



Coach-Pitch Program FAQ's

What ages are appropriate for the coach-pitch league?

HVL coach pitch league is for children who will be 5 or 6 on May 1st of the upcoming season.

When does the season start?

Coach-pitch season typically starts in Mid to late April. A coach should contact by the beginning of April.

When are practices and games?

Coach-Pitch teams practice one night per week. Practice times are dependent upon field availability and the coaches. Practice times will not be determined until a coaches meeting in mid-March. Games are scheduled on Saturday mornings. Typically games have been scheduled every 1 to 1 1/2 hours starting at 8:00am or 9:00am. All is dependent upon the number of teams in the league and all is subject to change at the discretion of the Athletic Club. Coach-Pitch season typically lasts 6-8 weeks. Will be finished well before July 4th weekend.

When will I hear from someone?

Expect to hear from a coach-pitch coach no later than the beginning of April. You may see older kids practicing before that. Don't panic.

What do my kids need?

Gloves and baseball hats are the only necessity. Optional are baseball cleats, bat, batting gloves, soft-core balls, baseball pants, and a personal helmet. FYI, personal helmets usually end up on another child's head. The club provides each team with a 15 oz. bat, soft-core balls, helmets, bases and a tee. Each child will receive a tee shirt and a hat for games.

I don't want to coach; How can I help?

There are activities you can perform to allow the coaches to focus on coaching. In the coach pitch league we want to start to encourage some more independence on the base paths. Typically, on offense there is one coach pitching to the kids and a coach/parent on both first and third base directing kids around the base paths. It's as simple as congratulating them for getting to the base and telling them where to go next. During this time, it is very important for there to be at least one parent in the bench area keeping the

kids in the batting order and redirecting them as appropriate. This does not require coaching experience or any knowledge about baseball.

How many pitches does my kid get?

Each player gets a maximum of 5 pitches from the coach. This rule is not “coach’s discretion”. No matter how bad a ball is thrown, kids are to get a maximum of 5 pitches from the coach. After 5 pitches, the tee should be brought out for the child to hit from. Throwing more than 5 pitches casts a negative light on the use of the tee. Our coaches are discouraged from viewing the use of the tee as negative. Professional baseball players use a tee regularly. Tees are an integral part of development of a good baseball swing and use of such should be viewed positively and a part of every practice. There are no “strikeouts”.

What are the rules for hits and base running?

If a child hits the ball well enough to get it out of the dirt infield and into the grass, we certainly encourage that player to go more than one base. Balls that simply get to the grass by rolling softly past the defense should be held to 1 base. It is the discretion of the coach to make this determination. While there is no maximum, we suspect the ball to enter the grass in the air up to three times per game. More frequent, multi-base, hits is rare and likely a coach being a jerk. This will not be tolerated by the Athletic Club.

Are there “outs” in this league?

YES!!!! The Athletic Club encourages taking kids off the base if they make an out. This includes “double plays”. However, if three outs are made, our league does not change sides. All kids on the other team must bat before changing sides. If three outs are made, the coach for the defense should take the time at the end of the inning to positively reinforce the concept of “three outs” and how if we were in a game situation we would have “changed sides”. There are no “strikeouts”.

Can my child play up?

The Athletic Club strongly discourages kids from “playing up” out of their age-designated league. There are exceptions and the following are guidelines for the club’s decision making regarding “playing up”.

Guidelines for “playing up” (out of an established age group)

1. Recommendation from a HVLAC member with voting privileges.
2. Recommendation from an HVLAC coach with 1 year of experience.
3. Parent who coaches.
4. Spot available in the desired age group.

How can I support the Athletic Club?

Attend meetings to make decisions about the sports in your community.
Volunteer to coordinate activity at the concession stand.

Volunteer to coach

Volunteer to perform an administrative function within the baseball program.

(Administrative functions are rewarded by reimbursement of player registration fees).