



COACH'S HANDBOOK

Updated August 2023

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Welcome to HGSL Hudson Heat Softball!

Established in 1989, the Hudson Heat was one of the first travel fastpitch programs in the State of New Hampshire. After a short hiatus, we are excited to relaunch our program under Hudson Girls Softball. With the involvement of both former players and coaches, we are confident that our program will be one that you and your player will be proud to be a member of. Our mission is to provide educated and talented coaching staff who will help to instill self confidence in your player that will help them grow as an athlete and individual. We will encourage, believe in and challenge your player to be the best softball player she can be physically, mentally and emotionally. Not only do we as a softball program pride ourselves on dedication, commitment and steady growth, but superior sportsmanlike conduct is expected from all of our athletes and of utmost importance to our coaches and our organization as a whole.

We are... THE HUDSON HEAT!

Please maintain your USA Softball official roster as well as medical consent/history in a safe place readily available.

www.hudsonheatsoftball.com

CURRENT BOARD MEMBERS

Board Position	Term	Year of Vote	Name	E-Mail	Member Since
Director	2	2024	Becky Radziewicz	hgsl.becky@gmail.com	2014
Assistant Director	1	2023	Mandy Powers	hgsl.mandy@gmail.com	2019
Treasurer	2	2024	Mike MacDonald	Mmacdonald0330@gmail.com	2022
Secretary	1	2023	Sammie Fay	hgsl.sammie@gmail.com	2023
Equipment Manager	2	2024	Amy Simberg	amysimberg@gmail.com	2023
Coach Representative	1	2023	Lisa Censabella	lmariel212@yahoo.com	2022
Fundraising Coordinator	2	2024	Megan Radziewicz	hgsl.fundraising@gmail.com	2015
Umpire-in-Chief	1	2023	Stacy Freitas-Ducharme	hgsl.uic@gmail.com	2022
Travel Team Representative	1			Open until position is necessary	
Field Maintenance Coordinator	2	2024	Pete Radziewicz	HUDSONHEATSOFTBALL@gmail.com	2014
Player Development Coordinator	1	2023	Daphne Harne	hgsl.daphne@gmail.com	2022
Communications Coordinator	2	2024	Tricia Jette-Gonthier	t.jettegonthier@gmail.com	2019

Who to call if...

It's raining- Becky Radziewicz or Mandy Powers

ZERO TOLERANCE POLICY

HGSL has a no tolerance policy for unsportsmanlike/poor behavior from both spectators and players. Coaches are to be reminded that their role is to coach the athletes and provide a safe environment for them to play softball. If a parent/spectator becomes an issue, the coach may address the immediate situation in a calm and respectful manner, however, they must notify the Board of Directors of the incident. HGSL will not tolerate such behavior towards/from players, coaches, other spectators and/or officials.

COACH DRESS CODE

Coaches are provided a uniform shirt to be worn for games and/or practices. If a coach chooses an alternative shirt to wear, it must be 'school' appropriate and without profanity, crude words or images. Coaches should be dressed in appropriate attire that represents the league and the Town of Hudson with dignity and respect. Should a coach wear a shirt deemed to not fit the dress code, they will be required to turn it inside out.

HGSL COACHING EXPECTATIONS

HGSL expects...

- ...all coaches (head/assistant/volunteer) to maintain an appropriate level of respect with players and their families.
- ...players to be treated fairly regardless of their relationship to the coaching staff.
- ...all coaches will familiarize themselves with Concussion, Emergency Protocols and Abuse Reporting Policies listed in this handbook.
- ...all coaches will communicate needs and concerns to the Coach Representative or appropriate Board Member(s) via email, phone or in person.
- ...all coaches ensure that Kiwanis Field is raked after each practice and home game. (parents may be asked to assist).
- ...all coaches ensure that Kiwanis Field dugouts (home & away) are cleared of trash and debris upon leaving. This includes the team's dugout when visiting another town.
- ...all coaches ensure that equipment is properly stored upon leaving.
- ...all coaches will ensure that bins and sheds are secured and locked upon leaving.
- ...all coaches will communicate clearly and regularly with player's families with regard to practices, games, progress etc. This may be done via email, website or GameChanger app. For your protection, a coach should never communicate with a player via phone, email or text without including a parent directly in the conversation.
- ...all coaches should refrain from personal cell phone use while coaching.

AVAILABLE FIELDS

- Kiwanis Field (behind SoHo) is our main field. Parking is NOT allowed at SoHo Restaurant or St. Mary's Bank. These establishments have requested their lots **not** be used for softball parking. Ample parking is provided at the field on Cross Street. Please remind your team families.
- Center Field (behind HMS) and Alvirne softball fields may be utilized with permission from schools. Permission must be requested through HGSL who will contact the schools. Coaches should **not** contact schools directly for permission.

LOCK BOX & GATE CODES

(not available online, contact league admin if you don't remember the code)

LEAGUE PROVIDED EQUIPMENT

- Bases
- 1 bucket of balls
- 1 bucket of hitting machine balls
- Hitting nets
- Game balls provided for hosted tournaments
- First aid kit and ice packs
- Emergency medical information for each player to stay with coach at home and away games

PLAYER RESPONSIBILITY

- Glove
- Cleats
- Batting helmet with cage (may be included in tuition fee)
- Fielder's Facemask- strongly encouraged for all pitchers, 1st base, 3rd base
- Full uniforms included in tuition fee
- Water

****PLAYERS SHOULD CLEARLY LABEL ALL GEAR including water bottles****

THUNDER AND LIGHTNING

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND REMAIN IN A VEHICLE UNTIL COACH TELLS YOU OTHERWISE. "IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES)." WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.

[Click here for National Federation of State High School Associations Guidelines](#)

FIRST AID AND EMERGENCIES

- All coaches will be issued First Aid kits as well as ice packs. Coaches are required to take First Aid kits with them to all away games as well as players' Medical Consent Forms.
- When items are used (especially ice packs), coaches must notify the league equipment manager for replenishment.
- Coaches are permitted to provide essential and emergent first aid ONLY until a parent/guardian or emergency services arrive. (i.e. ice packs, band-aid etc.) Coaches are not permitted to splint, wrap, tape or provide non-emergent medical care to players.
- If 911 must be called, be aware of your location (address on fences) and designate another adult to meet the ambulance and direct medics to the scene.
- **If there is a suspected head, neck, or back injury, DO NOT MOVE THE PLAYER! Do not remove a player's helmet or other gear.**

CONCUSSION ACTION PLAN

****This action plan attempts to provide guidance to ensure all athletes a safe return to play, however, is under no circumstances a plan to diagnose and/or treat a suspected head injury. HGSL takes no responsibility in the diagnosis or treatment of any injury to a player. ****

Concussion Evaluation:

The diagnosis of an acute concussion typically involves the assessment of clinical symptoms, physical signs, behavioral changes, balance and coordination, sleep, and cognition. An athlete may experience some or all of the following symptoms (reported by athlete).

1. Headache
2. Fatigue
3. Nausea or vomiting
4. Double vision or blurry vision
5. Sensitivity to light (photophobia) or noise
6. Feels sluggish
7. Feels "foggy"
8. Problems concentrating and remembering

Common signs (observed by evaluator or others) found with concussion include:

1. Athlete appears dazed or stunned
2. Confusion
3. Unsure about game, score, opponent
4. Altered coordination
5. Balance problems
6. Personality change (aggressive behavior)
7. Responds slowly to questions asked
8. Forgets events prior to trauma
9. Forgets events after trauma has taken place
10. Loss of consciousness (any duration)

Any player suspected of a head injury must be pulled from play immediately. The player may either be released to parent/guardian or emergency services (if necessary). Any player being evaluated by qualified personnel (i.e. EMT/paramedic, physician etc.) for a suspected concussion or head injury will not be eligible to return to play until the league receives documentation from the evaluating physician clearing the player to return. Documentation of medical clearance may be emailed to playhgsl@gmail.com.

ABUSE REPORTING REQUIREMENTS FOR COACHES/VOLUNTEERS

CHILD ABUSE AND/OR NEGLECT

All coaches/volunteers must be aware that they are required by law, RSA 169-C:29, to report any suspected cases of child abuse and neglect. Coaches/volunteers who report suspected cases are also protected by the law, which provides them with immunity from civil prosecution. Coaches/volunteers must follow the referral procedures described herein to facilitate the reporting of suspected child abuse or neglect.

RSA 169-C:3 II defines an abused child as any child under the age of 18 years who has been

- sexually abused; or
- intentionally physically injured; or
- psychologically injured such that the child exhibits symptoms of emotional problems generally recognized to result from consistent mistreatment or neglect; or
- physically injured by other than accidental means.

RSA 169-C:3 XIX defines a neglected child as a child under the age of 18 years

- who has been abandoned by their parents, guardians, or custodian; or
- who is without proper parental care or control, subsistence, education as required by law, or other care or control necessary for their physical, mental, or emotional health when it is established that their health has suffered or is very likely to suffer serious impairment; and deprivation is not due primarily to the lack of financial means of the parents, guardian, or custodian; or
- whose parents, guardians, or custodians are unable to discharge their responsibilities to and for the child because of incarceration, hospitalization, or other physical or mental incapacity.
- However, no child who, in good faith, under treatment solely by spiritual means through prayer in accordance with the tenets and practices of a recognized church or religious denomination by a duly accredited practitioner thereof shall, for that reason alone, be considered a neglected child.

Referral Procedures

Coaches/volunteers will report suspected child abuse and/or neglect to the HGSL Board Director and/or Assistant Director, who will be responsible in assisting coach/volunteer for notifying the Hudson Police Department immediately.

BULLYING

Bullying may be physical, verbal, emotional or sexual in nature. It is defined as insults, taunts, or challenges, whether verbal or physical in nature, which are likely to intimidate or provoke a violent or disorderly response from the athlete being treated in this manner. Bullying may rise to the level of harassment or child abuse if severe or pervasive.

In accordance with RSA 193-F, HGSL will not condone athlete bullying, will take all reasonable measures to prevent bullying, and will report incidents of bullying to the appropriate law enforcement agency if necessary. It is the obligation of the coach/volunteer who is present at or otherwise has knowledge of any athlete bullying to report such acts immediately to the HGSL Board Director and/or Assistant Director.

HAZING

Athlete hazing is any act directed toward an athlete or any coercion or intimidation of an athlete to act or to participate in or to submit to any act when

- such an act is likely or would be perceived by a reasonable person as likely to cause physical or psychological injury to any person; and
- such an act is a condition of initiation into, admission into, continued membership in, or association with any organization.

In accordance with New Hampshire law, RSA 631:7, HGSL will not condone athlete hazing, will take all reasonable measures to prevent athlete hazing, and will report all instances of such misconduct to law enforcement authorities. It is the obligation of the coach/volunteer who is present at or otherwise has knowledge of any athlete hazing to report such acts immediately to the HGSL Board Director and/or Assistant Director.