

Cupertino Girls Softball League
2013 Coaches/ Managers Meeting - Team Information

#	Color
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Head Coach	
Manager	
Asst Coaches	

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Cupertino Girl's Softball League

2013 Coaches/ Managers Meeting TOC & Agenda

*** See www.cgsl.us for updates**

1 – TOC/Agenda

2 - 2013 CGSL Contacts & Codes

3- General Info

4 - Sponsor Form

5 - Coaching Philosophy Document

6 - Manager's Handbook

7 - Auth To Treat Form

8 - Agreement and Waiver Form

9 – League Calendar

10 - Uniform and Equipment FAQs

11 - Safety Guidelines & Accident Report Form

12- Pitching Clinic Info

Appendix A - Field Permits

Appendix B - Positive Coaching Alliance

Appendix C – Liability Insurance

Cupertino Girl's Softball League 2013 Coaches/ Managers Meeting TOC & Agenda

GARY

- Welcome
- Introduce Board Members
- CGSL Rec Ball Philosophy
- Overview of what is new this year

CHRIS

- ACE Certification Requirement
- Coach Training

DOUG

- Team practices and Cutting Edge Coach and Players Training
- Equipment & Key Requirements
- Authorization to Treat form
- Agreement and Waiver form
- ACE certification

SCOTT

- Umpires
- Rule clarifications/changes for 2013

JULIE

- Safety procedures

MICHAEL

- Game and practice schedules (pre-season/season)
- Inter-league play

TERRI

- Uniforms

RICHARD

- Website
- Fund raising and Team sponsors

DEBRA

- Snack shack

ANDY

- Field prep

JOHN

- Announce coaches and managers (have each stand)

GARY

- CGSL Stanford Softball Day
- Mention key dates
- Q&A
- Wrap-up

Cupertino Girls Softball League

2013 Season Contact and General Information

2013 Season Elected Board

President	Gary Standridge	vp@cgsi.us ;
Vice President	Andy Patti	president@cgsi.us ;
Secretary	Rita Alicea	secretary@cgsi.us ;
Treasurer	Chris Smith	treasurer@cgsi.us ;
Player Agent	John McNelis	playeragent@cgsi.us ;

Cupertino Field Weather Hotline by Cupertino Parks and Rec Department Call this # to find out if the fields are closed due to inclement weather. Field closures are city-wide.	408-777-3566 or text 'follow cupertinofields' to 40404
Sunnyvale Field Weather Hotline	408-730-7585
Restroom/Facilities (Cupertino Parks & Rec) Call if Monta Vista restrooms are locked, for maintenance issues or garbage pick-up requests.	408-777-3120
Umpire In Chief (Scott Murray) Contact in the event an umpire is not present, umpire scheduling issues or rule disputes.	uic@cgsi.us
Scheduler (Michael Ivers) Contact for field requests, scheduling issues, etc.	scheduler@cgsi.us
Equipment Manager (Doug Olkein) Contact regarding equipment bag, etc	equipment@cgsi.us
Safety Director (Julie Manley) Report all accidents that occur during games or practices.	safety@cgsi.us
Fields Manager (Andy Patti) Contact if line chalk/paint, field prep items missing, ...	fields@cgsi.us
Uniform Coordinator (Terri Mullen) Contact regarding uniforms.	uniforms@cgsi.us
League Website www.cgsi.us (Ravi Rajamani)	webmaster@cgsi.us
Marketing/Community Outreach and Sponsorship Coordinator (Richard Dutra)	sponsors@cgsi.us
Combination for field lockers & batting cages at Monta Vista	2475 (CGSL on phone keypad)
Field Permit Disputes	Try to work it out first. Show our permits. Get the coach's name and organization. Call non-emergency number for sheriff's office in extreme situation only (408-299-2311) who will contact code enforcement for field conflicts that can't be worked out at the field.

Cupertino Girls Softball League

2013 Season Contact and General Information

Item	Description
Inter-league	6U, 8U, and 10U will interlock with Sunnyvale. 12U/14U teams will possibly play Sunnyvale, Mt. View/Los Altos, Branham Hills, Campbell, Los Gatos/.Saratoga, and Palo Alto.
Field Prep	The Home team will be responsible for field prep at MVRC. Look for the schedule so you can schedule your parents!! Have fun, get some exercise, and help the League!! See Field Prep instructions posted at cgsl.us and attend Field Prep Training.
ACE Certification	<p>The ASA National Office is open for online certification. Following is the website that you will need to log onto to become certified (or, recertified) http://ace.usasoftball.com/ace/home.asp .</p> <p>CGSL and ASA requires that at least one certified adult from each team be present at all games. CGSL will provide reimbursement for 2 coaches per team. Additional Information:</p> <ul style="list-style-type: none"> - Association: Northern California ASA - Group: JO Rec-7 Santa Clara County - League: Cupertino Girls Fastpitch <p>(Note: Initially must sign up for Coach Certification with Background check. It may take as few as 10 minutes or up to a day or so before the background check completes. After the background is complete you can take the online test/certification)</p>
2013 Board	We need volunteers for 2013 Season – Please indicate your interest to any Board Member. The future of the League depends on you!!!
Fundraising & Sponsors	<p>All teams are requested to recruit a team sponsor this year. If your completed Sponsor Form and check is received by March 9th, your team will receive a free meal ticket at Opening Day for all players and coaches!!</p> <p>Eat out and have fun at the “Dining for Dollars” fundraising events throughout the season.</p>
You and the Youth Umpire	Please support our Youth umpire program by insuring your staff, team and parents treat the youth umpires with the same respect as the adult Umpires. They are learning new skills - both umpire and leadership. It is the team staff’s responsibility to manage relations between its staff, parents, players and the umpire. Remember some day - it will be your or your parents’ daughter! Thank you!
Snack Shack Schedule	Thank you for your continued support in this important League revenue stream.....If you play on field A – then at least 1 parent from each CGSL team will be asked to work in the Snack Shack. If you are playing an InterLeague game on Field A, then you will supply both parents from your team. Also, the Snack Shack must be open 15 minutes before and after each game in order to keep our business thriving.
8U and 10U Rule Reminders	<p>In 8U, coaches can pitch from anywhere within the circle as long as they start and end in the circle. In 10U, stealing home is permitted. In addition, coach pitch will not be allowed after Spring Break.</p> <p>Please refer to the cgsl.us website for updated 8U/10U rules when they become available.</p>
Softball/Baseball Pants	Full length softball/baseball pants may be worn by players instead of shorts.
Equipment Bags	Please provide(1) a copy of a completed “Authorization To Treat” form, (2) a completed “Agreement and Waiver” form, and (3) a copy of the latest ACE Certification to receive your equipment bag. Refer to the league calendar for equipment bag pick-up dates.

2013 CGSL Coaches

6U (2 teams)

(6U-1) Yohei Yamamuro yohei.yamamuro@gmail.com / Patrick Yao pyaoliang@yahoo.com
co-coaches

(6U-2) Sriram Natarajan srinatar@yahoo.com / Jack Wong jackwong1@comcast.net)

8U (2 teams) -

(8U-1) Joe Turner: joseph_r_turner@yahoo.com

(8U-2) Cris Vaughan cavaughan28@gmail.com /KT Huang kthuang_80@yahoo.com

10U (2 teams)

(10U-1) Dave Delgado: delgado95127@yahoo.com

(10U-2) David Blair dandlblair@sbcglobal.net /Oscar Bolanos OBolanos1975@gmail.com

12U (2 teams)

(12U-1) Gary Standridge g_gstandridge@sbcglobal.net

(12U-2) Mike/Lauren Ivers iversml@yahoo.com

14U (2 teams)

(14U-1) Andy Patti apatti@gmail.com /Nicole Huber nicoler35@sbcglobal.net /

John McNelis john.mcnelis@gmail.com

(14U-2) Chris Smith christophersmith00@hotmail.com /Doug Olkein dolkein@gmail.com

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Cupertino Girls Softball League Season Sponsor Information

The Cupertino Girls Softball League (CGSL) Sponsorship Campaign goes into high gear again this spring as parents and players contact local businesses and families that the League serves. Funds from the Sponsorship program help improve equipment, facilities and allow us to offer Coach and Player instructional clinics! The success of the Sponsorship campaign is critical to the League.

Each team is requested to gain a Sponsor who will contribute \$300. Each sponsor will receive:

- Reference on League website (www.cgsl.us)
- Plaque with Team photo
- Public announcement at Opening and Closing ceremonies
- Letter with League tax id (FEIN=77-0275311)
- Listing on banner displayed at our home field (donation must be received before March 9th to be included)

Please have Sponsors complete the form per the instructions below.

CGSL is a nonprofit organization, all donations are tax deductible to the extent allowable by law.

Cupertino Girls Softball League Sponsor Form

Business Name or Sponsor Name: _____

Sponsor Contact: _____

Address: _____

Website URL: _____

Brief description of business: _____

Team Sponsored: _____

Coach: _____

Payment:

Please make check out to Cupertino Girls Softball League and mail to:

P.O. Box 843, Cupertino, CA 95015-0843

[] Check this box if you wish your sponsorship/contribution information not be published.

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Cupertino Girls Softball League Coaching Philosophy

The underlying purpose behind Cupertino Girls Softball League (CGSL) is that of providing players a fun and educational environment in which to learn the skills and fundamentals of softball. To that end, the CGSL Board of Directors believes that it is important that players receive consistent instruction throughout their years in our league. Because CGSL operates under a system of assigning players to new teams and coaches each year as they progress, players need to be confident that the skills and techniques that they are taught as beginning and intermediate players will be useful for them as they advance to our senior divisions and competitive leagues. The following material is intended as a guide for both beginning and experienced coaches. There are certainly many approaches to teaching the game of softball. These notes summarize some of the methods that we have found to be successful in helping players improve their performance and enjoy the game.

Warmups:

- Sufficient stretching of the legs, arms, neck, head, and abdomen.
- Running, with full arm motion. Run on the balls of the feet, with a slight forward lean.

Grip and Rotation:

- Grip the ball across the “C”. Younger players will likely use a 3-finger grip. Older players may choose to use a 2-finger grip. Keep in mind that the ball is a little bigger for the senior divisions.
- Practice wrist snaps by isolating 1) fingers 2) wrists 3) elbow

Throwing Motion:

- “L” position for the throwing arm, with front elbow pointing at the target.
- Close the front shoulder while drawing the arm back.
- Pull the arms apart (conducting the orchestra).
- Drive the front elbow down while bringing the throwing arm through.
- Follow through and complete the motion by bringing the throwing elbow to the opposite knee.

Catching the Ball:

- Receiver must give a target to the thrower by raising both arms, with glove at shoulder level.
- Feet should be apart so that receiver has a solid base. Glide or shuffle to the ball, don't cross feet.
- Catch the ball with 2 hands and bring it into the body, ready for the throwing motion.
- Keep the glove hand “palm up” on throws below the waist.
- Keep the glove hand “palm down” on throws above the waist.

Infield:

- Field ground balls from a natural athletic stance (knees bent, feet apart, hands and glove out in front of the body so that the feet and hands form a triangle).
- Watch the ball into the glove. Bare hand closes over ball in an “alligator” motion.
- Keep the glove below the ball on ground balls.
- Bring the ball into the body, with the arms acting as shock absorbers. Soft hands.
- Field the ball between the feet.
- Glide side to side. Don’t cross over step to the ball.

Outfield:

- On ground balls, field as an infielder. Remember that the outfielder is the last line of defense.
- On fly balls, start the hands and glove below the eyes. Catch the ball above the eyes.
- Introduce catching a fly ball to young players by using with rag balls, tennis balls, whiffle balls and “Softie” soft compression softballs.
- When running after, and tracking a ball, run on the toes, not the heels.
- The right fielders responsibility, after determining that the ball is not hit to her, is to back up 1st base. The left fielder will back up 3rd base, especially on steals.
- All outfielders should back up a base on every play. Be in motion.

Baserunning:

- Make a quick start out of the batters box, stepping with the rear foot first.
- Run through the first base bag on ground balls.
- When taking multiple bases, hit the inside corner of the bag. Either foot is ok.

Hitting:

- Grip the bat with the knuckles lined up. Coaching advice to players is “Line up the knuckles that you use to knock on the door”.
- In the stance, feet should be slightly wider than the shoulders. Toes the same distance from home plate. Knees bent. Weight on inside balls of the feet (not on the heels).
- Elbows point toward the ground, with the front arm forming an “L” @ 90 degrees and the back arm forming a “V” @ 45 degrees. Both elbows are relaxed.
- Bat is held even with ear @ about 45 degrees from vertical.
- Stride with the front foot about 6-8 inches. (Note – the fastpitch softball stride is more compact than a slowpitch stride. Maintaining balance is more important, because of the speed of the pitches, than taking a long, uppercutting, stride.)
- Compact swing, with the eyes tracking the ball over the plate. The head should finish pointing at home plate. The chin should almost rest on the inside shoulder.

- Follow through completely with the swing, with the bat coming finishing on the hitters back.

Suggested Coaching Educational Material:

Coaching Youth Softball, American Sport Education Program, 1996.

Explains the hows and whys of coaching youths. Directed at the younger player, with plenty of drills and techniques. Excellent for coaching the youngest players.

Softball: Fast and Slow Pitch, Mario Pagnoni & Gerald Robinson, 1995.

Detailed and complete, this book is varied enough to use at both the beginning and advanced levels. Lengthy sections on fielding, hitting, and pitching.

The Softball Handbook, Susan Craig & Ken Johnson, 1985.

Written by the coaching staff at the University of New Mexico, this is directed at the college athlete. It is useful for younger players because of the extensive photos that illustrate techniques and drills.

Defensive Softball Drills, Jacquie Joseph, 1998

Written by the head coach at Michigan State University, this book details 66 different defensive drills. All drills are diagrammed, and drills are broken up between drills for individuals and drills that involve the entire team.

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Cupertino Girls Softball League

Manager Handbook

Welcome to your new team and the new season and thank you for volunteering!!

The Manager's main job is coordination of all the team and League Events, parent volunteer positions, communication to and from the team – all the administrative tasks. This may include managing the practices/game schedule, the attendance for each, clearly communicating all players and parents and, sometimes, developing line ups for games. Basically anything that will allow the Coach to focus on the on player and team development.

A good thing to remember is that anything can happen and that being flexible will be key to a successful season. The most important thing is to make the season fun for the player, the coaches and yourself.

Good resources to review are the CGSL website (www.cgsl.us) and team handouts that you receive at the Coaches/Managers meeting (see website for date/time). They provide a wealth of information that will be useful in managing your team.

PRE-SEASON

The Coach & Manager Relationship: You will meet your assigned Coach at the Coaches and Managers Meeting, usually held in early Feb. (Check www.cgsl.us for meeting information). You may want to discuss his/her coaching philosophy, the separation of duties (who creates the line-up, who transports equipment, practice schedule, date for Initial Team Meeting and other items that will help the season run smoothly for the players.

Contacting Your New Team: Before you contact the team, familiarize yourself with the division requirements/rules. You do not have to be an expert, but the parents may ask questions about the schedule (days of week, times, length of season), equipment, etc. Once again, the website (www.cgsl.us) is a great resource, Coaches/Managers Kick Off Meeting, Team Handouts and your discussions with the Coach are good sources of information.

Try to contact every family on your team soon after the Coaches/Managers meeting where you will receive your team roster and contact information. This is a good time to verify the contact information and solicit people for the team volunteer positions (please see volunteer positions information in the Team meeting agenda below). At the same time you may field parent questions; some you may have to research before responding.

When you contact your team, you'll want to tell the parents and players about the Initial Team Meeting including location, date and time. It should occur before the first day of Pre-Season. The start of Preseason date can be found on the calendar at www.cgsl.us.

The initial-team meeting: There is a great resource available to you on the CSL website to use in your first meeting, it can be found @ www.cgsl.us and look for League Information for Adults and Players.

The team meeting purpose is to meet each player and parent in person, share the team philosophy, cover the skills the players will learn in this division, publish the practice schedule, gather information about the player's experience, provide the required equipment list, explain your communication plan and finalize the team's volunteer list. You will also want to choose your team's name at this meeting if possible. The League will ask for the team names before Opening Day.

Cupertino Girls Softball League

Manager Handbook

Also you will be recruiting parents for the team volunteer positions. (See sample agenda at end of this document for descriptions). Every family should sign up for one of these positions, as well as, participating in the team chaperone, team snacks and snack shack staff schedule.

Pre-season practice schedule: The League provides a preseason practice schedule for you at the Coaches/Managers meeting. This can also be found on the website @ www.cgsl.us then look for Schedules. You will communicate this to your team.

It is helpful to include scrimmages in the practice schedule. Scrimmages can usually be scheduled the last week before Opening Day. This is especially helpful for the older divisions. You can arrange scrimmages with other teams' Coaches or Managers during the pre-season. You can use one of your scheduled field times or request a field assignment from the league by contacting the Chief Scheduler and the UIC.

A suggestion is to take the pre-season calendar and add the League scheduled events (i.e. pitching clinics), so there is one calendar for the parents to follow. League scheduled events can usually be found on the League calendar on the website.

Equipment purchase:

Required equipment list may be found on www.cgsl.us look for League Information for Adults and Players/equipment FAQs.

There are several places to purchase softball equipment in the South Bay. Most sporting goods stores (Big 5, SportsAuthority, Sports Basement) carry the required equipment, as well as specialty stores (Hardkete Baseball in Campbell, All Star Baseball Academy, All Out Baseball). As baseball and softball seasons begin, supplies maybe low, so encourage your parents to shop early.

There are also many etailers where you can order softball equipment (i.e. Western Athletic Supply www.wasupply.com). If there is interest from your team for items, you can place a group order to save money on shipping.

SEASON

Communication: During the pre-season and season, it may be helpful to send a weekly email to reminder the players and parents of the Softball event information scheduled for that week. The email would include the practices, games and other events for the week. It would include reminders about to the chaperone duty, game snack duty and Snack Shack duty. It is also a way to keep track of the scheduled absences and late arrivals. This information is helpful for the person who is creating the line-up.

There will be several times throughout the Season when you will receive information from the League to pass to your team. Some of the League communication may ask you to obtain information from your players and parents to be returned to the League. Examples of this would Opening/Closing day lunch counts, player clinic sign-up etc..

A Team Calendar is another way to keep families informed. This can be simple or complex depending upon the amount of information you wish to provide as well as your creativity. At the very least, the calendar should list the time and locations of practices and games.

Uniforms:

You will receive and email from the League Uniform Coordinator to have your Team Uniform Coordinator pick up the uniforms. At the end of one of your practices, you will hand out uniforms.

Cupertino Girls Softball League

Manager Handbook

The easiest way to do this is to have the Team Uniform Coordinator place a jersey, a pair of socks and a visor in paper bags. Line the up the bags in numerical order by jersey #.

Then line the players up in size order, shortest to tallest. Hand the lower #s to smaller players. After that, let the players negotiate for the #s they want....

Any suggestions as how to better hand out uniforms, please send them on....

You'll also receive Coach/Manager shirts with the uniforms to pass out to Head Coach, Manager and Asst Coaches.

The Game/practice schedule:

The League will provide you a game and practice schedule. A suggestion is take this schedule and add practices and League Events (i.e. Player skills clinics) in a single calendar. League scheduled events can usually be found on the League calendar on the website.

Also for practices, MVRC batting cages, sliding pads, other League equipment are available for team practices after the scheduled games have started on a given day. These items are located at MVRC fields on the grounds or in the field shed. (Please note Batting Cage etiquette: Allow teams with games access to batting cages until game time.)

One suggestion is to take the Season schedule and add all the assignments for Snack Shack duty, Snack duty, chaperone duty etc and publish it.

Note: All divisions play an interleague schedule. That means that on Saturdays, your team may travel to play teams in the local Bay Area (14/16Us may travel during the week too!). Please remember to include directions to the fields. Field addresses can be found on the schedule and on the website (www.cgsl.us). Also remind families to bring chairs since not all fields have bleachers.

Weather line

You will use this A LOT during a rainy Season. Call this on practice and game days with questionable to bad weather to see if the fields are open. The phone # can be found in the Team handouts or on the website (www.cgsl.us).

Line-up and player positions

You will want to discuss this with your Coach.

If you are responsible for the player positions, you will want to rotate players through all positions for younger divisions. At the older divisions (12U+) positions may become more specialized. Regardless of the division, players should learn in a recreational league and player's time should be balanced between the infield and the outfield.

You may also be asked to do the batting line-up. The goal is to have all players get the most at bats. In the younger divisions, you may want to rotate (ex start with the next player after the last player at bat in the last game). In older divisions, it is more specialized using the traditional line-up methods.

Even if you are not asked to do the line-up or the positions, you may want to keep track of the stats (or recruit a parent to do it). There is a fantastic stat aid on the website. It can be found @ www.cgsl.us. It is called the Softball Organizer Spreadsheet.

Game time:

It is the manager's responsibility to provide the line-up to the opposing team and to the scorekeeper for your team. You will also hand the umpire the line-up and the pitchers by inning.

Cupertino Girls Softball League

Manager Handbook

If you are the Home team, your scorekeeper will be the *official* scorekeeper. He/She will need to sit close to the home plate Umpire as the Ump may need clarification on counts, runs scored etc...

The scorekeeper will return the book to you (or whoever keeps team stats). CGSL does not keep standings during the Season, but they are kept for Tournament play.

Dugout:

It is the manger's responsibility to manage the dugout. At the younger ages this would include getting players prepared for the next at bat, fielding position (ex. Getting catcher in gear once the 2nd out is made).

For all divisions you are there to ensure the game runs smoothly by communicating the batting order & positions, arranging scorekeeper, providing First aid and ice, keep batters on deck, Catcher gear-up/down, insure players clean up equipment and dug out, that the players thank the Umpire(s).

It is your responsibility to insure good sportsmanship of players AND parents!! You are to support and defend coaches' positions and buffer the Coach from parental issues.

Conflict Resolution:

As unpleasant as it may be, it is your responsibility to manage conflicts on your team, between the parents and Coaching staff, between your team members and other teams etc. Though these are few and far between, they do occasionally occur. If you need help, please do not hesitate to ask for help from a Board Member.

First Aid: As manager you will be responsible for team first aid. The League provides a first aid kit for you to bring to each practice and game. Please notify the safety director for replacement supplies. It is also your responsibility to bring ice or ice packs to each team event. You'll need to have a copy of the signed Auth to Treat from too.

Please be prepared to treat cuts and scrapes, burns, nosebleeds, and bleeding. You will want to prevent dehydration and heat exposure of your players.

You will want to familiarize yourself with the closet place to obtain treatment. In the unlikely event that a player is hurt, please contact parents and decide best course of treatment. If you have to leave the field, leave the Chaperone in charge. You will be responsible to mark the injury in the scorebook, complete an Accident Report form (can be found in the team handouts) and turn into the League Safety Director within 24 hours.

Skills Contests: Contests help players cement the learning of the skills they should develop in each age division. There are several inexpensive items that can be used to incent players. Try Snack Shack tickets to help the League fundraising efforts.

Cupertino Girls Softball League

Manager Handbook

Sample Initial Team Meeting Agenda:

Division # and Team Color Softball Parent Meeting

1. Welcome & Introductions (Manager /Coach)

Coaches, Manager, Parents and Players (including sports experience)

2. Review League & Coach's Philosophy for the age level (Coaches)

- a. League
- b. Coach's
- c. Pitching philosophy

3. Review Dugout Rules (Manager)

- a. Water or sports drink only
- b. No gum, jewelry, seeds, siblings, parents
- c. Team equipment
- d. Line Up board use

4. Review Expectations of Parents (Manager)

- a. LOTS of Communication. If your child cannot attend a practice or a game, let the manager know as far in advance as possible.
- b. Drop off and pick up your daughters on time.
- c. Check roster for correct information.

5. Review Equipment list

- a. www.cgsl.us
- b. See Equipment FAQs

6. Volunteer Positions

- a. Every family will be assigned snack shack and field prep duty during the season, in addition to volunteering for team duties.
- b. Volunteer positions include:
 - Team Banner
 - Scorekeepers
 - Uniform Coordinator
 - Secure Team Sponsor
 - Snack/Snack Shack/Chaperone/Field Prep Scheduler
 - End of Season Party Coordinator(s)
 - Practice chaperones
 - Photographer (optional)

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Cupertino Girls Softball League - Authorization to Treat Form

DIVISION/TEAM#: _____

Please have at least one parent per player on your team complete this form.

It is understood that in the case of an emergency every effort will be made to contact me (us) at the phone number(s) listed on the player registration form. The undersigned parents or legal guardians of the player, a minor, do hereby authorize x-ray, examination, anesthetic, medical or surgical diagnosis rendered under general or specific supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medical Practice Act, or a dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital currently licensed by the State Department of Public Health. This authorization is given pursuant to the provisions of the civil code in my (our) home state. Consent remains in effect until 12/31 of the Season year.

Player	Parent Name – Print	Signature	Date

Note: In order to pick up your team equipment bags, you will need to hand a copy of (1) this signed document, (2) the signed Agreement and Waiver form, and (3) a copy of an ACE Certification. The CGSL Equipment Room is located at the back of the Rec Center at Monta Vista fields by the Tennis Courts.

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Please have at least one parent per player on your team complete this form.

Agreement and Waiver

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

1. Certification. You hereby certify that your child/children (the “Registered Party”) is fully capable of participating in the sport and that the Registered Party is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as made known to coaches and officials of the team and league.
2. Multimedia authorization. You give permission to Cupertino Girls Softball League (“CGSL”) to publish photographs/videos of the Registered Party, including on the CGSL website and in other promotional material. You understand that the Registered Party’s last name will not appear on the website or other promotional material and you may request the removal of such photographs/videos through written notice to the CGSL.
3. Waiver. YOU UNDERSTAND THAT PARTICIPATION IN SOFTBALL EVENTS (“EVENTS”) ARE POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITES OPEN TO THE PUBLIC DURING EVENTS AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN EVENTS, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU AND THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, ABSOLVE, INDEMNIFY, AND AGREE TO HOLD HARMLESS CUPERTINO GIRLS SOFTBALL LEAGUE (“CGSL”), THE AMATEUR SOFTBALL ASSOCIATION OF AMERICA, SPONSORS, SUPERVISORS, THE CGSL BOARD AND ITS MEMBERS, MANAGERS, COACHES, VOLUNTEERS, AND PARTICIPANTS FROM ANY CLAIM, DAMAGES, COSTS INCLUDING ATTORNEY FEES, AND CAUSES OF ACTION ARISING OUT OF ANY INJURY TO YOU, YOUR CHILD OR ANY REGISTERED PARTY WITH CGSL, WHETHER THE RESULT OF NEGLIGENCE OR FOR ANY OTHER CAUSE.
4. Applicable Law. You agree that the statutes and laws of the State of California, without regard to the conflict of laws principles thereof, will apply to all matters relating Softball Events and this Agreement and Waiver. You agree that exclusive jurisdiction for any dispute based in whole or part on participation in CGSL resides in the courts of the State of California and you further agree and expressly consent to the exercise of personal jurisdiction in the courts of the State of California in connection with any dispute including any claim involving any party based on participation in CGSL.
5. Severability. You further expressly agree that this Agreement and Waiver is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any provision of this Agreement and Waiver shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and Waiver and shall not affect the validity and enforceability of any remaining provisions.

BY INDICATING YOUR ACCEPTANCE OF THIS AGREEEMENT AND WAIVER, YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU UNDERSTAND THAT YOU ARE

2013 CGSL Calendar

(Please refer to www.cgsl.us for the latest updates)

- tbd Equipment Distribution, 8:00 – 10:00AM, MVRC Equipment Rm
(Must bring copies of completed “Authorization to Treat” form,
“Agreement and Waiver form, and ACE Certification to pick-up
bags). Please make arrangements with the Equipment Manager if
you are not able to make this date/time.
- 2/9-10 Cutting Edge Coaches Training
- tbd Scheduled Practice Begins
- tbd Weekly Player Pitching Clinics Begin, 4:00 - 5:00PM, Cupertino
Middle
- tbd Field Prep Training, 9:30AM, MVRC Field A
- 3/2 Cutting Edge Player Training (see Training area on website for
latest information).
- 3/9 Opening Day
- 3/20 CGSL Board Meeting, 7:00 – 9:00PM, Cupertino Middle Choir Rm
- tbd CGSL Day with Stanford Softball, (see website for details)
- 4/5 Picture Day, Schedule TBD
- 4/24 CGSL Board Meeting, 7:00 – 9:00PM, Cupertino Middle Choir Rm
- TBD Inferno Tryouts
- 5/15 CGSL Board Meeting, 7:00 – 9:00PM, Cupertino Middle Choir Rm
- 5/18 Closing Day

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Cupertino Girls Softball League

Uniform and Equipment FAQs

The League provides bats, balls, catcher's gear, team helmets to all teams. The League also provides jerseys, visors and socks for each player.

Required Equipment:

All divisions

Glove

Black Shorts (Full length softball or baseball pants are also acceptable)

10U-16U divisions

Black sliding shorts

Black extended length knee guard(s) (also called sliders)

Recommended Equipment:

Softball cleats

Batting helmet with chin strap and face guard

Optional:

Bat

Ball

Batting gloves

Q: What size glove should I buy my player?

A: Suggested sizes are 6U: 10-10.5 inches, 8U-10U: 11-11.5 inches, 12U-16U: 12-12.5 inches

Q: What do I need to know before buying a glove?

A: Buy an all leather glove. Glove is worn on the left hand for players that throw with their right hand (glove on the right hand for lefties). Look for a hinged design, without extra padding in the palm, to make it easier for your player to close the glove. Don't buy a glove that feels too stiff. When buying youth gloves, remember softballs are bigger than baseballs; test how well the ball fits in the glove.

Q: How should a new glove be broken in?

A: Here's one way... Apply a small amount of glove oil or lanolin shaving cream in the pocket and spread it outward around the glove. Put a ball in the pocket, close the glove evenly on the ball, and tie it closed with a strip of cloth. Then, slide it under the mattress for a day or two. Use the glove to play catch; gloves break in naturally as they are used.

Q: What kind of black shorts should I buy?

A: Players should buy black uniform shorts available in the baseball/softball department of all sporting good stores (Big 5, Sports Authority, Copelands), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20. Black soccer shorts can be used as well.

Instead of shorts, full length softball or baseball pants are also acceptable.

Q: What are sliding shorts?

A: Sliding shorts are tight-fitting compression shorts similar to bike shorts. These are worn under the uniform shorts. Sliding shorts have a non-slip grip on the hem of each leg to keep them in place while the player is sliding. They also have padding on the sliding area. These can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, Copelands), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20-\$25.

Cupertino Girls Softball League

Uniform and Equipment FAQs

Q: What are knee guards (also called sliders)?

A: Sliders are long kneepads that protect a player's knee and calf when the player slides. When purchasing, use the extended length that covers the knee and the lower leg. These can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, etc) at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$15.

Q: Does my player really need cleats?

A: Cleats will greatly improve your daughter's traction on the dirt infield and on the grass outfields. All players in 10U-16U should wear cleats for safety. Softball cleats are recommended. Metal baseball cleats are not permitted. Youth and women's softball cleats can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, etc), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20-35.

Q: Why should my player have her own batting helmet?

A: Although team helmets are provided by the League, personal batting helmets are highly recommended to ensure personal fit and avoid the possibility of sharing head lice. Batting helmets are inexpensive, \$15-\$25, and are easy to find.

Q: What are chin straps?

A: The chin strap keeps the helmet from bouncing off the player's head while running or sliding. It is an adjustable length of elastic strap that snaps onto the helmet underneath the player's chin. Chin straps are required equipment.

Q: What is a face guard or cage?

A: The guard protects the batter's face while batting and running. The cage looks like the grill of a catcher's mask. It attaches to the helmet with screws. There are specific guards for the brand/style of batting helmet (in other words, not all cages can fit all helmets). Face guards are required equipment for batters.

Q: What size bat should I buy?

A: For fast pitch softball, choose a light bat with at least a 9oz drop marked "Official Softball" 2 ¼ inch diameter or less). Drop refers to the difference between the bat length in inches and its weight in ounces. Popular sizes are 6U: 25"/16 oz, 8U: 26"/17 oz, 10U: 28"/19 oz, 12U: 30"/20 oz and 14/16U: 32"/22 oz. As a rule of thumb, the knob of the bat should come to the player's wrist when the bat is placed upright on the floor and the player's arms hang loosely at her sides to outstretched arm for 10 seconds. Drops higher than 10 are less common, but available in more expensive bats.

Note: Batter's box website has a bat sizing chart for youths by player height and weight (www.aluminumbats.com/bat_chart.htm).

Composite bats are allowed for 10U division and up. Composite bats can be identified by the word COMPOSITE written on the bat.

Please note: In 2008, the Interleague Council voted that all bats must be ASA 2004 certified. ASA started addressing the composite bat issue in its certification. Umpires will check bats before each game. Bats that are not ASA 2004 certified will not be allowed to be used

Q: What size ball will my player use?

A: 6U/8U: 11" softie; 10U: 11" official softball; 12U and above: 12" official softballs.

Q: What are batting gloves?

A: Batting gloves are designed to provide better grip on the bat and lessen the impact to a batter's hands.

Accident Report Form

Report Date:

Prepared by:

Phone Number:

Accident Date:

Injured Player's Name:

Location of Accident:

Did the player or staff member require emergency medical attention? Yes No

Description of Injury:

Circumstances that Caused Injury:

Primary Cause of Accident:

Return Completed form to Safety Director, Julie Manley (safety@cgsi.us).

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MacLean Pitching Clinics for CGSL

WHAT: Beginners' pitching clinics.

WHO:

A) Cupertino Girls Softball players in the 8-U, 10-U or 12-U divisions who have had little or no training in pitching. Younger girls, i.e. the 6-U, should be concentrating on their basic softball skills; there will be no pitching in competition at this level. Any girl in the 14-U or 16-U level who is seriously interested should certainly talk with us about it, however she will have a great deal of catching up to do. Nobody will be turned away.

B) Any adult who will be working with the girl between clinics. Pitching cannot be learned in one hour per week. Substantial feedback coaching will be very helpful during the week, and soon the girl will need a catcher. Adults will be given coaching pointers.

C) Any coaches who wish to learn about the proper basic mechanics of the windmill pitch are *strongly* encouraged to attend. If you're going to be coaching fastpitch softball, especially girls who are just learning to pitch, it will be helpful for them if you attend. You do not need to be attached to a particular girl in order to come to the clinic. We are perfectly happy to have coaches interested in learning what to watch for in their pitchers attend as well. (One year we also had the 14 year old brother of a player who wanted to help her!)

D) Clinics will be taught by Alec MacLean, who has coached and umpired in CGSL for several years.

WHEN AND WHERE: Sunday afternoons, at 4:00. We will meet at Cupertino Middle School. Each clinic will last about one hour. As the days get longer, we may move to a later time

WHAT TO BRING:

A) Softball glove.

B) 11" softball.

C) Appropriate clothing. You do not need to come in full practice/game gear (ie no sliders) but the basics still apply: no skirts, good tennis shoes (do not need cleats), and hair tied back.

HOW MUCH: Free of charge, courtesy of Cupertino Girls Softball.

HOW DO I SIGN UP: By showing up and/or sending an email to Alec MacLean at calecm@aol.com. Please give me your email address, since I communicate largely through email.

MacLean Pitching Clinics for CGSL

FREQUENTLY ASKED QUESTIONS:

A) Is it safe?

Yes, windmill pitching is a more natural motion than overhand pitching, and does not lead to injuries. Proper stretching and warm-ups will be emphasized, as will the importance of proper mechanics.

B) How difficult is it?

Each girl progresses at her own pace. Some girls take to it quickly, others more slowly. The hardest thing to do is to unlearn bad habits. These clinics will be strongly focused on learning the basics correctly, and identifying problems before they become habits. And of course, in true Cupertino Girls Softball fashion, on having fun!

C) Is an adult necessary?

It's much harder for a girl to learn to pitch without adult assistance. This includes not only catching for her, but understanding the correct motion she is trying to achieve, and giving feedback to help her. Of course, no girl will be turned away if she doesn't have an adult. But good, timely feedback during frequent practice is a path to success.

D) How much should a girl practice?

Pitching cannot be learned in one hour per week. Plan on spending a few sessions per week. If all you do is pitch, then ¼-½ hour per session may be enough. If you spend a lot of time discussing whether or not Justin Bieber and Selena Gomez are still together, it may take longer! Spending more time with your kid is not all bad, though, is it?

E) What if I miss a clinic?

No problem at all. We review everything from the beginning every week, so you'll never miss a thing. Don't hesitate to sign up just because you might miss some days.

F) What about Positive Coaching?

It is absolutely, totally how I coach. Period.

G) For other questions, please contact Alec by email at calecm@aol.com.



ATHLETIC FIELD USE PERMIT

Cupertino Parks and Recreation Department
10185 North Stelling Road • Cupertino • CA • 95014 • (408) 777-3120 • www.cupertino.org

ORGANIZATION: Cupertino Girls Softball League **SEASON:** Spring 2013

TYPE: YOUTH ADULT **TOTAL PARTICIPANTS:** 250 **CUPERTINO RESIDENCY %:** 51

SCHEDULE REQUEST:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk
February	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk
March	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk
April	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk
May	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk
June	Every Mon	Every Tues	Every Wed	Every Thurs	Every Fri	Every Sat
<i>Time</i>	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	4 pm-Dusk	9 am-Dusk

FIELD TYPE REQUESTED: SOCCER BASEBALL SOFTBALL CRICKET MULTI-USE

LOCATION:

- | | | |
|--|--|--|
| <input type="checkbox"/> CREEKSIDE PARK | <input type="checkbox"/> EATON ELEMENTARY | <input type="checkbox"/> HYDE MIDDLE SCHOOL |
| <input type="checkbox"/> HOOVER PARK | <input type="checkbox"/> FARIA ELEMENTARY | <input type="checkbox"/> KENNEDY MIDDLE SCHOOL |
| <input type="checkbox"/> JOLLYMAN PARK | <input type="checkbox"/> GARDEN GATE ELEMENTARY | <input type="checkbox"/> OTHER: _____ |
| <input type="checkbox"/> LIBRARY FIELD | <input checked="" type="checkbox"/> LINCOLN ELEMENTARY | |
| <input checked="" type="checkbox"/> MONTA VISTA PARK | <input type="checkbox"/> REGNART ELEMENTARY | |
| <input type="checkbox"/> WILSON PARK | <input checked="" type="checkbox"/> STEVENS CREEK ELEMENTARY | |

REG CLOSING DATE: 2/5/13 **PRACTICE START DATE:** 2/9/13 **GAME START DATE:** 3/9/13

PARKS & RECREATION STAFF USE ONLY

PERMIT STATUS: APPROVED

PARKS AND RECREATION STAFF: JEFF ORDWAY Digitally signed by JEFF ORDWAY
DN: cn=JEFF ORDWAY, o=CITY OF CUPERTINO, ou=PARKS AND RECREATION DEPARTMENT, email=jjeff@cupertino.org, c=US
Date: 2012.12.14 15:39:00 -0600 **DATE PROCESSED:** 12/14/12

REASON FOR DENIAL:

SPECIAL REQUIREMENTS: Softball has priority in the Spring, but fields will be shared with the other youth sports groups, please coordinate your scheduled use. School use dates will be sent as they come in.

General Regulations for Field Use

- A copy of the approved permit must be available for inspection when an organization is using the field
- Field users are required to observe all City of Cupertino park regulations.
- Field use is limited to the times and dates indicated on the permit, and any changes are subject to availability and approval by the department.
- Fields must not be used when wet; permits are invalid on rainy days or after rain if the ground is considered too saturated for play:
 - Call the field hotline at 408-777-3566 or Twitter [cupertinofields](#) for the current status.
- No alcoholic beverages are allowed; violation will result in forfeiture of the permit and no fees will be returned.
- No group shall litter, soil, or defile the field, rest rooms or other park areas.
- No group or persons shall use any system to amplify sound whether for speech or music.
- No group or person having control or care of a dog shall enter or remain in the park unless posted for such use, and then only if it is led by a leash of suitable strength.
- No group or person shall make or kindle a fire for any purpose, except at places so designated.
- No group shall enter an area posted as "closed to the public" or "field closed". No persons shall remove such postings.
- No group or persons shall indulge in riotous, boisterous, threatening or indecent conduct.
- All permit organizations or groups must show proof of liability insurance with the City of Cupertino named as additional insured. Liability insurance must be for a minimum of one million dollars.
- It is the responsibility of the permitted organization to notify the Cupertino Parks and Recreation Department ASAP if it is determined by the permit organization that an approved permit date(s) is no longer needed.

Assumption of Risk

In consideration for the acceptance of my application for participation in or presence at the aforementioned activity, I HEREBY WAIVE, RELEASE AND DISCHARGE, the Cupertino Parks and Recreation Department, the Cupertino Union School District, the Cupertino Public Facilities Corporation, the City of Cupertino and the County of Santa Clara, their agents and employees FROM AND AGAINST ANY AND ALL LIABILITY FOR ANY LOSS, PERSONAL INJURY, INCLUDING DEATH, OR PROPERTY DAMAGE THAT MAY HAVE ARISEN OUT OF, OR IN ANY WAY CONNECTED WITH, MY PARTICIPATION OR PRESENCE AT THE AFOREMENTIONED EVENT, EVEN THOUGH THAT LIABILITY MAY HAVE ARISEN OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS OR ENTITIES MENTIONED ABOVE AND HEREIN RELEASED, BUT DO NOT RELEASE THE ABOVE MENTIONED PERSONS OR ENTITIES FROM THEIR FRAUDULENT OR INTENTIONAL ACTS OR FOR THEIR NEGLIGENCE VIOLATIONS OF STATUTORY LAW.

Furthermore, I assume all responsibility and agree to indemnify the City of Cupertino and the Cupertino Union School District for any loss, damage or injury to my property, or myself, which may have been caused by negligence, or any act, of any person connected in any way with the aforementioned event. I understand that the City of Cupertino does not guarantee the construction, condition, or safety of the facilities or the equipment and that this Release Agreement is to be binding on heirs, my assigns and me. I/we agree to allow use of my/our photograph for program publicity. I HAVE READ THE ABOVE, UNDERSTAND ITS MEANING AND VOLUNTARILY SIGN IT. PARENT OR LEGAL GUARDIAN MUST SIGN FOR PARTICIPANTS UNDER 18 YEARS OLD.

Name: Rita Alicea Title: Secretary Date: 11/29/12
Address: 19710 Merritt Drive City: Cupertino State: CA ZIP: 95014
Phone Number: 408-209-9958 Email: ritatherocket@yahoo.com

Signature & Certification: Rita Alicea

Digitally signed by Rita Alicea
DN: cn=Rita Alicea, o=CSSL, ou=CSSL_email=ritatherocket@yahoo.com, c=US
Date: 2012.11.29 08:58:08-0800



ATHLETIC FIELD TOURNAMENT PERMIT

Cupertino Parks and Recreation Department
10185 North Stelling Road • Cupertino • CA • 95014 • (408) 777-3120 • www.cupertino.org

ORGANIZATION: Cupertino Girls Softball League **SEASON:** Spring 2013

TYPE: YOUTH ADULT **TOTAL PARTICIPANTS:** 250 **CUPERTINO RESIDENCY %:** 51

TOURNAMENT REQUEST:

TOURNAMENT 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1						
<i>Time</i>						

SUNDAY REQUESTED TIME
5/5/13 9am-Dusk

TOURNAMENT 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2						
<i>Time</i>						

SUNDAY REQUESTED TIME
 _____ _____

FIELD TYPE REQUESTED: SOCCER BASEBALL SOFTBALL CRICKET MULTI-USE

LOCATION:

- | | | |
|--|---|--|
| <input type="checkbox"/> CREEKSIDE PARK | <input type="checkbox"/> EATON ELEMENTARY | <input type="checkbox"/> HYDE MIDDLE SCHOOL |
| <input type="checkbox"/> HOOVER PARK | <input type="checkbox"/> FARIA ELEMENTARY | <input type="checkbox"/> KENNEDY MIDDLE SCHOOL |
| <input type="checkbox"/> JOLLYMAN PARK | <input type="checkbox"/> GARDEN GATE ELEMENTARY | <input type="checkbox"/> OTHER: _____ |
| <input type="checkbox"/> LIBRARY FIELD | <input type="checkbox"/> LINCOLN ELEMENTARY | |
| <input checked="" type="checkbox"/> MONTA VISTA PARK | <input type="checkbox"/> REGNART ELEMENTARY | |
| <input type="checkbox"/> WILSON PARK | <input type="checkbox"/> STEVENS CREEK ELEMENTARY | |

FIELD MARSHALL: Gary Standridge

PARKS & RECREATION STAFF USE ONLY

PERMIT STATUS: **APPROVED**

JEFF ORDWAY

Digitally signed by JEFF ORDWAY
 DN: cn=JEFF ORDWAY, o=CITY OF CUPERTINO, ou=PARKS AND RECREATION DEPARTMENT, email=jefo@cupertino.org, c=US
 Date: 2012.12.21 14:06:00 -0800

PARKS AND RECREATION STAFF: _____

DATE PROCESSED: 12/21/12

REASON FOR DENIAL:

SPECIAL REQUIREMENTS:

General Regulations for Field Use

- A copy of the approved permit must be available for inspection when an organization is using the field
- Field users are required to observe all City of Cupertino park regulations.
- Field use is limited to the times and dates indicated on the permit, and any changes are subject to availability and approval by the department.
- Fields must not be used when wet; permits are invalid on rainy days or after rain if the ground is considered too saturated for play:
 - Call the field hotline at 408-777-3566 or Twitter [cupertinofields](#) for the current status.
- No alcoholic beverages are allowed; violation will result in forfeiture of the permit and no fees will be returned.
- No group shall litter, soil, or defile the field, rest rooms or other park areas.
- No group or persons shall use any system to amplify sound whether for speech or music.
- No group or person having control or care of a dog shall enter or remain in the park unless posted for such use, and then only if it is led by a leash of suitable strength.
- No group or person shall make or kindle a fire for any purpose, except at places so designated.
- No group shall enter an area posted as "closed to the public" or "field closed". No persons shall remove such postings.
- No group or persons shall indulge in riotous, boisterous, threatening or indecent conduct.
- All permit organizations or groups must show proof of liability insurance with the City of Cupertino named as additional insured. Liability insurance must be for a minimum of one million dollars.
- It is the responsibility of the permitted organization to notify the Cupertino Parks and Recreation Department ASAP if it is determined by the permit organization that an approved permit date(s) is no longer needed.

Assumption of Risk

In consideration for the acceptance of my application for participation in or presence at the aforementioned activity, I HEREBY WAIVE, RELEASE AND DISCHARGE, the Cupertino Parks and Recreation Department, the Cupertino Union School District, the Cupertino Public Facilities Corporation, the City of Cupertino and the County of Santa Clara, their agents and employees FROM AND AGAINST ANY AND ALL LIABILITY FOR ANY LOSS, PERSONAL INJURY, INCLUDING DEATH, OR PROPERTY DAMAGE THAT MAY HAVE ARISEN OUT OF, OR IN ANY WAY CONNECTED WITH, MY PARTICIPATION OR PRESENCE AT THE AFOREMENTIONED EVENT, EVEN THOUGH THAT LIABILITY MAY HAVE ARISEN OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS OR ENTITIES MENTIONED ABOVE AND HEREIN RELEASED, BUT DO NOT RELEASE THE ABOVE MENTIONED PERSONS OR ENTITIES FROM THEIR FRAUDULENT OR INTENTIONAL ACTS OR FOR THEIR NEGLIGENCE VIOLATIONS OF STATUTORY LAW.

Furthermore, I assume all responsibility and agree to indemnify the City of Cupertino and the Cupertino Union School District for any loss, damage or injury to my property, or myself, which may have been caused by negligence, or any act, of any person connected in any way with the aforementioned event. I understand that the City of Cupertino does not guarantee the construction, condition, or safety of the facilities or the equipment and that this Release Agreement is to be binding on heirs, my assigns and me. I/we agree to allow use of my/our photograph for program publicity. I HAVE READ THE ABOVE, UNDERSTAND ITS MEANING AND VOLUNTARILY SIGN IT. PARENT OR LEGAL GUARDIAN MUST SIGN FOR PARTICIPANTS UNDER 18 YEARS OLD.

Name: Rita Alicea Title: Secretary Date: 12/21/12
Address: 19710 Merritt Drive City: Cupertino State: CA ZIP: 95014
Phone Number: 408-209-9958 Email: ritatherocket@yahoo.com

Signature & Certification: Rita Alicea

Digitally signed by Rita Alicea
DN: cn=Rita Alicea, o=CGSL, ou=CGSL, email=ritatherocket@yahoo.com, c=US
Date: 2012.12.21 09:42:37 -0800



Double-Goal Coach® Job Description

TO: All Coaches

DATE: _____

FROM: _____

RE: What We Expect of You

You are the most important person in our organization. You determine the kind of experience our athletes have with sports. We are committed to the principles of Positive Coaching. We expect our coaches to be "Double-Goal Coaches" who want to win and help players learn "life lessons" and positive character traits from sports. The following is what we expect from you during the coming the season.

1 Model and teach your players to Honor the Game. Teach the elements of ROOTS – Respect for: Rules, Opponents, Officials, Teammates, and one's Self.

- Appoint a parent to be "Culture Keeper" for the team.
- Share with your players' parents your desire for them to Honor the Game.
- Drill Honoring the Game in practice.
- Seize teachable moments to talk with players about Honoring the Game.

2 Help players Redefine what it means to be a "Winner" in terms of Mastery, not just the Scoreboard:

- Teach players the ELM Tree of Mastery (Effort, Learning, and bouncing back from Mistakes).
- Use a "Team Mistake Ritual" (like "Flushing Mistakes") to help players quickly rebound from mistakes.
- Reward effort, not just good outcomes. Look to recognize players for unsuccessful effort.
- Encourage players to set "Effort Goals" that are tied to how hard they try.
- Use Targeted Symbolic Rewards to reinforce effort and team play.

3 Fill your players' Emotional Tanks.

- Use encouragement and positive reinforcement as your primary method of motivating.
- Strive to achieve the 5:1 "Magic Ratio" of 5 positive reinforcements to each criticism/correction.
- Schedule "fun activities" for practices, so players will enjoy their sport.
- Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
- Develop "player coaches" by asking for player input and asking rather than telling them what to do
- Learn to give "Kid-Friendly Criticism" so players will be able to hear it. Criticize in private, "Ask Permission," use the Criticism Sandwich, avoid giving criticism in non-teachable moments.

4 Have Conversations during Team Meetings with your players at every practice and every game.

- Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
- Remind players about these three concepts before and after every game.
- Ask questions and encourage players to speak and contribute during team meetings.
- Use the Winner's Circle after a game to reinforce the positive things players did.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

I agree

COACH SIGNATURE

DATE



PCA Parent Pledge

Please read, initial each item, sign and return to the coach or appropriate official.

1. I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____
2. I pledge to use positive encouragement to fill my child's Emotional Tank because athletes do their best when their "Emotional Tank" is full. I understand that fewer than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are a) to have fun, b) to make new friends, and c) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective. _____
3. I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____
4. I pledge to "Honor the Game." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Honor the Game and be silent! _____
5. I pledge to refrain from yelling out instructions to my child. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to encouraging my child and other players for both teams. _____
6. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience. _____

I will honor the PCA Parent Pledge in my words and actions.

Parent's Signature

Print Child's Name

Parent/Guardian Letter



To: Parent/Guardian

From: _____ Date _____

This is an important document about the upcoming season. Please take the time to read it carefully. Thank you.

Our organization is committed to the principles of Positive Coaching Alliance and against a “win-at-all-cost” mentality. PCA calls a Positive Coach a “Double-Goal Coach®.” A win-at-all-cost coach has only one goal – to win. A Positive Coach shares that goal (wants to win) but has a second goal that is even more important – to use the sports experience to help young people learn “life lessons” and positive character traits that will help them be successful throughout their lives.

Help us promote the three PCA principles which have the power to “transform youth sports so that sports can transform youth.” The three principles, explained in this letter, are:

- 1 Redefining “Winner,”**
- 2 Filling the Emotional Tank, and**
- 3 Honoring the Game.**

1 REDEFINING “WINNER”

In professional sports (which is entertainment), there is only one goal – to have the most points at the end of a contest. However, in youth sports (which is education), there is a second goal: to produce young people who will be winners in life.

To help our children get the most out of competitive sports, we need to redefine what it means to be a “winner.” Winners are people who:

- Make maximum effort.
- Continue to learn and improve.
- Refuse to let mistakes (or fear of making mistakes) stop them.

This is called a Mastery Orientation. PCA says that the Tree of Mastery is an ELM Tree where ELM stands for **E**ffort, **L**earning, and rebounding from **M**istakes.

If our athletes keep these things in mind, they will develop habits that will serve them well throughout their lives.

There is an added benefit. Athletes who are coached with a Mastery Orientation tend to have reduced anxiety and increased self-confidence. And when athletes feel less anxiety, they are more likely to have fun playing their sport and to do better!

Here’s how you can help:

- 1** Tell your child that it’s OK to make a mistake.
- 2** Let your child know you appreciate it when he tries hard even if unsuccessful.
- 3** Ask rather than tell. Try to get your child to talk about her play rather than telling her what you think about it. Ask open-ended questions to get her to talk (e.g., “What was the best part of the game for you?”)
- 4** Recognize that Mastery is hard work. Let the coaches criticize your child’s play. Tell your child you are proud of him regardless of the outcome of the game.

2 FILLING THE EMOTIONAL TANK

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of its own fans. Like gas tanks in cars, athletes have "Emotional Tanks" that need to be filled to do their best.

There will be times when you need to correct and criticize. Research has shown that a "Magic Ratio" of 5:1 (praise to criticism) is ideal. Help us achieve this Magic Ratio with your child.

Here's how you can help:

- 1 Your #1 job is to fill your child's Emotional Tank. Encourage him regardless of what happens in the game.
- 2 Try not to give your child a lot of advice (which after a tough game can seem like criticism, which drains a person's tank). Remember, it's difficult to do well with a low tank. When she makes a mistake, you might say, "Don't worry. Let's get the next one. You can do it." After tough losses, it's often helpful to acknowledge feelings of disappointment. For example, you might say "I can imagine you must be disappointed to have lost."

- 3 Use the "3-Pluses-and-a-Wish" technique. Before you give advice, find three good things about your child's performance. Phrase the advice as a wish:
 - *You really tried hard in the game today (Plus #1).*
 - *I also saw you filling your teammate's Emotional Tank after he made a mistake (Plus #2).*
 - *And that play you made toward the end of the game shows how much you are improving (Plus #3).*
 - *I wish you wouldn't get down on yourself when you make a mistake.*

If you can't come up with three pluses, don't say the wish because then it may drain his emotional tank rather than fill it.

- 4 Remember the Magic Ratio*. Praise your child about 5 times for every time you criticize. If you do, she will be better able to hear your criticism without becoming defensive.

* *It's called the Magic Ratio because great things happen when we get close to it with our children.*

3 HONORING THE GAME

Honoring the Game gets to the ROOTS of positive play, where ROOTS stands for respect for

- **Rules:** We don't bend the rules to win.
- **Opponents:** A worthy opponent is a gift that forces us to play to our highest potential.
- **Officials:** We treat officials with respect even when we disagree.
- **Teammates:** We never do anything that would embarrass our team on or off the field.
- **Self:** We live up to our own standards regardless of what others do.

Here's how you can help:

- 1 Let your child know that you want him to Honor The Game. Discuss the meaning of each element of ROOTS with your athletes.
- 2 Be a good role model. Honor the Game when you attend games. Cheer both teams when good plays are made. If, in your opinion, an officiating mistake is made, be silent! Use this as an opportunity to think about how difficult it is to officiate a game perfectly.
- 3 Encourage other parents to Honor the Game.

The Positive Coach Mental Model

Mental models have power. They affect how people see, think, and behave. If one were to characterize the prominent mental model for coaching, it might be called "win-at-all-cost." PCA believes this needs to change.

As part of Positive Coaching Alliance's strategy to transform youth sports, we have developed the Positive Coach Mental Model and will promote it until it becomes the industry standard for youth sports. Extensive academic research constitutes the foundation for the Positive Coach Mental Model. Please read through the Positive Coach Mental Model [Research Summary](#) to learn more. The Positive Coach Mental Model is consistent with the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education (NASPE).

The Double-Goal Coach PCA believes all youth sport coaches should be "Double-Goal" Coaches. A win-at-all-cost coach has only one goal: to win. He or she is concerned primarily with teaching skills and developing strategy designed to win games. A Positive Coach is a "Double-Goal Coach" who wants to win, *AND* has a second goal: to help players develop positive character traits, so they can be successful in life. Winning is important, but the second goal, helping players learn "life lessons," is more important. A Positive Coach puts players first.

Positive Coach Mental Model There are three major elements to the "job description" of a Positive Coach. A Positive Coach:

1. Redefines "Winner"
2. Fills Players' Emotional Tanks
3. Honors the Game

1. **Redefines "Winner"**

A Positive Coach helps players redefine what it means to be a winner through a mastery, rather than a scoreboard, orientation. He sees victory as a by-product of the pursuit of excellence. He focuses on effort rather than outcome and on learning rather than comparison to others. He recognizes that mistakes are an important and inevitable part of learning and fosters an environment in which players don't fear making mistakes. While not ignoring the teaching opportunities that mistakes present, he teaches players that a key to success is how one responds to mistakes. He sets standards of continuous improvement for himself and his players. He encourages his players, whatever their level of ability, to strive to become the best players, and people, they can be. He teaches players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop them.

2. **Fills Players' Emotional Tanks**

A Positive Coach is a positive motivator who refuses to motivate through fear,

intimidation, or shame. She recognizes that every player has an "Emotional Tank" like the gas tank of a car. Just as a car with an empty gas tank can't go very far, a player with an empty emotional tank doesn't have the energy to do her best.

A Positive Coach understands that compliments, praise, and positive recognition fill Emotional Tanks. She understands the importance of giving truthful and specific feedback and resists the temptation to give praise that is not warranted. When correction is necessary, a Positive Coach communicates criticism to players in ways that don't undermine their sense of self-worth. A Positive Coach strives to achieve a 5:1 "Plus/Minus Ratio" of praise to correction.

A Positive Coach establishes order and maintains discipline in a positive manner. She listens to players and involves them in decisions that affect the team. She works to remain positive even when things aren't going well. She recognizes that it is often when things go wrong that a coach can have the most lasting impact and can teach the most important lessons. Even when facing adversity, she refuses to demean herself, her players, or the environment. She always treats athletes with respect, regardless of how well they perform.

3. **Honors the Game**

A Positive Coach feels an obligation to his sport. He understands that Honoring the Game means getting to the ROOTS of the matter, where ROOTS stands for respect for:

- **Rules**
-
- **Opponents**
-
- **Officials**
-
- **Teammates**
-
- **Self.**

A Positive Coach teaches his players to Honor the Game. He loves his sport and upholds the spirit, as well as the letter, of its rules. He respects opponents, recognizing that a worthy opponent will push his athletes to do their best. He understands the important role that officials play and shows them respect, even when he disagrees with their calls. He encourages players to make a commitment to each other and to encourage one another on and off the field. He values the rich tradition of his sport and feels privileged to participate. A Positive Coach realizes that one of the most difficult times to Honor the Game is when the opponent is not, and he reminds his players to live up to their own highest standard (respect for self). Ultimately, a Positive Coach demonstrates integrity and would rather lose than win by dishonoring the game.

Certificate of Liability Insurance documents for MVRC, Lincoln Elementary and Stevens Creek Elementary to be emailed and posted to www.cgls.us when available.

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From: Cutting Edge Softball Inc.
To: Cupertino Girls' Softball League
Re: Clinics 2013

1. Coaches Beginning & Advanced Pitching Clinic @CGSL: Feb 9th 2013: 9am-12pm. 1st 1.5 hrs, breaking down the pitching mechanics, 2nd 1.5hrs, working on how to spot the pitches, intro to change up, pitching calling Q&A. Open to all Coaches and Managers
2. Coaches Hitting/Defense Clinic @CES: Feb 10th 1:30-4pm:
Coaches will learn how to teach proper mechanics in throwing, catching, hitting, fielding, Coaches will be taught how to spot bad mechanics and make corrections with players. (2 or 3 CES staff instructors)
3. Player's Pitching Clinics : March 2nd @CGSL: 9am-11:40am
Four (40min) sessions (2 instructors – 10 players) 40 players total
4. Player's Indoor Hitting/Def Clinic: March 2nd : @CES 1:30pm-4pm
Two (90) min sessions, (24 players) (4-5 CES Instructors) (48 players max)
5. Player's Catcher's Clinic: March 3rd @CES 1pm-2:30pm:
Two (45min) sessions, 10 players per session.
6. Player's Indoor Hitting/Def Clinic: March 24th : @CES 1:30pm-4pm
Two (90) min sessions, (24 players) (4-5 CES Instructors) (48 players max) \$

CES will donate a 2013 Summer Camp Admission for CGS for Fundraiser:
Cost: \$290.00