

## **APPENDIX I – Rules & Dimension Summary**

### **RULES, FIELD DIMENSIONS AND EQUIPMENT SUMMARY FOR COACHES**

Category	Rookie	Mosquito	Pee Wee	Bantam	Midget
Age (calendar year)	8-9	10-11	12-13	14-15	16-18
Base Distance	60 ft.	60 ft.	70 ft.	80 ft.	90 ft.
Home to 2 <sup>nd</sup> distance	84 ft. 10¼ in.	84 ft. 10¼ in.	99 ft.	113. ft 1½ in.	127 ft. 3 3/8 in.
Pitching Distance	38-44 ft. (machine)	44 ft.	48 ft.	54 ft.	60 ft. 6 in.
Number of pitches per game or day	N/A	Follow Pitch Count Regulations on Page 99			
Number of pitches per championship or week	N/A	Follow Pitch Count Regulations on Page 99			
Rest Rule	N/A	Follow Pitch Count Regulations on Page 99			
Bat Type	Metal	Metal	Metal	Metal (minus 3) – AA & A Wood - AAA	Wood
Max. Bat Length	32 in.	32 in.	42 in.	42 in.	42 in.
Max Bat Diameter	2¼ in.	2¼ in.	2¾ in.	2 5/8 in.	2 5/8 in.
Bat Weight to Length Ratio	N/A	N/A	N/A.	N/A	N/A
Game Length (innings)	6	6	7	7	7
Cleats	Rubber	Rubber	Rubber	Metal	Metal
Designated Hitter	No	No	No	No	Yes
10 Run Mercy Rule	N/A	After 4 innings or 3½ if home team ahead	After 5 innings or 4½ if home team ahead	After 5 innings or 4½ if home team ahead	After 5 innings or 4½ if home team ahead
Chin Straps Mandatory	Yes	Yes	Yes	No	No

**Note:** Stricter standards may be implanted by your local league or association. Check with your representatives for any discrepancies.

**APPENDIX II – League Fees and Registrations**

**LEAGUE FEES AND PROVINCIAL REGISTRATIONS**

**COSTS**

**2010 Affiliation Fees**

<b><u>Age Group</u></b>	<b><u>Individual Fee</u> (Per Player/Coach)</b>	<b><u>Team Roster Fee</u> (Per Roster)</b>
Rally Cap	\$10.00	N/A
Rookie	\$10.00	\$ 5.00
Mosquito	\$20.00	\$10.00
Pee Wee	\$20.00	\$10.00
Bantam	\$20.00	\$10.00
Midget	\$20.00	\$10.00
Senior “AA”	\$25.00	\$10.00
Junior	\$25.00	\$10.00
Senior “AAA”	\$25.00	\$10.00
Coaches	\$10.00 (except Rally Cap - \$5.00 - 1 Coach Only)	

**Provincial Fees:**

Each league shall be charged the following fees based on the number of teams entering Provincial competition in each classification.

**Provincial AAA** All Classifications - \$300.00

**Provincial AA** All Classifications - \$200.00 (Final Reps. only)

**Provincial A** All Classifications - \$150.00 (Final Reps. only)

### NATIONAL COACHES CERTIFICATION PROGRAM (N.C.C.P.)

The National Coaching Certification Program (NCCP) is a nation-wide training program designed to develop coaching excellence. The levels of the NCCP have been carefully designed by Baseball Canada to meet the needs of a wide range of coaches, from novice to elite.

#### Initiation Coach Program

The Baseball Canada Initiation Coach program is designed to provide valuable and accessible resources and training to coaches who are introducing and continuing to work with children in community level baseball programs. This level is for those coaching Rookie ball, or “AA” or “A “ Mosquito, Pee Wee, Bantam or Midget teams.

The program is comprised of two parts:

- **Baseball Canada's On-line Module** - a complete resource to help get you started and a place to revisit often while you coach children's baseball; On completion of this module your coaching status in the Baseball Canada Initiation Coach program will be In Training.
- **Initiation Coach Clinic** - a Provincial/local 4-5 hour, on-field/gym clinic that you can attend only after completing the On-line Module. The clinic covers the fundamentals of the game and some ethical decision making; On completion of this and the On-Line module your coaching status in the Baseball Canada Initiation Coach program will be Trained.

As you progress through the program, you will receive a National Coaching Certification Program coaching card that indicates your status in the program.

#### Regional and Provincial Coach Program

##### Regional and Provincial Coach

The new Baseball Canada Regional/Provincial Coach program is designed to provide valuable and accessible resources and training to coaches who are working with children in the introduction to competition level baseball programs.

The program is comprised of seven parts. The first 5 apply to the Regional Coach and the other 2 are for the Provincial Coach stream.

##### REGIONAL COACH

- **Baseball Canada's On-line Module** - a complete resource to help get you started and a place to revisit often while you coach children's baseball; On completion of this module your coaching status in the Baseball Canada Initiation Coach program will be In Training.
- **Initiation Coach Clinic** - a Provincial/local 4-5 hour, on-field/gym clinic that you can attend only after completing the On-line Module. The clinic covers the fundamentals of the game and some ethical decision making; On completion of this and the On-Line module your coaching status in the Baseball Canada Initiation Coach program will be Trained.

## ***APPENDIX III – Coaching Certification***

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- ***Teaching and Learning Clinic*** - a Provincial/local 4-5 hour, in-class clinic that you can attend only after completing the On-line Module. The clinic covers organization, explanations, demonstrations, supervision and feedbacks; On completion of this module your coaching status in the Baseball Canada **Regional Coach** program will be **In Training**.
- ***Analyze Performance Clinic*** - a Provincial/local 4-5 hour, in-class clinic that you can attend only after completing the On-line Module. The clinic covers the basics of error detection and correction for basic baseball skills; On completion of this module your coaching status in the Baseball Canada **Regional Coach** program will be **In Training**.
- ***Planning and Design Clinic*** - a Provincial/local 4-5 hour, in-class clinic that you can attend only after completing the On-line Module. The clinic covers the structure of a practice and the design of a simple season plan. On completion of this module your coaching status in the Baseball Canada **Regional Coach** program will be **In Training**.
- Once you have completed all 5 modules (On-line Module, Initiation Coach Clinic, Teaching and Learning, Analyze Performance and Planning and Design), your coaching status in the Baseball Canada **Regional Coach** program will be **Trained**.
- Your coaching status in the Baseball Canada Regional Coach program will be **Certified Regional Coach** once the Making Ethical Decision Online Evaluation is completed as well as completing the evaluation portfolio online and you are evaluated during a practice session.

### **PROVINCIAL COACH**

- ***Pitching & Catching Clinic*** - a Provincial/local 4-5 hour, in-class or gym/field clinic that you can attend only after completing the previous modules. The clinic covers basic pitching mechanics as well as fundamentals for catchers. On completion of this module, your coaching status in the Baseball Canada **Provincial Coach** program will be **In Training**.
- ***Strategies Clinic*** - a Provincial/local 4-5 hour, in-class clinic that you can attend only after completing the previous Module. The clinic covers signals, line-up, basic positioning, steal, hit and run and other tactical aspects. On completion of this module your coaching status in the Baseball Canada **Provincial Coach** program will be **In Training**.

Your coaching status in the Baseball Canada **Provincial Coach** program will be **Trained Provincial Coach** once all modules are completed.

Your coaching status in the Baseball Canada **Provincial Coach** program will be **Certified Provincial Coach** once the Making Ethical Decision Online Module (done once only) is completed as well as completing your evaluation portfolio online (done once only) and you are evaluated during a game.

As you progress through the program, you will receive a National Coaching Certification Program coaching card that indicates your status in the program.

## APPENDIX III – Coaching Certification

### Make Ethical Decisions

The purpose of the pre-evaluation tasks is to provide you with an opportunity to review the material taught in the Competition – Introduction Make Ethical Decisions module. It will also help to prepare you for the actual evaluation, improving your chances of successful completion. The three exercises are:

1. The six (6) steps in the NCCP ethical decision-making process
2. Terms and definitions
3. A practice scenario with actual marking and feedback

During or after the pre-evaluation tasks, you may Quit the application in favour of reviewing the Make Ethical Decisions Reference Material.

You are encouraged to try the pre-evaluation tasks as often as you like before proceeding to the actual online evaluation exercise.

You may bypass the pre-evaluation tasks if you wish and proceed directly to the evaluation. See the options below.

Before you begin your Make Ethical Decisions online evaluation, we'd like to share a few items with you:

- You need to have a CC number and an active account with the NCCP Database.
- If you have not been assigned a CC number, and it has been more than four weeks from the time of your workshop, please contact the NCCP Database via e-mail at [coach@coach.ca](mailto:coach@coach.ca).
- If you have your CC number, but do not have an account yet set up for the NCCP Database, please email [coach@coach.ca](mailto:coach@coach.ca) and give them your number and ask for an account. They will email you back a User Name and temporary password. If you encounter any problems signing up, please contact Brenda at the Baseball Manitoba office (925-5763) or [Brenda.baseball@sport.mb.ca](mailto:Brenda.baseball@sport.mb.ca).
- As this is a new application, we need your help in ensuring it meets the needs of coaches. If at any time you need help with the technology, please contact the Coordinator of Information Systems, at [coach@coach.ca](mailto:coach@coach.ca). The Coordinator will provide you with technical assistance or will forward your feedback to us to help improve the online evaluation tool.
- There are **no fees** associated with this online evaluation. Our goal is to provide coaches with affordable training and evaluation, and any future costs associated with online training and evaluation will be minimal.
- The application will only allow you **two attempts** to successfully complete the evaluation. If both attempts are unsuccessful, you will be required to participate in a Make Ethical Decisions module in order to access the online evaluation for another two attempts.
- Once you have successfully completed the online evaluation, your file on the NCCP Database will be automatically updated. To view your transcript online, please visit <http://nccpdb.coach.ca/production/> and login using the same username and password you used to access the online evaluation.

## APPENDIX III – Coaching Certification

### Baseball Manitoba Certification Chart

Age & Level Coaching	Certification you will need	Cost
Rally Cap & Rookie	All Coaches - Respect In Sport On-Line Initiation Coach On-line (Recommended)	No Charge \$37.45
Mosquito A & AA Pee Wee A & AA Bantam A & AA” Midget A & AA”	All Coaches - Respect In Sport On-Line At least 1 coach per team - Initiation Coach On-line - Initiation Coach On-field Clinic	No Charge \$37.45 \$25.00
Pee Wee “AAA”	All Coaches - Respect In Sport On-Line All Coaches - Initiation Coach On-Line & On-Field Clinics - Skills Analysis Clinic - Teaching and Learning Clinic - Planning and Design Clinic - Making Ethical Decisions On-Line At least one coach per team requires the above plus the following: - Evaluation Portfolio, Practice Evaluation &	No Charge \$62.45 \$40.00 \$40.00 \$40.00 No Charge \$99.00
Bantam “AAA”	All Coaches - Respect In Sport On-Line All Coaches - Initiation Coach On-Line & On-Field Clinics - Skills Analysis Clinic - Teaching and Learning Clinic - Planning and Design Clinic - Making Ethical Decisions On-Line At least one coach per team requires the above plus the following: - Pitching and Catching Clinic - Strategies Clinic	No Charge \$62.45 \$40.00 \$40.00 \$40.00 No Charge \$40.00 \$40.00
Midget “AAA” Junior “AAA”	All Coaches - Respect In Sport On-Line All Coaches - Initiation Coach On-Line & On-Field Clinics - Skills Analysis Clinic - Teaching and Learning Clinic - Planning and Design Clinic - Pitching and Catching Clinic - Strategies Clinic At least one coach per team requires the above plus the following: - Evaluation Portfolio, Practice Evaluation & Game Evaluation - Making Ethical Decisions On-Line <i>**If you completed the Make Ethical Decisions On-Line before June 30, 2009, it is not necessary to do the Evaluation Portfolio at this time.</i>	No Charge \$62.45 \$40.00 \$40.00 \$40.00 \$40.00 \$40.00 \$99.00 No Charge
Senior “AAA” Senior “AA” Allstars	All Coaches - Respect In Sport On-Line All Coaches - Initiation Coach On-Line & On-Field Clinics - Skills Analysis Clinic - Teaching and Learning Clinic - Planning and Design Clinic - Pitching and Catching Clinic - Strategies Clinic	No Charge \$62.45 \$40.00 \$40.00 \$40.00 \$40.00 \$40.00

### NATIONAL OFFICIALS CERTIFICATION PROGRAM

Developing better officials is one of the goals of the National Officials Certification Program (NOCP) a nation-wide standardized program. Five levels of competency provide officials with the necessary instruction to officiate from club sports all the up to International competition. The program is sport specific, and baseball's five levels are divided in the following manner: Umpires at all levels **must** recertify every year.

- LEVEL I**
- ◆ no experience required
  - ◆ must obtain 60% or more on exam
  - ◆ eligible to officiate regional minor ball
  - ◆ cost: \$40.00
  - ◆ minimum age of 12
- LEVEL II**
- ◆ must have Level I for a minimum of 1 year
  - ◆ must attend a Level II clinic
  - ◆ must obtain 70% or more on exam
  - ◆ eligible to officiate local and provincial minor ball
  - ◆ may be randomly evaluated
  - ◆ cost \$50.00
- LEVEL III**
- ◆ must have Level II for a minimum of 1 year
  - ◆ must attend a Level III clinic
  - ◆ must obtain 80% or more on exam
  - ◆ eligible to officiate all provincial baseball. Must be at least 18 years of age during current year to officiate at the major level. Eligible for Western Canadian competition.
  - ◆ must pass two on-field evaluations
  - ◆ cost \$55.00
- LEVEL IV**
- ◆ must have Level III for one full year, and have officiated for a minimum of 5 years
  - ◆ must attend a Level IV clinic
  - ◆ must obtain 86% or more on exam
  - ◆ eligible to officiate national championships. Must be at least 18 years of age during current year to officiate at this level.
  - ◆ must pass two on-field evaluations (1 plate, 1 base) with a passing grade of 86% on the evaluations
  - ◆ to maintain Level IV, must write exam every three years with passing grade of 86% or more
  - ◆ divided into two subgroups “AAA” and “AA”. “AAA” officials would have participated in at least one minor championship (Pee Wee, Bantam, Midget)
  - ◆ cost \$125.00
- LEVEL V**
- ◆ same as Level IV, but must have participated in at least two minor national championships (Pee Wee, Bantam, Midget) and at least one major national championship (Selects, Junior, Senior and Canada Games) to be Level V “AA”, and had at least one international assignment to be Level V “AAA”

**All certification clinics are one day, eight hours in duration.**

## **APPENDIX V – Rookie Ball**

### **ROOKIE PITCHING MACHINE PROGRAM**

The Rookie pitching machine Program is a non-competitive category designed for children under the age of 10. The pitching machine takes the place of the pitcher, providing consistent strikes, plenty of fast paced action as more balls are put into play, and helps develop fielders and hitters. The following guidelines will help aid your league or association in implementing a rookie pitching machine program. These are guidelines only, as the M.B.A does not have a recognized provincial championship in the Rookie division.

#### 1. Equipment

- A. Pitching machine (recommend the ATEC Rookie)
- B. Extension cord
- C. Portable generator ( if electrical outlets unavailable)
- D. Two ball baskets (one at machine, the other at the catcher)
- E. Two dozen pitching machine balls (recommend the ATEC Supersoft)
- F. 8 batting helmets with chin straps-used by batters, baserunners and on deck batters.

#### 2. Speed of pitch

Approximately 30-35 miles per hour (50-60 kph). Set at the best speed to allow the hitter to contact the ball.

#### 3. Dimension of field

- A. 60 ft. basepaths.
- B. Machine at 40-42 ft.

#### 4. Length of games

- A. 6 innings.
- B. (or) 90 minute time limit.

#### 5. Defensive alignments

11 players on field each inning. Catcher, 1st, 2nd, 3rd, shortstop, four outfielders, two defensive pitchers (one on either side of machine). Bench players are to be rotated into defence each inning.

#### 6. Batting order

All players on the team (including those on the bench) should be placed in the batting order. Leagues may choose to go once through the order per inning for each team, play three outs, or limit a team to six runs per inning.

#### 7. Rules

- A. No bases on balls. Batter has 5 pitches to put ball into play; if batter does not succeed after allotted pitches, batter declared out.
- B. No "infield fly", bunting or stealing.
- C. Batter-runner or runner allowed only one base on overthrow.
- D. Ball declared dead if it hits machine. Batter credited with base hit, all runners on base advance one base.
- E. All other standard rules of youth league participation apply.



## APPENDIX VII – Pitch Count Rules

### Pitch Count Regulations

For 2010 the pitching rule at the Baseball Canada Midget Championships will be modified with the implementation of the pitch count approach that will monitor the rest and recovery period for pitchers. This puts Midget in line with the other Minor age divisions. Pitch Count replaces the innings pitched format that has been used previously. Sport Science studies have shown that the total amount of pitches during a game is directly related to arm injuries for young pitchers.

1. Any player on the team is eligible to pitch and there are **NO** restrictions to the number of pitchers a manager may use in a game
2. Pitchers are **not** permitted to throw 3 consecutive days.
3. Pitchers and managers shall follow the Pitch Count guidelines (see chart below)
4. The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest (if any) starting the next calendar day. Athletes must **not** exceed the maximum pitch count total for that day. If there is no official scorekeeper, the home team scorekeeper will become the official scorekeeper.
5. Players will **not** be permitted to pitch and catch in the same game.
6. Pitchers will be permitted to finish the batter if their maximum pitch limit has been reached for that calendar day.
7. Intentional walks will be included in Pitch Count totals
8. Required Rest shall be defined in “Days” starting at 12:01 a.m. and ending at 11:59 p.m. of the next calendar day.
9. A pitcher who is removed from the mound during the game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game in another position.

Rest Period	MOSQUITO Number of Pitches	PEE WEE Number of Pitches	BANTAM Number of Pitches	MIDGET Number of Pitches
No rest required	1 - 25	1 - 30	1 - 30	1 - 30
1 day rest	26 - 40	31 - 45	31 - 45	31 - 45
2 days rest	41 - 55	46 - 60	46 - 60	46 - 60
3 days rest	56 - 65	61 - 75	61 - 75	61 - 75
4 days rest	66 - 75	76 - 85	76 - 90	76 - 100
<b>Total allowed pitches in a day</b>	<b>75</b>	<b>85</b>	<b>90</b>	<b>100</b>

## ***APPENDIX VII – Anti-Harassment/Abuse Policy***

### **Anti-Harassment/Anti-Abuse Policy**

The MBA, recognizing that each of its members is entitled to respect and to being treated with dignity, has established a formal written policy of anti-harassment and anti-abuse to protect all persons in its programs from any form of unacceptable conduct amounting to discrimination, harassment or abuse. All complaints will be investigated and appropriate action taken. The MBA is committed to publishing information about its policy and educating its members. However, the policy does not remove or diminish the right of either the MBA or its members to pursue any legal remedy available.

The MBA will establish its own procedures and timing in the investigation of a written complaint from any person to either the Executive Director or the Technical Director, either of whom are deemed the "Complaint Officer". Notice of the complaint is given to the respondent and both parties are advised of the availability of counseling and support services, if requested, and the right to legal representation. The policy provides that the complainant is not required to confront the respondent unless it is perceived as a way of resolving the complaint. The complainant has a right to withdraw the complaint, but the MBA may decide to continue its own investigation and the complainant will be required to assist, but will not be required to participate in any formal hearing of the complaint. Where appropriate, the complaint will be advised that he or she can pursue the complaint with any outside agency of authority.

The complaint officer must conduct any necessary investigation and prepare a report that outlines the facts and, if there is evidence to support the complaint, that recommends some resolution or imposition of discipline or other conditions. At any time during the investigation stage the complainant and respondent may agree to an informal resolution which may include conditions of training or discipline. A Record of Resolution, signed by the complaint officer and the parties, will be placed on file at the MBA and a copy will be given to each of the parties. If there is no resolution following the complaint officer's report, a formal hearing will be held before three members of the Management Committee (panel) of the MBA whose decision is final and a record of Decision will be given to the parties and recorded in the MBA files.

Where disciplinary action is indicated, the Complaint Officer or the panel, as the case may be, shall consider a number of factors, including the factors in favour of the respondent. Notification of any disciplinary action will be given to the organization directly responsible for the respondent and the complaint officer is required to follow up the matter to see that such organization imposes the discipline assessed.

Specifically, the policy deems certain amorous relations to be harassment and identifies various other forms of harassment (including relation) abuse and discrimination. The disciplinary action can range from apology to counseling, demotion, supervision, training or expulsion from the organization. All complaints must ordinarily be made within six months of the incident, but the panel may, in its discretion, waive the limitation period and accept the complaint.

**Note to the Reader:** The reader is advised that the above description of the **Anti-Abuse/Anti-Harassment Policy** of the MBA is for information only and is intended to provide only an outline of the salient features of the policy. Should there be any discrimination, harassment or abuse complaint filed with the complaint officer of the MBA, the provisions of the actual Policy will, in all respects, govern every phase and aspect of the complaint, investigation, hearing, resolution or decision process.

Detailed copies of all Baseball Manitoba Policies are posted on the website. [www.baseballmanitoba.ca](http://www.baseballmanitoba.ca)

## APPENDIX VIII – Video Library

### Manitoba Baseball Association Video Library

Rental fee for videos:	1 video	\$3.00
	2 videos	\$6.00
	3 videos	\$9.00
	maximum of 3 videos	

1. All videos or books may be rented for a one week period.
2. A \$10.00 late fee will be applied to all late materials.
3. If borrowed materials not returned by one week past return date, renting parties organization will be invoiced full retail cost of rented items (including GST and PST).

Code	Title	Author	Organization
<b><u>General/All Inclusive/Combination</u></b>			
G-1-JS-A	Practice Planner - Vol. 1	Jim Sundberg	
G-1-JS-B	Practice Planner - Vol. 2	Jim Sundberg	
G-5-RN	How to Coach Baseball to Kids	Rocket Norton	
G-6-LA	The "Dodgers" Way to Play Baseball	LA Dodgers	LA Dodgers
G-7-BC	The Baseball Clinic - Volume 1	Various	
G-8-JW	Baseball Practice Indoors	John Winkin	
G-11-TG	Organizing Baseball Practice	Tom Gamboa	Chicago Cubs
G-12-MLB	A Coaching Clinic	Major League Baseball	MLB
G-13-MS	59 Minute Baseball Practice	Marty Schupak	
CO-1-MLB	Pitching and Catching	Major League Baseball	MLB
CO-2-MLB	Hitting and Baserunning	Major League Baseball	MLB
CO-3-LL	How to Hit and Run	Bragg Stockton	Little League Baseball
CO-4-LL	How to Pitch and Field	Bragg Stockton	Little League Baseball
CO-5-ABCA	Skills & Drills - Pitching and Catching	Pat McMahon	Mississippi State Univ.
CO-6-ABCA	Hitting and Baserunning	Mark Johnson	Texas A&M University
CO-7-DA	Pitching & Fielding Skills for Youth	David Altopp	Lee University
<b><u>Catching</u></b>			
C-1-TT	The Ultimate Catcher	Tom Thompson	Chicago White Sox
C-2-TT	The Complete Catcher	Tom Thompson	Chicago White Sox
C-4-GE	Catching	Glenn Ezell	
C-5-RM	Catching Skills and Drills	Rob McDonald	
C-6-BB	Catching Fundamentals & Techniques	Bob Bennett	Fresno State Univ.
<b><u>Pitching</u></b>			
P-1-TH	Pitching Absolutes	Tom House	Texas Rangers
P-2-TH	Pitching Strategies and Tactics	Tom House	Texas Rangers
P-3-TH	Pitching Mechanics	Tom House	Texas Rangers
P-4-TH	Pitchers Fielding Practice	Tom House	Texas Rangers
P-5-TH	The Pitching Edge	Tom House	Texas Rangers
P-6-DBS	Pitching	Denny Doyle & Jim Zerilla	Doyle Baseball
P-9-DR	Coaching Pitchers	Dewey Robinson	Chicago White Sox
P-10-DR	Teaching Pitches	Dewey Robinson	Chicago White Sox
P-11-DR	PFP - Pitchers Fielding Practice	Dewey Robinson	Chicago White Sox
P-13-PM	Pitching Techniques	Pat Murphy	Arizona State Univ.
P-14-PM	Pitching Strategies	Pat Murphy	Arizona State Univ.
P-15-PM	Practicing Techniques	Pat Murphy	Arizona State Univ.
P-16-JB	Baseball Bunch - Pitching	Johnny Bench	Cincinnati Reds
P-17-AF	Fundamentals of Pitching Mechanics	Alex Fernandez	Chicago White Sox
P-21-BT	Fine Arts of Throwing and Pitching	Bill Thurston	Amer. Sports Med. Inst.
P-22-MM-ABC	Left-handed Pick-offs	Mike Maack	Univ. of Central Florida
P-23-SB	Pitching in the Bullpen	Skip Bertman	Louisiana State Univ.
P-24-BT	Proper Pitching Mechanics	Bill Thurston	Inter. Baseball Fed.
P-26-RM	Pitching for Young Pitchers	Randy Mazey	University of Tennessee
P-28-BB	Pitching From the Ground Up	Bob Bennett	Fresno State
P-29-BT	Common Mechanical Pitching Faults	Bill Thurston	Amherst College
P-30-CK	The Red Book of Pitching	Clyde Keller	Western Kentucky Univ.
P-31-BB	Pitching Drills	Bob Bennett	Fresno State

## **APPENDIX VIII – Video Library**

<b>Code</b>	<b>Title</b>	<b>Author</b>	<b>Organization</b>
<b><u>Hitting</u></b>			
H-1-DB-A	You Can Teach Hitting - Vol.1 - Technique	Dusty Baker	San Francisco Giants
H-2-DB-B	You Can Teach Hitting - Vol. 2 - Mistakes	Dusty Baker	San Francisco Giants
H-3-DB-C	You Can Teach Hitting - Vol.3 - Drills	Dusty Baker	San Francisco Giants
H-4-DB	Dusty Baker on Hitting	Dusty Baker	San Francisco Giants
H-5-CL	The Art of Hitting .300	Charlie Lau	Chicago White Sox
H-6-DBS	MVP Hitting	Denny & Brian Doyle	Doyle Baseball Schools
H-8-IJ	Fundamentals of Hitting and Bunting	Itchy Jones	University of Illinois
H-12-EASTON	Hitting with Ben Hines	EASTON Sports	LA Dodgers
H-13-HK	How to Teach & Learn the Art of Hitting	Harvey Krupnick	
H-14-TE	Mechanics of the Major League Swing	Tom Emanski	Baseball World
H-15-RE	The Professional Hitter	Rob Ellis	Michigan State University
H-16-RE	Hitting Simplification & Mental Mechanics	Rob Ellis	Michigan State University
H-17-ER	Right On: The Right Way to Hit	Ernie Rosseau	Chicago Cubs
H-18-GG	Baseball Skills Volume #1 - Hitting	Gordie Gillespie	
H-19-RD	Hitting Fundamentals with Drills	Rod Delmonico	University of Tennessee
H-20-JM-A	Walk Through Approach to Hitting - Part 1	John Mallee	Montreal Expos
H-21-JM-B	Walk Through Approach to Hitting - Part 2	John Mallee	Montreal Expos
H-22-DA	Hitting Skills/Drills for Youth Players	David Altopp	Lee University
H-24-ER	Winning Hitting Drills	Ernie Rouseau	Brevard College
<b><u>Fielding</u></b>			
F-1-BD-ABCA	The Overlooked Art of Throwing	Brian Doyle	Doyle Baseball Schools
F-2-DBS	MVP Fielding	Denny Doyle	Doyle Baseball Schools
F-3-IJ	Fielding and Middle Infield Play	Itchy Jones	University of Illinois
F-4-TE	Baseball World's Defensive Drills	Tom Emanski	Baseball World
F-5-MLB	Fielding	Major League Baseball	MLB
F-6-BS	Developing Infielders	Bruce Sabatini	St. Peter's College
F-7-ABCA	Baseball Skills & Drills - Fielding	Jack Leggett	Clemson University
<b><u>F-8-LS</u></b>	Infield Play-Fundamentals & Drills	Larry Simcox	Univ of Tennessee
F-9-LP	Team Defensive Drills	Larry Price	Timberland HS, Idaho
F-11-LP	Individual Defensive Drills	Larry Price	Timberland HS, Idaho
<b><u>Baserunning</u></b>			
R-1-DBS	Base Running	Blake Doyle	Doyle Baseball Schools
R-2-RD	Aggressive Baserunning	Rod Delmonico	University of Tennessee
R-3-GG	Baserunning	Gordie Gillespie	
R-4-T	Baserunning Strategies and Drills	Turtle Thomas	Florida State Univ.
<b><u>Strength Training/Conditioning</u></b>			
ST-1-JF-A	Triple Threat - Weights and Flexibility Training	Jeffery Forney	Arizona State University
ST-2-JF-B	Triple Threat - Medicine Ball and Agility	Jeffery Forney	Arizona State University
ST-3-JF-C	Triple Threat - Plyometric and Speed Training	Jeffery Forney	Arizona State University
ST-4-JM	Functional Shoulder Training	Jim Murphy	
ST-5-JM	Developing Rotational Power & Balance	Jim Murphy	
ST-6-DC	Jumping into Plyometrics	Donald Chu	
<b><u>Field Maintenance</u></b>			
FM-2-TC	Turf Sports Field Maintenance	Turf Corporation	
FM-3-FP	ABC's of Grounds Maintenance - Baseball	Floyd Perry	
FM-4-FP	ABC's of Grounds Maintenance - Softball	Floyd Perry	
<b><u>Umpiring</u></b>			
U-1-DR	See a Balk: Call a Balk	Don Rowe and Al Kaplan	

## Sport Manitoba's

# RESPECT IN SPORT PROGRAM

Sport Manitoba and Baseball Manitoba believe in being proactive in ensuring sport in our province is safe and welcoming for all participants. Respect in Sport helps us promote those values through a simple and convenient on-line training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport. Respect in Sport enables coaches to deal with legal and moral responsibilities, making them less vulnerable and more confident in dealing with sensitive issues. A risk management tool, Respect in Sport will help sport organizations reduce liability.

**As a mandatory Sport Manitoba requirement, all coaches from all sports (that means every Rookie Ball, "A", "AA" and "AAA" baseball coach) must have the "Respect in Sport" course completed by June 1, 2010, or their name will be removed from the roster.**

The course is three hours in length, but can be completed at the coach's leisure, in its entirety or in segments at their own pace. The program is available in both English and French and is provided free of charge to all coaches.

**To complete this course, log on to [www.sportmanitoba.ca](http://www.sportmanitoba.ca) and click on the Respect in Sport Logo or link through the Baseball Manitoba website at [www.baseballmanitoba.ca](http://www.baseballmanitoba.ca)**

