

2024 CDGS COACHES MEETING



SETH RINDNER

CDGS Coaches Coordinator

coachescoordinator@cdgs301.com

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Welcome & Introductions



President	Christina Moses
Vice President	Julie West
Secretary	Tanya Hernandez
Treasurer	Travis Parry
Player Agent	Jimmy Vasilakos
	Chuck Sanders
Safety Officer	Gene Martin
Sponsor/Fundraising Coordinator	Katie Murphy
Webmaster	Eric Vargas
Equipment Manager	Matt Moses
Field Manager	OPEN
Umpire Coordinator	Travis Parry

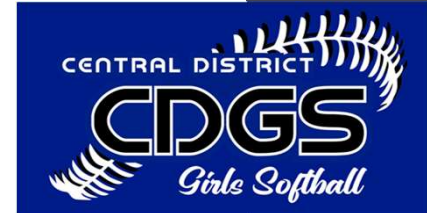
Concessions Manager	Mandy Rodiek
Co-Concessions Managers	Carole Ostrowski
	Amanda Martin
Clinic Coordinator	Christa Wasson
Uniform Manager	Dayna Vargas
Volunteer Coordinator	Francesca Favero
Coaches Coordinator	Seth Rindner
Travel and Tournament Coordinator	OPEN
Events Coordinator	COMMITTEES
Marketing Manager / Social Media	Jill Caldwell

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CDGS History

- **History**
 - **CDGS is a non-profit organization offering fast pitch softball to girls ages 4 through 18 years old. Participants of the league are mainly those girls that reside within the boundaries of Central School District#301. CDGS was started in 2000 and without the benefit of a park district, the league operates solely on a volunteer basis and funding is exclusively received through registration fees and the generosity of our corporate and family sponsors. The league was fortunate enough to have the home fields donated by the Village of Lily Lake in 2000. In 2014 to further improve our league, CDGS made the decision to become part of the Little League Organization.**
 - **Also note there is more history before CDGS, Field 1 is named after Jaclyn Knewitz who passed away in a car accident at age 11 Oct 1998. She was a 6th grader at Central Middle School and was a member of the school's softball league. She played first base and catcher.**

CDGS Background



- Safety Priorities
- D301 Grounds - School Rules to apply
 - No drinking
 - No Smoking/vaping
 - No activities at the fields during school days without approval from the Lily Lake Administration
- CDGS & Little League Softball
 - Part of District 13 for Softball
 - Northwest LL – Hampshire/Pingree Grove
 - Kaneland
 - CDGS
 - South Elgin LL
 - Elgin Classic
 - Elgin National
 - Huntley LL
 - Tri-Cities LL

CDGS Background

- Future of the League
 - Possible partnership with other leagues outside of LL
 - Continued growth of the program at all levels
 - Development of Tournament Team opportunities
 - Majors
 - Minor A



CDGS League Dates



	Start Date	End Date	Time
Coaches Meeting	3/19/2024		
FUNDRAISER- Chick fil A Night	3/21/2024		4:30-8:00
Equipment Pickup (1)	3/21/2024		6:00 PM
Spring Field Days (Weather Permitting) & Equipment Pickup (2)	3/23/2024		9AM -10AM
Spiritwear Closes	3/24/24		
NIU Game- Softball Kids day	3/30/2024		1:00 PM
Practices Start	4/1/2024		
Team Coordinator Meeting	4/6/24		TBD
Spring Field Days	4/6/2024	4/7/24	8AM -4PM
CDGS/CHS Pack the Place	4/6/2024		9AM - 1PM
District 13 Manager's Meeting - at least 1 Coach needs to attend	4/7/2024		Zoom - Mandatory Meeting

**Add
Calendar to
your
Google
Calendar**



CDGS League Dates



	Start Date	End Date	Time
Opening Day - Majors & Juniors	4/20/2024	6/16/2024	
Opening Day - Minor A	4/22/2024	6/19/2024	
CDGS Kick Off Event	5/4/2024		TBD
Opening Day - Minor B	5/4/2024	6/22/2024	
Picture Day	5/13/2024	5/14/2024	5-9pm- Prairie View
FUNDRAISER - Old Republic Night	5/21/2024		4-10PM
Tournament Meeting-Prez and Tourn Directors	6/2/2024		TBD
Mandatory Tournament Managers meeting-Zoom	6/9/2024		TBD
Metro Tournament - Majors (single elimination)	6/19/2024	6/22/2024	CDGS to Host
Metro Tournament - Juniors (Double elimination)	6/19/2024	6/22/2024	
Minor A Tournament	6/21/2024	6/23/2024	NWLL to Host
Player Appreciation Day	7/14/24		
Athletes Unlimited Game	TBD		

**Add
Calendar to
your Google
Calendar**



CDGS League Dates

All Stars



	Start Date	End Date	Time
All Star Team Formation	5/30/2024 - TBD		TBD
Tournament Meeting-Prez and Tourn Directors	6/2/2024		TBD
Mandatory Tournament Managers meeting-Zoom	6/9/2024		TBD
All Star Games District FINALS - Majors	6/29/2024	7/1/2024	
All Star Games District FINALS - Juniors	6/30/2024	7/2/2024	
All Star Games District State - Majors	7/6/2024	7/10/2024	
All Star Games District State - Juniors	7/6/2024	7/11/2024	
All Star Games District - 8/9/10	7/13/2024	7/15/2024	
All Star Games District FINALS - 8/9/10	7/16/2024	7/17/2024	
All Star Games State - 8/9/10	7/20/2024	7/25/2024	

Division Requirements



	TBall	Minor B	Minor A	Majors	Juniors
League Age	4-6 yo	6-8 yo	8-10 yo	10-12 yo	12 - 14 yo
Ball Size	10 inch soft	11 inch	11 inch	12 inch	12 inch
CDGS Fields	Field 2	Field 1, 3, or 4	Field 1, 3, or 4	Field 1 or 3	Field 1 or 3
Face Mask	highly recommended	highly recommended	highly recommended	highly recommended	highly recommended
Face Mask for Pitchers	required	required	required	required	required
Batting Helmet	Yes	Yes, with facemask	Yes, with facemask	Yes, with facemask	Yes, with facemask
Bat Rules	cannot be longer than 33 inch and not more than 2 1/4 inches in diameter	cannot be longer than 33 inch and not more than 2 1/4 inches in diameter	cannot be longer than 33 inch and not more than 2 1/4 inches in diameter	cannot be longer than 33 inch and not more than 2 1/4 inches in diameter	cannot be longer than 34 inch, and not more than 2 1/4 inches in diameter
Bat Recommendations	24" - 26"	26" - 28"	27" - 30"	30" - 31"	31" - 32"
Glove Recommendations	Tball Glove	11" - 11.5"	11.5" - 12"	11.5" - 12"	11.5" - 12.5"
Uniform	-CDGS Jersey w/ LL Patch -socks -black shorts or softball pants	-CDGS Jersey w/ LL Patch -socks -black softball pants	-CDGS Jersey w/ LL Patch -socks -black softball pants	-CDGS Jersey w/ LL Patch -socks -black softball pants	-CDGS Jersey w/ LL Patch -socks -black softball pants
Cleats	highly recommended	highly recommended	Required	Required	Required
Equipment Bag	Recommended	Recommended	Recommended	Recommended	Recommended
Pitching Mound	n/a	n/a	35 ft	40 ft	43 ft
Bases	50 ft	60 ft	60 ft	60 ft	60 ft

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Coaching Philosophy



- Values
 - CDGS prides itself on excellent sportsmanship, respect & care for all players that step foot on the softball field. We have an excellent reputation in the district, let's not ruin it!
 - All players and parents are required to sign the Coaches Code of Conduct. CDGS strongly enforces these guidelines as well as the ejection policy
- Expectations
 - All coaches are expected to represent CDGS in the highest regard. Coaches (& players) behaviors are direct reflection of our program overall.
 - Coaches are expected to respect all umpires, other coaches, parents, and most importantly – the players.
 - Check your ego at the door - you're coaching kids' softball, not a Major League Baseball team in the World Series!

Coaching Philosophy

- Tips for Success
 - Have open communication with your team and parents.
 - **HOLD A PARENTS MEETING BEFORE YOUR FIRST PRACTICE - THIS WILL HELP IMMENSELY!**
 - Teach the game the right and safe way.
 - Have written practice plans!
 - Be the bigger person.
 - Make sure everyone is having fun while learning to play.
 - Don't lose your temper in front of the kids!





Reformed Sports Project  

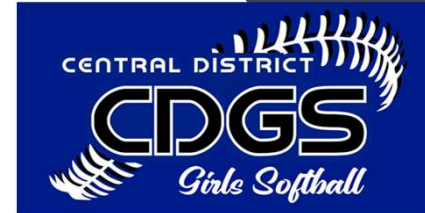
@ReformedSptProj

Don't coach youth sports to win trophies and boost your ego. Coach youth sports to help kids reach their potential and positively impact their lives.



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Code of Conduct

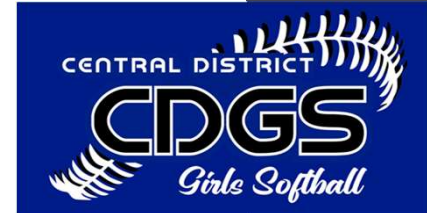


CDGS is committed to providing a supportive, respectful, and enriching experience for all its participants. Coaches play a pivotal role in achieving this mission, serving as models of sportsmanship, leadership, and integrity. This Code of Conduct outlines the expectations for all CDGS coaches to ensure a positive and constructive environment for our young athletes.

Core Principles

- **Professionalism and Respect:** Coaches will conduct themselves professionally and respectfully at all times, setting a positive example for players, parents, and spectators.
- **Sportsmanship:** Coaches will demonstrate sportsmanship, encouraging players to compete with integrity, respect for opponents, and graciousness in both victory and defeat.
- **Player Well-Being:** The physical, emotional, and psychological well-being of players is paramount. Coaches will prioritize safety, enjoyment, and development over winning.
- **Adherence to Rules:** Coaches will adhere to all league rules, policies, and guidelines, promoting fair play and respect for the game's integrity.
- **Reporting and Preventing Abuse:** Verbal or physical abuse, obscene gestures, and disrespectful conduct based on race, gender, religion, disability, national origin, age, and/or sexual orientation will not be tolerated. Commit to the recognition, response, and reporting of any signs of abuse or neglect. Ensure a policy of no one-on-one isolation with players by maintaining a minimum of two adults present at all times.

Code of Conduct



Behavioral Guidelines

- **Respect for Officials:** Coaches will respect umpires' decisions, handling any disputes with decorum and through appropriate channels.
- **Positive Environment:** Coaches will foster a positive, encouraging environment, recognizing effort and improvement over mere outcomes.
- **Inclusion and Fairness:** Coaches will ensure equal opportunities for all players to participate and develop, irrespective of skill level, fostering an inclusive team spirit.
- **Communication:** Coaches will communicate constructively with players, parents, and league officials, maintaining transparency and promoting a collaborative community.

Enforcement and Penalties

- **Immediate Action:** Offenders may be removed from the field by an umpire or board member, with conduct reviewed promptly by the CDGS Board.
- **Penalties:** Depending on the severity of the violation, the CDGS Board of Directors may impose suspension from coaching or participation for a defined period or number of games, a ban from all CDGS activities for a set timeframe, or for severe violations, suspension for the remainder of the season, including playoffs and all-star play.

Ejection Policy for Conduct Violations

To emphasize the importance of upholding the highest standards of conduct and sportsmanship, CDGS has established a financial penalty system for coaches ejected from a game due to conduct violations:

- **First Ejection:** \$100 penalty, payable before further participation.
- **Second Ejection:** \$250 penalty, also payable before resuming any league activities. The enforcement process involves the Board's review and notification to the coach, with a 7-day payment window. Collected penalties support league activities and programs. This policy underscores our commitment to a positive sporting environment.
- Upon notification of ejection, the board will hold a special meeting gathering involved CDGS coaches to gather statements. Board will attempt to get a statement from umpire. If after deliberation, the coach was deemed to violate the CDGS Code of Conduct, discipline will be rendered according to the ejection policy.

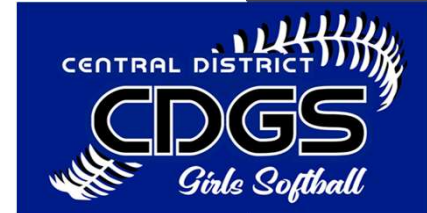
Acknowledgment

By signing below, I agree to uphold the principles and guidelines outlined in this Coaches' Code of Conduct and the Ejection Policy for Conduct Violations, committing to a coaching philosophy that prioritizes the well-being and development of all participants in the Central District Girls Softball League.

Sign today and you can turn it in!

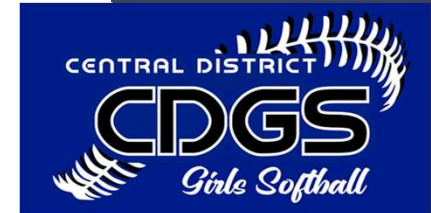
Conflict Resolution

- Chain of Command
 - Coach to Coaches Coordinator to President/Board Members
- Coach's Responsibility
 - Report issue directly to the Coach's Coordinator for proper response.
 - Could be internal or external
- Board's Responsibility
 - Effectively respond to the situation, escalate to necessary individuals or associations if needed.
- Little League may be notified if needed.

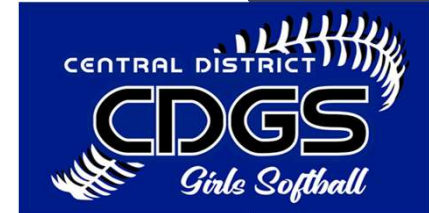


Head Coaches Communication: Group Me

https://groupme.com/join_group/99885258/4y7dFsR8



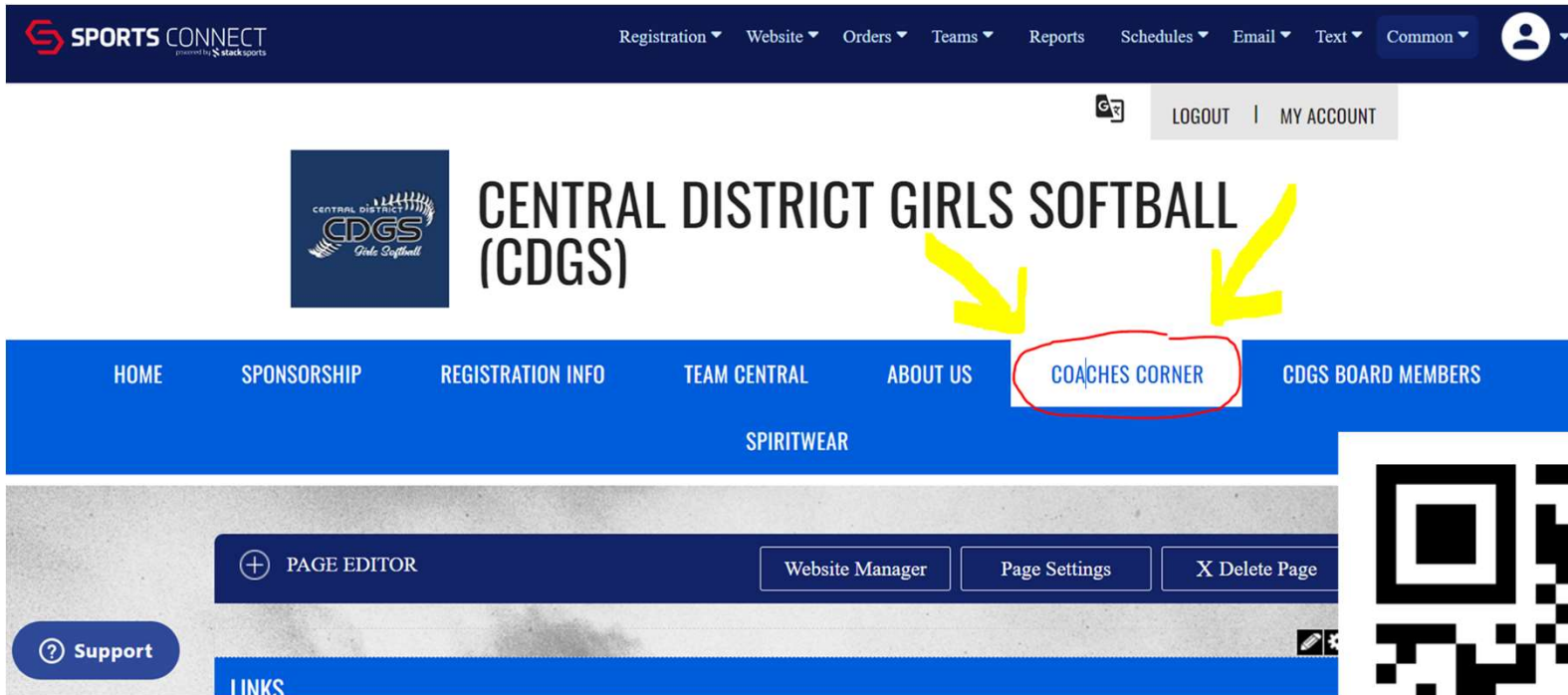
Coaches Resources



- GroupMe Coaches Chat (you will be added this week)
- CDGS Website- <https://clubs.bluesombrero.com/cdgs>
 - Coaches Corner
 - Team Central - team pages, schedules, practices
- League Admin Pro - <http://www.leagueadminpro.com/d13softball/index.php>
 - Coaches Contact Info, Team Info, Fields
 - REQUIRED: Pitch Counts, Game Scores
- GameChanger - recommended for Minor A through Juniors!
- Little League Rules - LL Rulebook App
- Supplemental Rules - From LL District 13
- Coaches Clinic and Field Prep Training - Dates TBD!



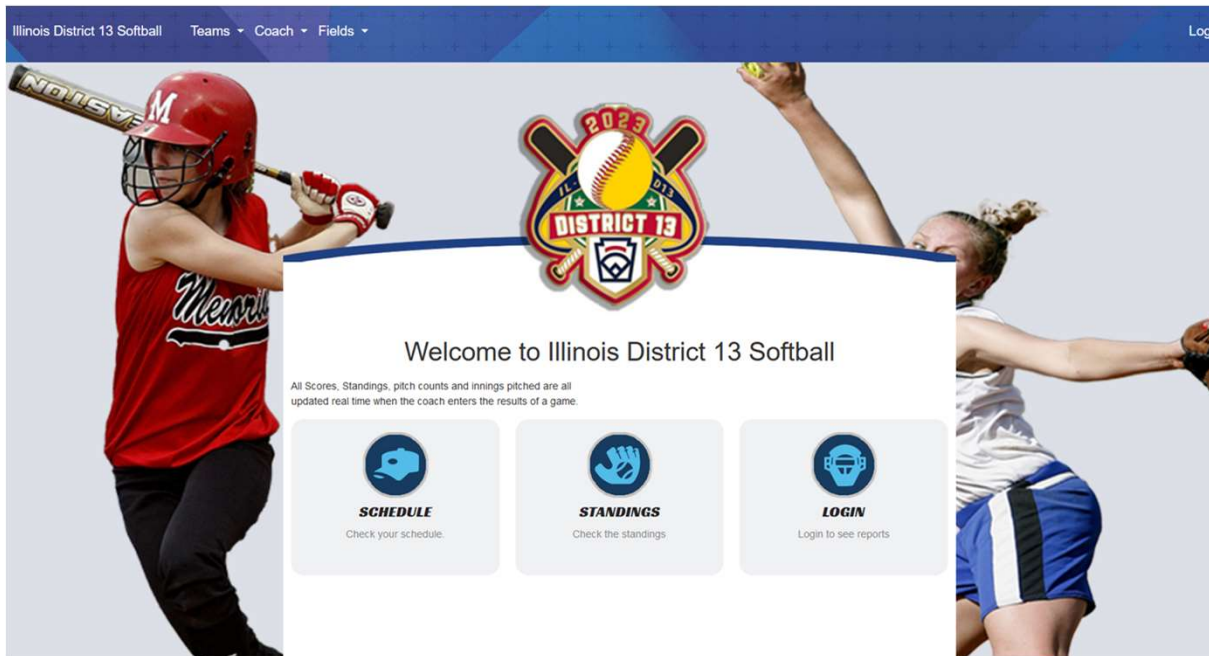
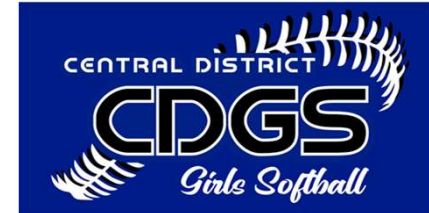
Coaches Corner Resource Page



The screenshot shows the website for the Central District Girls Softball (CDGS). At the top, there is a dark blue navigation bar with the 'SPORTS CONNECT' logo on the left and a menu of options: Registration, Website, Orders, Teams, Reports, Schedules, Email, Text, and Common. A user profile icon is on the right. Below this bar, there are 'LOGOUT' and 'MY ACCOUNT' links. The main header features the CDGS logo and the text 'CENTRAL DISTRICT GIRLS SOFTBALL (CDGS)'. A blue navigation bar below contains the following menu items: HOME, SPONSORSHIP, REGISTRATION INFO, TEAM CENTRAL, ABOUT US, COACHES CORNER (circled in red with two yellow arrows pointing to it), and CDGS BOARD MEMBERS. Below the navigation bar is a 'SPIRITWEAR' section. At the bottom of the page, there is a 'PAGE EDITOR' section with buttons for 'Website Manager', 'Page Settings', and 'X Delete Page'. A 'Support' button is also visible. A 'LINKS' section is partially visible at the bottom.



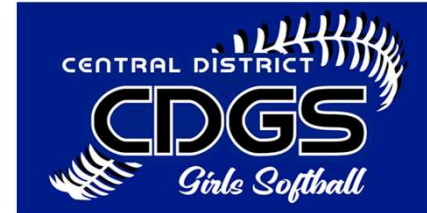
League Admin Pro



- Team Info
- Coaches' Contact Info
- Field Info
- Standings
- RESPONSIBILITIES:
 - Add game scores
 - Add pitch counts

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Practice Etiquette



- Practices both before and during the season **MUST** be added via the CDGS website!
- Practices are required to be held at the specific, approved parks/fields listed on the CDGS website. If you are found to be practicing at a location other than the pre-approved sites, you will be subject to disciplinary action per the Coach's Code of Conduct.
- Please limit your pre-season practices to a maximum of 3 per week to allow enough availability for all teams. Utilize Sundays whenever possible!
- Leave the fields the same way you found them - bases/pitching rubbers must be put away in field sheds and locked. You will be responsible for any missing equipment!

SCHEDULING PRACTICES ON THE WEBSITE



DEMONSTRATION TIME!

[Team Directory \(bluesombrero.com\)](http://bluesombrero.com)



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Lily Lake Rainout and Reschedules



1. Field Conditions will be communicated by 4:00 PM on game days.
2. Notify the other coach / work through details and rescheduling. Coach contact information is found on League AdminPro
3. Immediately contact Travis Parry (312.203.0683 or tparry@cbbel.com) to cancel umpire.
4. Review schedule for open fields at Lily Lake and select 2-3 options to present to the other coach.
5. Once an agreement on a makeup date has been reached, notify Travis Parry & Seth Rindner to confirm schedule updates.
6. The updated makeup date will be changed on your schedule within 24 hours.

NOTE: for away games, game status and makeups will be communicated by the host coach or league representative.



Safety Training and information



Safety Officer Gene Martin - 2246297488

CPR/AED Training: [National CPR Foundation](#)

Concussion Training: [HEADS UP to Youth Sports: Online Concussion Training for Coaches](#)

Please review ASAP Plan and AED policy.

Face Masks are required for pitchers. Additionally, they are highly recommended for all players.

Injuries need to be reported to the safety officer. Supplemental insurance through AIG/Little league. Forms are linked in the ASAP Plan.

Please check your players equipment and fields prior to practice and games. Ensure there are no hazards. Please report field concerns to Board Member.

Three AED's on site. One on the garage side of the snack shack, one in the field one shed, and an extra if needed for remote fields.

SKYSCAN lightning detector in snack shack. Please use. Either snack shack workers or coaches. Instruction sheet placed with the detector.

First aid kits will be handed out. These need to be at all events. If you need to resupply contact Safety Officer.

Coaches Requirements



Little League Requirements



All coaches and on-field volunteers at CDGS will need to complete the following:

1. A background check **sent via email**
2. Child Abuse Training through USA Baseball
3. Little League Diamond Training through LL
4. Sign the CDGS Coaches Code of Conduct

All finished certificates and signed Code of Conduct should be send to secretary@cdgs301.com by April 1, 2024

See the additional slide for instructions on how to complete



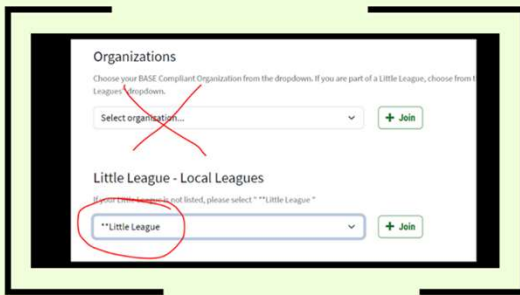


Little League Trainings



Child ABUSE Training

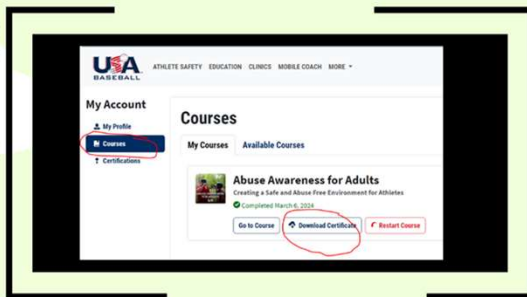
1. Create an Account at <https://usabdevelops.com/page/3532/courses>



2. Register under **Little League Local League**

3. When completed, click on your **ACCOUNT** in the upper right corner, and then click **COURSE; Download certificate or take a screen shot.**

2. Email certificate to secretary@cdgs301.com



Diamond Leaders Training

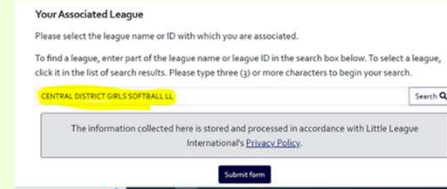
One time only training



1. Create an Account at <https://www.littleleague.org/university/articles/diamond-leader-training-program/>

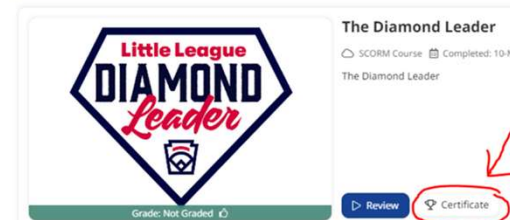
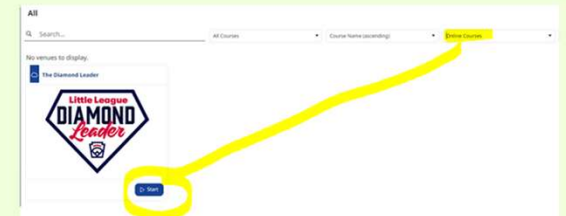


2. Add in your information and then input **Central District Girls Softball LL** in the search bar, then submit form.



3. Check email for your login and temp. password.

3. In the course section on the left, type in **ONLINE COURSES** and the Diamond Leader training will pop up

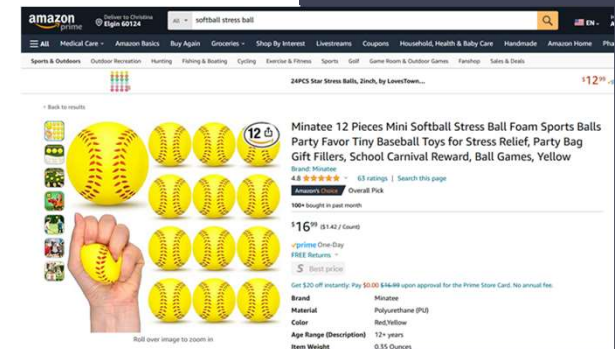


4. In the course section on the left, type in **ONLINE COURSES** and the Diamond Leader training will pop up and allow you to view your certificate.

5. Email screen shot or download of your certificate to secretary@cdgs301.com

Equipment & Field Prep

- Equipment Pick Up Dates
 - Thursday, 3/21 at 6PM - 7PM
 - Saturday 3/23 from 8AM - 12PM
- Game Balls
 - Will hand out all of your game balls at once
 - Please don't hand out game balls to the girls
- Field Prep
 - Field Preppers & will take out trash
 - QR Code and link on website on how to get the fields ready (coming soon)
- Post Game
 - Coaches **MUST** put bases away and rake field after games
 - Clean up dugouts
 - Check trash and replace bags if needed!
- **Garage Code: 0151**
- **Lock Box Codes: 2347**



UNIFORMS AND SPIRITWEAR

- Uniform order going out tomorrow.
- Once all uniform components are delivered, I will sort and arrange for pick up at Lily Lake. Date and Time TBD.
- Each player's items will be individually packed in bags and labeled for you to hand out.
- At this same time you will receive any spirit wear items your families ordered if they chose Pick Up at checkout.

New logo we are using on the jerseys this year. CDGS will be filled to match your accent color of choice.

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COACH ATTIRE

- The league will cover the cost of a shirt and hat for the Head Coach and up to **two** Assistant Coaches.
- Head Coaches look for an email later this week with a Google Form to make selections for yourself and your assistant(s).
- If any additional team assistants or coordinators would like a shirt and/or hat, they can find these items in our Spiritwear Shop which is open until **3/24**.



TEAM SPIRITWEAR

- Our spirit wear company, Deangelos Designs owned by Bryan and Jamie Best, is offering to make individual team attire.
- This is coordinated directly between the designated team contact and Deangelos Designs.
- Items offered will be Hoodies, T-Shirts and Tank Tops. All your items must be the same color. The only items available for personalization are player and coach hoodies. Numbers will be on the front pocket and names on the lower back.
- There will be a special tab within their website for each team and all orders and payments will be handled directly through there. Once your team attire is ready and uploaded into their website, it will be live for 1 week for your team to shop.
- I will include their contact info in the Coach Attire email and those teams interested can reach out to Bryan and Jamie to get their design started.



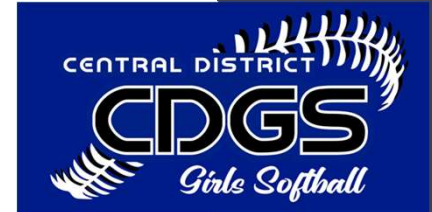
Example

2024 Volunteering



- Each Family is responsible for fulfilling 10 volunteer hours this season
- Opportunities:
 - Spring Clean Up Days
 - Snack Shack
 - Team Coordinator
 - Opening Day
 - Home Run Derby
 - Other events throughout the season

TEAM Coordinator



POSSIBLE WAYS TO BE A TEAM COORDINATOR:

- Will count as the 10 required volunteer hours.
- Help Manage Team Communications and schedule
- End of Year Celebration Team Baskets
- Support Picture Day
- Snack Shack tickets bought and distributed at each game/[Away Game snack sign up](#)
- Team Gear (Team bows/shirts/sweatshirts)
- End of Year parties/celebrations
- Banners for opening day-Get signed/decorated
- Play Walk up Songs
- Communication to families with league info/events-involve involvement
- Pictures of team to share with Social Media manager
- Group me for team coordinators to share ideas
- Umpire Checks
- [Amazon Wish List for prizes for girls](#)

Other

- Volunteer hours Coordinator-Make sure everyone meets hours
- Help Manage Game Changer?

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NEW!

Introducing Tournament Teams....



- Majors Team : Coach Jessie Weachter
- Minor A Team: Coach Tammy Ferro
- 6-8 additional competitive games during the seasons
- Fridays/Sundays
- \$120 per player - covers jersey, socks, umpire fees and equipment
- Next Tryout: April 6th at 1PM (rainout date on 4/7 at 10AM)



Questions/ Discussion

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