

2020 TEE BALL IMPORTANT DATES

Registration	Feb. 12 - 14	5:00 - 7:00 pm
Coaches Meeting	Thursday, Feb. 20	7:00 pm
Draft (coaches only)	Thursday, Feb. 27	Girls: 6:00 pm Boys: 7:00 pm
Practice Begins	Monday, Mar. 2	
NAYS (coaches only)	Wednesday, Mar. 4	6:00 - 8:00 pm
NAYS (coaches only)	Saturday, Mar. 7	10:00 am - Noon
Opening Day	Saturday, Mar. 28	
Thomaston Night (Braves Game)	Saturday, Apr. 4	
Picture Day	Wednesday, Apr. 1	(In Gym)

- Jersey, Belt, Visor, and Socks provided for the Girls
- Jersey and Cap provided for the Boys
- All players must provide game pants, gloves, and shoes
- NO REFUNDS AFTER LEAGUE DRAFT
- We do not guarantee all requests
- For games, practice, and other Tee Ball info please call our sports hotline at 706-647-4002.

Parental Code of Conduct & Responsibilities Contract

The Thomaston-Upson County Recreation Department would like to share with you standards, procedures and policies for

YOUTH TEE BALL

Offenders of the below stated code of conduct and responsibilities are subject to immediate removal from any game/practice or possibly the TeeBall program.

GAMES

Parents should not use foul or abusive language toward any Coach, Player, or Spectator. Parents' conduct should be conduct that you would want your child or other children to model. Please remember this in your tone, your words and your actions. Youngsters are watching you and will be influenced by your behavior.

PLAYERS

Your player has registered to play Tee Ball. Playing a sport requires practice, conditioning and perseverance. Playing a team sport requires having team members present at practice to be conditioned, evaluated and trained for positions. It is important for a team sport to have all members present for practice. **Players may have limited playing time if they do not adequately attend and participate in practices.** Recreation league rules dictate that every player will be given the opportunity to play.

SCORES ARE NOT RECORDED FOR TEE BALL PLAY.

Games are four (4) innings. Each player must play a minimum of two (2) innings.

Players/parents need to let coaches know as soon as possible if they will not be able to play in a game. This will allow coach adequate time to revise team strategy. A coach may limit playing time for missed practices and games.

Tee Ball will use the continuous batting order, and acknowledge three (3) outs.

CONCERNS

If as a parent you have questions or concerns please be courteous and professional. Periods prior to practices or games are not appropriate times to discuss problems you may have with you players' baseball experience. Coaches should be focusing attention on practice and or the game. We suggest either a telephone call, email or arrange a time to meet/discuss concerns at a mutually convenient time. Please speak with your coach first. Follow the chain of command. If you still have concerns then bring them to the attention of the Athletic Coordinator, Wes McCard and/or Athletic Superintendent, Jeff Middlebrooks. Submit concerns in writing to him. He will review, make recommendations and respond. If after this course of action, your concerns have not been sufficiently addressed, then present your written concerns to Director, Mindy Daniel. She will review and respond.

PARENT CONDUCT

Enthusiasm for the sport is admirable, but controlled enthusiasm is best. Always show respect for other team players, spectators and coaches. Loud and abusive yelling will not be tolerated. Parental and spectator comments should be positive and controlled. Offenders are subject to the following course of action: (1.) Verbal warning (2.) Letter of reprimand (3.) Meeting with Athletic Superintendent (4.) Suspension. *Offenders of the above stated code of conduct and responsibilities are subject to immediate removal from any game/practice or possibly the baseball program.*

I (we) have read the above information and accept these conditions as part of my player's commitment to the Thomaston-Upson County Recreation Department's Youth Baseball Program and acknowledge the consequences of my (our) actions.

CHILD'S NAME PARTICIPATING: _____

FATHER'S (guardian) SIGNATURE/DATE: _____

MOTHER'S (guardian) SIGNATURE/DATE: _____

LEGAL GUARDIAN SIGNATURE/DATE: _____

A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

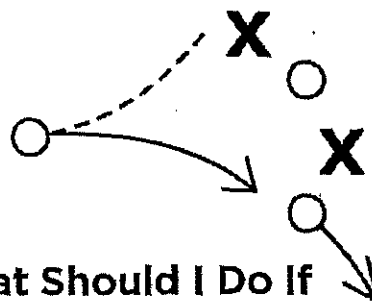
Plan ahead. What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

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To learn more,
go to cdc.gov/HEADSUP

