

# Coaches Pre-Season Meeting

Cambridge-Isanti Competitive Baseball — March 26, 2026

# Season Overview

- **In-house team practices begin:** Monday, April 13, 2026
- **Games begin:** Wednesday, April 29, 2026
- **Game Schedule:**
  - 8U & 10U: Monday & Wednesday evenings
  - 12U: Monday & Thursday evenings
- **End-of-season tournament:** June 26–28, 2026
- **Focus areas:** player development, safety, communication, sportsmanship
- **New Opportunity for 2026:**
  - 10U/12U 1 game with North Branch
  - Tuesdays, 5/26, 6/9, 6/16 - 6:30-8pm, Sandquist Ball Fields

# Important Dates

- **Equipment Pickup** - Sat, April 11, 2026 (Baseball Shed at Sandquist Fields)
- **Team Practices Begin** (In-House & 13 Rec) - Mon, April 13, 2026
- **Redbird Clinic** (In-House) - Saturday, April 25th, 2026 (9am-12pm)  
Pitching & Catching - Redbird Field - Isanti
- **Team Picture Day** (In-House & 13 Rec) - Tue, April 28, 2026, 5:25-9:00 PM  
(Cambridge-Isanti High School Cafeteria)
- **Opening Night / Games Begin** - Wed, April 29, 2026
- **High School Youth Night** - Thursday, April 30th, 2026  
Larson Field - Cambridge - watch for more details
- **Redbird Clinic (In-House)** - Saturday, May 2, 2026 (9am-12pm)  
Hitting - Redbird Field - Isanti
- **Redbird Clinic (In-House)** - Sunday, May 3, 2026 (9am-12pm)  
Fielding - Redbird Field - Isanti
- **End-of-Season Tournament** - June 26-28, 2026  
Sandquist Fields

# 10U/12U New Addition (Pending)

- Scrimmage games with North Branch
- 1 game per team
- Tuesdays (May 26th, June 9th, June 16th)
- 6:30-8pm
- Sandquist Fields
- Umpires will be present
- Games won't count towards standings
- Pitch count will be in effect
- Watch for more details and schedule

# Head Coach: First Contact Expectations

- Roster includes: player names, parent/guardian info, contacts, medical notes/allergies, special concerns
- Reach out immediately upon receiving roster
- First message should include:
  - Introduction
  - Key dates
  - Tentative practice schedule & locations
  - What to bring
- Season goals

# Parent Communication

- Over-communicate: Group Text, Email, Facebook, Remind, Gamechanger, Crossbar
- Support the organization — we are all volunteers
- Weekly updates & calendars are essential; recruit a team parent to help

# Coach & Parent Decorum (Part 1)

- Model positive sportsmanship for players, coaches, officials, volunteers
- Remember: players play for enjoyment, not ours
- Treat everyone with respect regardless of race, gender, creed, or ability
- Respect officials — do not argue or criticize
- Respect coaches' decisions — leave coaching to the coaches
- No profanity or improper actions; be on time; no negative social media posts

# Walk-Up Music & Music in General

- Music allowed before games & for walk-ups
- Must be appropriate for all ages — no explicit content
- Head coaches ensure all team music aligns with Code of Conduct

# **Safety: First Aid, AED & Concussion Protocol**

- First Aid kits in blue boxes & storage; notify CICB if supplies low
- AEDs at every field; store carefully
- Carry concussion training certificate; comply with MN law

# Travel League Overview (9U-14U)

- League run through MYAS ([myas.org](http://myas.org))
- Umpires assigned via CICB coordinator
- Practices scheduled through CICB; field assignments vary

# 13U Rec League Overview

- League run through MYAS ([myas.org](http://myas.org))
  - Head Coach will coordinate schedule through MYAS portal
  - 14 games - May 12-June 30th
  - Tiered playoff structure in July
- Umpires assigned via CICB coordinator
- Practices scheduled through CICB; CMS #3 will be designated for practices and games for 13U Rec League

# Rules of Play: 8U – 12U In House

## Overview

- Developmental focus; modifications alongside NFHS rules
- Do not adjust pitching machine during games (8U)
- Prioritize player development, safety, common sense; rotate players

# Rotation & Playing Time Standards (8U)

- Everyone bats & plays field
  - 10 players may be in the field on defensive (4 outfielders)
- Rotate positions roughly equally
- No player plays same position >2 innings/game (Regular Season)
- Position cycle encouraged

# Key Rule Differences by Age

- **Steals & Lead-offs:**

- 8U: No steals
- 10U: Lead off/steal after pitch; early-leave penalties
- 12U: Same as 10U

- **Overthrows / Advancement:**

- 8U: No advancement
- 10U: Advance one base
- 12U: Advance at own risk

- **Dropped Third Strike:**

- 8U: N/A
- 10U: Not allowed
- 12U: Allowed if 1st base open

# Pitching Rules (10U & 12U)

- **10U:**

- Max 2 innings/game; 6 innings/week
- Re-entry allowed once; no curveballs
- Balks not called
- 1 pitch = 1 inning

- **12U:**

- Max 3 innings/game; 6 innings/week
- Re-entry allowed once; no curveballs
- Balk warning, runners advance on second
- 1 pitch = 1 inning

- Tournament limits: 10U/12U = 10 innings total

# Overthrow & Baserunning Differences

- 8U: Runners cannot advance on overthrow; ball live for tags
- 10U: Advance only one base on overthrow; scenarios detailed
- 12U: Advance at own risk; follow dropped third strike & lead-off rules

# Dropped Third Strike by Age

- 8U: N/A
- 10U: Not allowed; runners may advance one base
- 12U: Allowed if 1st base open; exceptions do not apply

# 2026 Game Schedules

- First game: Wed, Apr 29, 2026
- **8U:** Mon 6 PM & Wed 6 PM (Sandquist venues)
- **10U:** Mon 6 PM (Sandquist) & Wed (CMS #1 & #2)
- **12U:** Mon 7:30 PM (Sandquist) & Thu 6 PM (Grandy/Sandquist)
- Flexibility required
- CICB will communicate any changes

# Game Score Reporting

- Both coaches report via Google Form
- Scores not reported in 7 days = 0–0 tie
- Monitored & enforced in 2026

# Pitch Count Reporting Workflow

- Submit both teams' pitcher numbers & innings within 24 hours
- 1 pitch = 1 inning
- Week = Mon–Sun
- CICB weekly cap = 6 innings for 10U/12U

# Weather Cancellations

- CICB notifies via email, Facebook, website (5:00–5:15 PM)
- Thunder/lightning: delay 30 mins
- Travel coaches coordinate reschedules
- CICB advises on field status and playability

# Make-Up Games

- Effort made to schedule make-ups
- Factors: field/umpire availability, timing, school events
- Safety first
- Weekend dates may be used

# Tournament Seeding & Setup

- Seeding: regular season winning %
- Tiebreakers: Head-to-Head → Least runs allowed → Coin flip
- Double elimination; weather may alter format
- End-of-Season Tournament: June 26–28, 2026

# Tournament Rule Addendum

- Max inning: 85 minutes from first pitch
- 8U: 6th inning no scoring cap; defense must record 3 outs
- Home team (championship): first game undefeated team home; second game higher seed home
- Pitching limits: 10U/12U = 10 innings
- 8U position limit: 3 innings/tournament game
- Weather: finish by 8 PM Sunday; no late make-ups
- Equipment turn-in: CICB tent

# Practice Scheduling

- Blocks:
  - 4-5:30 PM (Sundays at Sandquist)
  - 5:30–7 PM
  - 7–8:30 PM
  - Sun–Thu (Fri by request)
- In-House fields:
  - Sandquist Multi-Use - 1–3 (being re-numbered to 6-8)
  - Peterson Park
  - Grandy
  - CMS #2
  - IIS #1 & 2
- Email requests to [cicompbaseball@gmail.com](mailto:cicompbaseball@gmail.com); 8U priority 5:30 PM

# Practice Planning

- Organized 90-min practices; minimize standing; small groups
  - 8U should have at least 3 events a week
  - 10U & 12U should try to have 4 events per week
- After practice: trash pickup, drag field, rake bases/home/mound, lock storage
- Manage pitcher workload: 6 innings/week max
- Resources:
  - USA Baseball app - <https://app3.applc.com/3/app/3a-baseball/id994754156>
  - Doug Schmitz drills – Youtube Link

# Umpire Relations & Game Management

- Do not argue calls; ask brief clarifying questions at dead-ball
- Age-level enforcement:
  - 10U: balks not called; curveballs prohibited
  - 12U: balks warning then base advance; curveballs prohibited
- 8U tournament: coaches not allowed on field (except pitching machine)

# Pace of Play Expectations

- Hustle between innings; retrieve foul balls quickly
- Lineups ready before start; efficient player transitions
- Complete innings if safe (darkness/weather)

# Equipment Turn-In Process

- Turn in all equipment at CICB tent after final tournament game
- Board member/volunteer checks bag & signs out
- Report missing/damaged items during check-out

# Trusted Coaches – Mandatory Training & Background Check

- Online:
  - background check
  - first-aid
  - Concussion
  - child safety
  - InsideOut Coaching
- All coaches/assistants must complete & claim role
- Max 4 in dugout: Head Coach, 2 assistants, Team Manager

# 2027 Season Preview

- CICB stays with fall tryouts
- Tryouts at Sandquist Fields
- Exploring independent evaluators
- September 2026 (backup also September, weather-dependent)

# Thank You!

- Thanks for volunteering & investing in players
- Key to a great year: communication
- Goal: provide a great experience for student athletes & community