



# Greenback Youth Sports

P.O. Box 56, Greenback, TN 37742

*2023 Board*

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*League Rep: Softball*

**Billy Anderson**

*League Rep: Baseball*

February 2, 2023

Dear Baseball Fans,

Thank you so much for entrusting us with your children to play baseball in the Greenback community. It is our goal to teach the children good sportsmanship & teamwork, in addition to the game of baseball. We will continue to partner with the City of Greenback & Greenback School in order to continue to make improvements to our facilities and to achieve many short-term and long-term goals. Any fundraising you are asked to do during this season will be used to help us maintain & improve our league. We will keep you up to date as our plans develop.

Here are a few key dates you'll want to know as we start our 2023 season:

**February 17<sup>th</sup> – 20<sup>st</sup>** – Greenback Day at Dick's Sporting Goods in Alcoa

**February 25<sup>th</sup>** – Player Evaluation Day

**TBD** – Team Store Open (Fan Shirts, Hats, & Visors)

**April 8<sup>th</sup>** – Jamboree, Picture Day, & Fundraiser Due

**April 10<sup>th</sup>** – Regular Season Starts

**TBD** – End of Season Fun Night

We are looking forward to a great season, and we truly appreciate your support as we continue to try to strengthen & grow our league. If you have any questions or concerns at any time, feel free to contact any of the board members listed above.

Sincerely,

Greenback Youth Sports Board Members

# Greenback League Information 2023

## All Stars

We participate in the Dixie Youth organization and will be eligible to enter one All Star team per age group to compete in a post season tournament for our district. The top two All Star teams in our district will travel to a State Tournament to compete for the State title. Therefore the **top 12 players** in each age group (nominated by the coaches) will represent Greenback and compete to win. This year's tournament dates are as follows:

### District

Week of 6/15/2023 – 6u & 8u

Week of 6/22/2023 – 10u & 12u

### State

Week of 7/6/2023 - 6u & 8u

Week of 7/13/2023 - 10u, & 12u

## Bad Weather

During times of bad weather, the decision to play all games will be decided at the field by the umpire or league representative. If it's possible to make a determination to cancel games due to bad weather in advance, a league representative will communicate that decision to all the coaches, who will then communicate to the parents. We may also post information regarding game cancellations on the website or social media, when-ever possible.

## Concession Stand

Each team will be required to work the concession stand during the season. Your team will **NOT** be asked to work the concession stand during the time your team is playing. A schedule for you team will be provided to your coach prior to the season starting. The coach will ask for your help in filling your team's time slots with two (2) representatives.

We can always use donations to our concession stand. So if you are grocery shopping and can pick up an extra bottle of ketchup or mustard or an extra pack of hot dog buns, we would greatly appreciate it! Here is a list of items we can always use:

- Hot dog buns
- Ketchup
- Mustard
- Cans of chili without beans
- Napkins
- Large Dill Pickle Jar
- Small chip bags (variety pack)

## End of the Season Fun Night / Closing Ceremonies

A fun night will be held at **Springbrook Pool in Alcoa** at the end of the season and provide a time for all players to receive their participation trophies and have fun with their coaches and teammates. All parents and family members are invited to attend. More details will be provided throughout the season.

## Equipment (Bats, Helmet, etc.)

Every player should have a glove and helmet. If a player wears cleats, they must be plastic, not metal. A tee and catchers equipment will be provided by the league for all games.

If you bring your own bat to use during a game, no 2 ¾" barrel bats are allowed. Legal bats regulations are outlined for each age group below:

Wee Ball (4 years old and under): Any "USA" bat, except 2 ¾" barrel bats

Class A (6u): 2 1/4" or 2 5/8" barrel and stamped "USA "

Class AA (8u), Class AAA (10u), Ozone (12u): 2 5/8" barrel and stamped "USA "



# Greenback League Information 2023

## Fan Shirts, Hats, and Visors

**Fan shirts** will be sold. Each shirt will be the same design and color of the child's team and will include the word's "Fan Of" and the child's number on the back of their shirt:

The Greenback Baseball **hats** and **visors** will be available for purchase.

You will be able to place your order for a team shirt, hat, and/or visor **online** through our **Team Store sponsored by Pokey's & Sports**. A link to our Team Store will be sent out on our Facebook page and our website. The Team Store will be open for orders to ensure you have your order back as close as possible to the start of the season. We will make every effort to have your order ready to be handed out at the Jamboree.

## Fundraiser

The registration fee does not cover any other operating costs of this league (balls, field maintenance, catcher's gear, umpires fees, etc). Therefore, our fundraisers are what will allow this league to maintain and hopefully grow.

Players will be asked to sell Laurel Mountain Candles to raise money for the league. It will be the expectation of each player to sell **5 candles**. A Candle Order Form is attached to this packet and you can find a link to this form on our website under "Parents Corner." Orders and money will be due on **Saturday, April 8<sup>th</sup>** during your team's designated picture time.

## Jamboree

A Jamboree will be held on Saturday, **April 8<sup>th</sup>** to help us kick-off the season. All teams will play one game throughout the day. A more detailed schedule will be distributed by your coach once it is available.

## Mid-Season District Tournament

There will be a tournament held during the regular season for all the teams in our district. Tournament dates and location will be provided when the regular season schedules are complete. Game times for each team will be determined closer to the tournament dates. During those tournaments, there will be a gate fee charged for admission. **Please be prepared to pay to attend those games.** Tournaments are the only time a fee is charged to watch a youth baseball game.

## Regular Season Schedules

Copies of all regular season schedules will be provided to each coach at the Jamboree on Saturday, **April 8<sup>th</sup>**. Coaches will then distribute these schedules to you. Schedules will also be posted to the league's website.

## Sponsorships

Greenback Youth Sports is a non-profit 501 (c) 3 organization. Therefore, any donations made to our organization are tax deductible. We have opportunities for an organization or individual to ***sponsor a player*** to cover their registration fee, purchase a ***fence sign*** which will be displayed all season, or ***sponsor a team***. If you sponsor a team, your logo will be put on the uniform. Any money raised through the sponsorships will go into the Greenback Youth Sports organization to help cover miscellaneous expenses or directly to the individual being sponsored. Please review the Sponsorship Agreement included in this packet for more details. You can also email [greenbackyouthsports@gmail.com](mailto:greenbackyouthsports@gmail.com) if you're interested in donating or have questions.

# 2023 Evaluation Day Schedule

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**Who:** Any player signed up to play in the following leagues:

Baseball

6u (A) / 8u (AA) / 10u (AAA)

Softball

8u

**Where and When:**

Date	Time	League	Check-in Location
Saturday, 2/25	10:00a – 11:00a	Baseball 10u (AAA)	Community Center Basement
Saturday, 2/25	11:00a – 12:30p	Baseball 8u (AA)	Community Center Basement
Saturday, 2/25	12:30p – 2:00p	Baseball 6u (A)	Community Center Basement
Saturday, 2/25	3:00p – 5:00p	Softball 8u	Greenback High School Softball Field

**Details:**

- Everyone must Check-in at the location listed above to be placed in a group.
- Groups will be 10-12 per group on first come basis.
- All players will be evaluated on hitting, catching, and throwing.
- 10u baseball players will also be evaluated on their pitching skills.

**Note:** Any player in any league that still needs to be fitted for a uniform, can stop by the Community Center Basement on Saturday, February 25<sup>th</sup> to be fitted.

**Items to Bring:**

- Registration Fee if not paid
- Glove and helmet (required)
- Bat, cleats, & batting glove (optional)

\*If wearing cleats, also bring sneakers incase the fields are not useable.

\*If you cannot attend at your designated time or if you have questions, please contact Keisha Anderson at 865-200-6265.

# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS (Adapted from CDC "Heads Up Concussion in Youth Sports")

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

**Read and keep this page.**

**Sign and return the signature page.**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

\*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

\* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

## **Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form**

### **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

### **How common is sudden cardiac arrest in the United States?**

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

### **Are there warning signs?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

### **What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

### **Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act**

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
  - (i) Unexplained shortness of breath;
  - (ii) Chest pains;
  - (iii) Dizziness
  - (iv) Racing heart rate; or
  - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

*I have reviewed and understand the symptoms and warning signs of SCA.*

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Signature of Student-Athlete

Print Student-Athlete's Name Date

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Signature of Parent/Guardian

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Print Parent/Guardian's Name Date



# Sponsorship Agreement Form

Greenback Youth Sports is proud to serve the children of Greenback and surrounding area by offering a safe place for them to learn team sports. Thank you for supporting our continued mission.

## My Organization Wishes to Sponsor (check all that apply)

### An Individual Player's Registration Fees

\$50 Wee Ball Player – Player Name: \_\_\_\_\_

\$65 6u Baseball Player – Player Name: \_\_\_\_\_

\$75 8u, 10u, or 12u Baseball Player – Player Name: \_\_\_\_\_

\$75 Softball Player – Player Name: \_\_\_\_\_

### An Individual Team – (\$250)

Print the company logo or sponsor's name on the back of the team uniform – Team / Coach's Name: \_\_\_\_\_

### The League

\$400 - New Fence Sign (3.5' x 3.5' with company logo / sponsor's information) & sponsor's name on the back of team uniform.

\$150 - Fence Sign Yearly Renewal

**Please print.**

Organization: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Title: \_\_\_\_\_

Business Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Total Amount Due \$** \_\_\_\_\_

**Payment method:**    **Cash**    **Check**    **PayPal** (if using this option, please make sure the email address above is used for your PayPal account)

*Make checks payable to Greenback Youth Sports (address below) FEIN: 47-5431829*

Greenback Youth Sports Contact: Keisha Anderson  
P.O. Box 56, Greenback, TN 37742 – P: 865-200-6265  
Email: greenbackyouthsports@gmail.com – www.greenbackyouthsports.us

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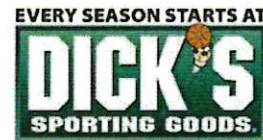
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