



# Coaches Pre-Season Meeting

Cambridge - Isanti  
Competitive Baseball  
March 25, 2025



# 2025 Topics of Importance

|   |  |
|---|--|
| <a href="#"><u>First Aid, AED Usage and Concussions</u></a> | <a href="#"><u>Rules of Play</u></a>                 |
| <a href="#"><u>Reporting Innings Pitched</u></a>            | <a href="#"><u>Games Schedules</u></a>               |
| <a href="#"><u>Score Reporting</u></a>                      | <a href="#"><u>Weather Cancellations</u></a>         |
| <a href="#"><u>Make-up Games</u></a>                        | <a href="#"><u>Tournament Seeding and Set-up</u></a> |
| <a href="#"><u>Parent Communication</u></a>                 | <a href="#"><u>Coach and Parent Decorum</u></a>      |
| <a href="#"><u>Practice Scheduling</u></a>                  | <a href="#"><u>Equipment Hand-out/Turn-in</u></a>    |
| <a href="#"><u>Trusted Coaches</u></a>                      | <a href="#"><u>COVID-19 Protocols</u></a>            |

# First Aid, AED Usage and Concussion PrSocol

- Basic First Aid kits are located in every blue box, storage shed and equipment sheds. Please communicate with C.I.C.B. when supplies appear to run low.
- AED Usage
  - There are AEDs available at every field where baseball is scheduled to be played or practiced. Some sites share a blue box so one A.E.D. is located there.
  - Please be careful when storing equipment as to not damage the A.E.D. or its case.
  - [A.E.D. usage instructions](#)
- Concussions and the Law
  - Please scan in and keep with you a copy of the concussion training certificate. It is good for a 3 year time period. Send the scanned copy to C.I.C.B.
  - This is included with the Trusted Coaches Platform
  - [You can also take the Concussion training from the CDC for free.](#) Launch the course on the right.
  - [MN State Law](#)

# 8u Rules of Play

- See the handout supplied
- The rules will also be updated at [www.cicompbaseball.com/in-house-program/in-house-schedules](http://www.cicompbaseball.com/in-house-program/in-house-schedules)
- Please see the “spirit” of the rule modifications
- We are a developmental league to encourage players to continue to play baseball throughout their careers as student athletes
- Our rule modifications work alongside NFHS Baseball rules
- Player Development, Player Safety, and Common Sense must prevail
- No adjusting of the pitching machine, rotate players

# 10u Rules of Play

- See the handout supplied
- The rules are available at [www.cicompbaseball.com/in-house-program/in-house-schedules](http://www.cicompbaseball.com/in-house-program/in-house-schedules)
- Please see the “spirit” of the rule modifications
- We are a developmental league to encourage players to continue to play baseball throughout their careers as student athletes
- Our rule modifications work alongside NFHS Baseball rules
- Player Development, Player Safety, and Common Sense must prevail

# 12u Rules of Play

- See the handout supplied
- The rules are available at [www.cicompbaseball.com/in-house-program/in-house-schedules](http://www.cicompbaseball.com/in-house-program/in-house-schedules)
- Please see the “spirit” of the rule modifications
- We are a developmental league to encourage players to continue to play baseball throughout their careers as student athletes
- Our rule modifications work alongside NFHS Baseball rules
- Player Development, Player Safety, and Common Sense must prevail

# 9u – 12u Travel League

- The league is run through Minnesota Youth Athletic Services
- Use [www.myas.org](http://www.myas.org) to find all GSBL information
- Umpires will be assigned through our umpire coordinator
- League rules are dictated by MYAS, you have a printed copy for your reference and its also located on the website. Make sure to read the tournament rules for the specific tournament you are registered for.
- Practices are scheduled through CICB's Travel Director
- 10UA-13UAA will play and practice at Mann field, 9UA will play and practice at the Softball complex field for ARCC (Anoka Ramsey Community College)
- Roster invites, game scheduling/schedules, score/pitch count reporting is all done on the MYAS register to play site.

# 13u and 14u TravelLeague

- The league is run through Minnesota Youth Athletic Services
- Use [www.myas.org](http://www.myas.org) to find all GSBL information
- League dates are printed on a separate sheet by age group for your reference
- League rules are dictated by MYAS, you have a printed copy for your reference and its also located on the website. Make sure to read the tournament rules for the specific tournament you are registered for.
- Umpires will be assigned through our umpire coordinator
- League rules are dictated by MYAS
- Practices are still scheduled through CICB
- 13UAA will play at Mann, 13UA will play at CMS #3 and Sandquist Multi-use field #1.
- 14/15UA will play at Sandquist #4, 14UAA will play at Larson, and Red Bird fields.
- Roster invites, game scheduling/schedules, score/pitch count reporting is all done on the MYAS register to play site.



# Reporting Innings Pitched

## 10U Pitching Restrictions

A pitcher may pitch a maximum of **TWO** innings per game or scrimmage, and a maximum of SIX innings per week. Violation of this rule will be subject to review by the CICB Board and could result in a potential forfeiture of the game(s) in question or a coach's ejection.

Submit "innings pitched" of **\*BOTH TEAMS\***. Coaches must submit the jersey number and number of innings pitched for each player who pitches during a game.

Coaches must submit "innings pitched" within 24 hours after each game is completed.

**DEFINITIONS: A week consists of Monday through Sunday.**

Note - One pitch in an inning constitutes ONE inning pitched.

## 12U Pitching Restrictions

A pitcher may pitch a maximum of **THREE** innings per game or scrimmage, and a maximum of SIX innings per week. Violation of this rule will be subject to review by the CICB Board and could result in a potential forfeiture of the game(s) in question or a coach's ejection.

Submit "innings pitched" of **\*BOTH TEAMS\***. Coaches must submit the jersey number and number of innings pitched for each player who pitches during a game.

Coaches must submit "innings pitched" within 24 hours after each game is completed.

**DEFINITIONS: A week consists of Monday through Sunday.**

Note - One pitch in an inning constitutes ONE inning pitched.

# 2025 Game Schedules

- Game schedules are complete
- First game is Wednesday, April 30
- Last game is Thursday, June 18
- All leagues will have 12-14 games with this schedule
  - 8U – Games at Sandquist multi-use #1, 2, 3 – Mondays/Wednesdays @ 6pm
  - 10U – Games at Softball Complex - Mondays @ 6pm,  
CMS #1 & 2 on Wednesdays @ 6pm
  - 12U – Games at Softball Complex – Mondays @ 7:30pm,  
Sandquist Multi-Use #2 & 3 on Thursdays @ 6pm
- Flexibility on the fly is a must
  - Fields will change and days may change.
  - Be supportive and communicate well with your parents.
  - Community Ed permits since March, and they always change without notice.
  - Please handle yourself well with others if they are at a field and wait patiently.

# Game Score Reporting

It is the duty of the both coaches of each game to report the score of the game. Please update your game score on the google form found in your email or link on the website

- If scores are not reported within 7 days they will be listed as 0-0 ties
  - This will be monitored and enforced in 2025
- Thank you in advance for your prompt attention to this detail

# Weather Cancellations

- Every effort will be made to play every scheduled game. If in-house games need to be postponed due to weather C.I.C.B. will send a mass email to everyone between 5:00 -5:15 pm, and we will make an informational post on Facebook and our website. If C.I.C.B. cancels/postpones games C.I.C.B. will notify umpires and reschedule games.
- If games are not cancelled prior start of play, the first priority should be for player and spectators' safety. If there is thunder and/or lightning in the area all games MUST be delayed for 30 minutes after the last event.
- It is up to the Travel coach to connect with the opposing teams coach to cancel or reschedule a game because of weather, if a CICB field is not playable and we know in advance we will let you know and you will contact the opposing teams coach.

# Make-up Games

- Every effort will be made to schedule make-up games
- Many factors determine if a make-up game can be played
  - Field availability
  - Umpire availability
  - Occurrence within the season
  - Have we played our “standard” number of games?
- Player and spectator safety is always first when cancelling games
- School events and other such factors affect when games can be played
- Flexibility and weekend dates are needed to make-up games

# Tournament Seeding and Set-up

- The tournament will be seeded by regular season winning percentage.
- If there is a tie the following process will be used to determine seed.
  - 1. Head-to-Head competition
  - 2. Least runs allowed
  - 3. Coin flip
- The tournament format will be double elimination.
- Weather will dictate a change of schedule and format.
- End of Year tournament is Friday, June 27, 2025 - Sunday, June 29, 2025

# Parent Communication

- Parent communication is key to a successful season
- Do not be afraid of over communication
- Set up a group text message, email contact list, a Facebook group, REMIND app, game changer. These are all easy ways to send instant communication
- Please be supportive, of the organization, in your communications
  - Understand that we are all volunteers that make the organization run
  - Good communication diffuses most conflict
  - Many times, decisions are made for all 300 + players and families instead of just a few people
- Weekly updates and calendars are essential to running a successful team
- Find a parent volunteer that is willing to help with this

# Coach and Parent Decorum

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials and association representatives at all times
- I will remember that my child plays baseball for his enjoyment, not mine
- I will demand and honor that all players, coaches, officials, volunteers and spectators are treated with respect regardless of race, gender, creed or ability
- I will respect the officials and their authority. I will not argue with or criticize game officials



# Coach and Parent Decorum

- I will respect the coaches for their decisions and leave the coaching to the coaches
- I will not engage in the use of profanity, obscene language or improper actions
- I will make every effort to get my child to practice and games on time
- I will not post negative comments on any form of social media directed towards coaches, players, other parents, or members of C.I.C.B.

# Walk Up Music & Music in General

- Teams may play music prior to the games and during player walkup
- All music must be appropriate for all ages
- No foul language
- No explicit content
- Head coaches must maintain all team music is consistent with the Code of Conduct

# Important Dates

## **Equipment Pickup**

- Sandquist Ballfield Shed
- Saturday, April 5<sup>th</sup> @ 2:00 pm – 3:00 pm

## **Train the Coaches**

- Monday, April 14<sup>th</sup> @ 6:00 pm
- Larson Field
- Coach Bergloff will walk through practice drills with high school players

## **Youth Night at Larson Field**

- Thursday, April 24<sup>th</sup> @ 7:00pm – Watch for details

## **Isanti Redbird Baseball Clinics – 9am – 12pm – Sportsmans Park, Isanti**

Currently 8-12U, if we have open spots we will offer to 13/14U (Space is limited)

- Saturday, April 26<sup>th</sup> – Pitching/Catching
- Saturday, May 3<sup>rd</sup> – Hitting
- Sunday, May 4<sup>th</sup> - Fielding

## **Picture Day**

- Tuesday, May 6th (8-12U only) Travel teams will be scheduled through your coach
- Location and time slots will be provided later

# Practice Scheduling

- Practice times can be located at [www.cicompbaseball.com/field-calendars](http://www.cicompbaseball.com/field-calendars)
- Visit the field schedules tab
- Each field has its own calendar
- Field availability is tight, and we must all be flexible
- Please email your practice requests to [cicompbaseball@gmail.com](mailto:cicompbaseball@gmail.com)
- Please put your time request and field request in the email
- C.I.C.B. will go through all requests and assign them appropriately
- There may be the need to share practice sites
- If scheduling at Sandquist please know you may get bumped for 13 Travel league games or make up games.

# Practice Planning

- Practices are scheduled for 90 minutes
- 5:30-7 pm & 7-8:30 pm, a few fields have 4-5:30 available on Sundays
  - 8U should have at least 3 events a week, 10U & 12U should try for 4 events per week
  - Youtube Link - Doug Schmitz Drills
  - USA Baseball App: [https://app3.applc.com/"3/app/"3a-ba3cball/id994754156](https://app3.applc.com/)
  - This app has some good practice plans and drills
- Please be respectful of everyone's time - Limit standing around
- Plan a practice...organization is key
  - Involve parent volunteers
  - Keep groups small
- After your practice, please do the following:
  - Pick up any trash
  - Drag the field
  - Rake around each base, home plate and mound
  - Make sure the Blue Box/Storage Shed is locked
  - Email any field concerns to C.I.C.B. so they can be reported to the school or city

# Trusted Coaches—

## Mandatory Training & Background Check

- The Trusted Coaches program is a comprehensive risk management platform that offers essential training, education and screening necessary for a youth coach.
- We offer several different courses in a combination of packages that may include a nationwide criminal background check, first-aid training, concussion instruction, child safety training and InsideOut Coaching- How youth sports can transform lives.
- The Trusted Coaches program is delivered exclusively online (promoting 100% compliance) and provides the opportunity for a coach to complete the program at their own pace in the comfort of their own home.
- All coaches and assistants **MUST** complete the training and background check, along with claiming a role in trusted coaches. If you plan to have any additional helpers or a team manager (bookkeeper/game changer person) in the dugout, they must do the training too. Only 4 people in the dugout for ANY game (Head coach, 2 assistants and a team manager)

# New for 2026 Season

- CICB is moving to a Fall tryouts.
- Tryouts will take place outside at Sandquist Fields
- CICB is exploring utilizing St. Cloud State as independent evaluators
- Fall Tryout Date is September 14<sup>th</sup>, 2025
- Back-up date is September 21<sup>st</sup>, 2025 (weather)
- All CICB players will be encouraged to participate in the Fall Tryout Date.

# Thank You!!

Thanks again for volunteering time away from other activities to make our organization successful. The key to a great year is communication. Remember, we are all doing this for the betterment of baseball in our community, and first and foremost providing a great experience for students in our community.