



2025 Spring Season

In-House Coaches Clinic

Welcome and Thank you!

- Volunteers like you are the reasons why we can keep having successful seasons for over 50 years!
- Coaching is fun but it does take work and time on your part. The following presentation will provide a breakdown of best practices employed in 5 main areas:
 - In-House manager responsibilities
 - Communication
 - Practice
 - Gameday
 - Team/League activities
- **Frank Mitropoulos** will be the baseball manger's main point of contact: fmitropo@gmail.com / 630-772-3779
- **Rick Ross** will be the softball manager's main point of contact: rross79@yahoo.com



In-House Manager Responsibilities

- Background Check form, please complete and return
 - <https://dt5602vnjxv0c.cloudfront.net/portals/5260/docs/volunteer%20waivers%20combined%202021.pdf>
- Check the Calendar of Events on the league website for upcoming important events.
- Communicate often with appropriate Player Agent.
- Read and follow the Code of Conduct and Disciplinary Policy.
- Organize the team for practices and games.
- Distribute any BBSA fundraising packets to the team.
- Pick up and return players equipment bag and field box keys on time.
- Be at the scheduled game location no later than 30 minutes before.
- Help before, during and/or after with the MVP's Competition event.
- Distribute BBSA literature to entire team.
- Hold practices on the dates outlined in the BBSA practice schedule.
- Pick up and distribute player uniforms.
- Organize the team for Picture day.
- Go to www.TheBBSA.org – About Us – Coaches Corner for reminders.



Communication

- Decide on how you want to communicate with your team, multiple options available.
 - Email
 - Text
 - Apps (Team snap, Gamechanger, etc)
 - Phone Call
- Upon receiving your roster, put together a message and send out an email.
- In this initial email:
 - Welcome your players and their families to the team.
 - Share the calendar of events with your team.
 - Practice Schedule and location.
 - Give them a breakdown of the equipment required:
 - (glove, bat, cleats, water bottle, face guard-girls).
 - Engage your parents and welcome those who are interested in helping.
 - Share/ set expectations.



Practice

- Have a plan.
- Breakdown into small groups/ stations.
- Research age-appropriate drills (source: Youtube, etc)
- Have fun, include games/competitions.
- Focus on the fundamentals: Ready Position!
 - Throwing (focus on proper arm/ body mechanics)
 - Fielding
 - Hitting (Use the T at every level, it's good for training)
 - Situations (Defense, Running Bases, etc.)
 - Behavior (Umpires, Dugout)

Always preach and practice safety.



Game Day

- Clean the dugout out after your game has finished.
- Make a lineup.
- Report scores in timely fashion.
- Be a good sport, the kids are watching you all the time.
- BALL (2244) – is the code for the lock boxes at your field.
- As the home team, it's your responsibility to prepare field for the game:
 - Bases
 - Chalk lines/ batter's box / pitching circle for girls



Team/ League Activities & Dates

- March 14-16th 20% off coupon event at DSG.
- Mid/Late March – Practice begins
- April 12th (Saturday) Uniform Handout at Dicks Sporting Goods in Bloomingdale (Time TBD). 20% off coupon event at DSG
- April 26nd (Saturday) Picture Day at Erickson Elementary School Gym (Time TBD).
- April 27th (Sunday) Opening Day: Games start at Springfield Park.
- June 1 (Sunday) BBSA All Star and Bulldogs Manager applications due.
- June 20th (Friday) Playoffs begin.
- June 22nd (Sunday) BBSA Picnic: Tee Ball Graduation, Rookie MVP, Food, Games, Music
- June 28th (Saturday) Championship Games – Roselle.



Raffle Fundraiser/ League Pool Party Event

- Have your end of the season team party at Bloomingdale's Oasis Pool by selling 50 raffle tickets.
- Pizza and 2 hours of pool time for your team along with every other team that meets the mark.
- Raffle drawing will be held at Springfield Park at the BBSA Picnic on June 22nd.
 - 1st, 2nd, 3rd place prizes



We're Here to Help You

- Interested in sponsoring a team, contact Jon Bujarski.
- Thebbsa.org.
- Thank You!

