers for the following items

5U – 9U

- o Skills group helpers (help run drills, collect balls, keep kids focused, etc)
- o Field prep/clean up (setup bases or drill stations, draw base path lines, rake field)

11U – 18U

- o Scorekeepers (fill out scoresheet for games)
- o Pitch counters (keep track of pitches thrown by each pitcher)
- o Concession helpers (assist at concession if open)
- o Field prep/clean up (setup bases or drill stations, draw base path lines, rake field)
- o 18U mentors (18U players can assist lower age groups and provide mentorship)

Here are some videos to help get started:

Learn to Scorekeep - <https://www.youtube.com/watch?v=SXCCWnOViGE>

Prepping a Baseball Field - <https://www.youtube.com/watch?v=XBOPfzpggUo>

3. RCBA Volunteer Committees

- Special events need parent volunteers regardless of what division your child is in.

Field Spring Cleanup

Before the season starts all of our fields need a lot of TLC to get them ready. This will involve tasks like weeding the infield, cleanout out dugouts and moving fences. Please come prepared with yard work type of clothes, gardening clothes if you have them, and any other tools you think would help. With lots of people it should only be an hour or two worth of work. The cleanup will be scheduled shortly before the spring regular season starts.

Tournament Volunteers

We will host a number of tournaments over the course of the year that will require volunteers for field maintenance, scorekeeping, pitch counting and concession helpers. These are a great opportunity to help out during the weekend if you are not normally available during the week. It's also a great chance to watch and cheer on our local teams!

Keep a lookout for emails requesting volunteers throughout the season!

Equipment Tips and Donations

Spring time is always exciting for players to get new equipment before the season starts, but sometimes the options can be a bit overwhelming.

What ball should I get to practice at home?

Each division uses baseballs that are appropriate for the age and skill level.

5U – 7U uses a soft training ball that is squishy and can be used indoors and outdoors.

<https://www.the-sports-exchange.com/rawlings-tvb-youth-league-soft-training-baseballs/>

<https://www.prostockathleticsupply.com/collections/baseballs/products/rawlings-tvb-dz-t-ball-baseball-level-1>

8U – 9U uses a Level 5 training ball that is harder than the soffie but not as solid as hardballs.

<https://www.the-sports-exchange.com/rawlings-rotb5-training-baseball/>

<https://www.prostockathleticsupply.com/collections/baseballs/products/rawlings-rotb5-baseball-level-5>

11U – 18U uses a regulation hardball

<https://www.the-sports-exchange.com/rawlings-rllb1c-little-league-baseball/>

<https://www.prostockathleticsupply.com/collections/baseballs/products/rawlings-65cc-baseball-senior-youth?variant=42157113344150>

Do I need baseball pants? What type and colour should I get?

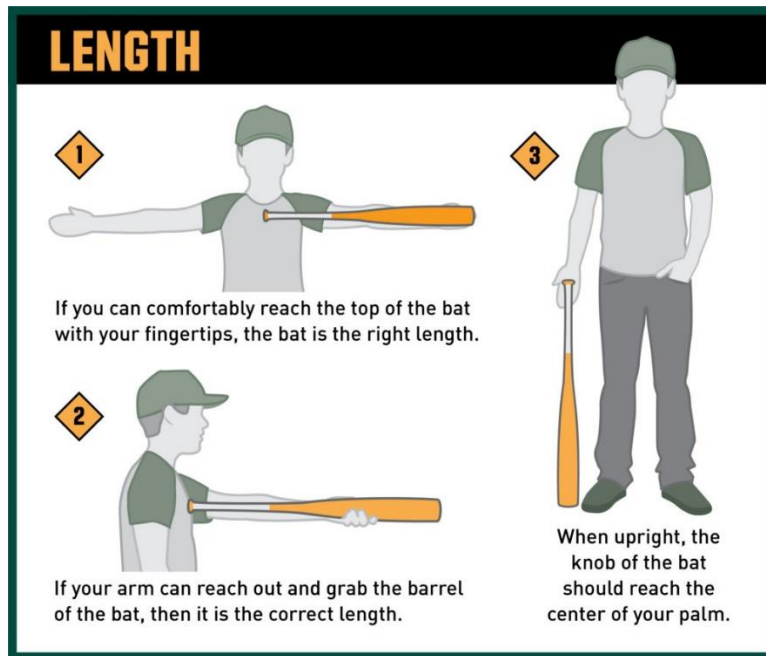
Baseball pants are required for age groups 11U and higher but are also recommended for younger ages as well because there is a lot of sliding around the grass and dirt, plus if you're playing baseball you want to look like a baseball player! It's up to personal preference whether to wear long pants or knicker style. A belt should be worn with both styles and knickers also require baseball socks. Pants normally come in grey or white but only 13U and higher age groups have specific colour requirements. It's best to check with your team at the beginning of the season.



Long or Knickers.. what's your style?

How do I choose a bat?

When shopping for a bat, make sure to check with a sales person that it's for baseball and not softball/fastpitch. It's important to get a proper size according to the diagram below.



Source: lfjbsa.com

Another factor is the weight. Bats will come marked with a negative drop number which is the weight in relation to the length. For example, a 28" bat with -10 drop will weigh 18 ounces. For younger players (5U to 11U) a lighter bat is recommended until their strength increases.

Can I donate my old equipment?

Certainly! RCBA has a relationship with a baseball program in Puerto Escondido, Mexico to provide old clothing and equipment. Without these donations the community there would not be able to provide baseball for their youth. All the kids and parents are extremely appreciative of the donations made over the year and another shipment is planned to send this spring.



Ballplayers from Puerto Escondido, Mexico

Chuckers Clothing Store

The RCBA board is working hard on getting the Chuckers store ready so items like shirts, hoodies, and jackets can be purchased for the spring season. After placing an order on our online store, you will be notified when its available to be picked up at Palmer Field.



Online store clothing will be available soon!

Once the store is online the link will be sent via TeamSnap and on all our social media accounts

During registration there was an option to purchase a Chuckers toque. Brenda will be available for pickups at the Blundell Cage on Tuesday evenings from 5pm to 6:30pm until March 12th.



Looking Good Hudson and Riley!