



SLL Coach's Meeting

March 3, 2020



Agenda

- Introduction of board members
- Upcoming Schedule
- Coach & Player Development – Mike Hemphill
- Challenger Program – Jason Innes
- General updates
- League Safety Officer – Tom Craig
- Q&A



SLL Board

- ▶ Michael Spencer, President
- ▶ Sandy McNees, Secretary
- ▶ Matt Gehmen, Treasurer
- ▶ Doug Muldowney, Equipment/ Uniforms
- ▶ Todd Jucht – Softball equipment
- ▶ Dietrich Miklautsch, EVP Majors Baseball & Coast
- ▶ Ken Jambor, Majors Baseball
- ▶ Brent Hixson, AAA Baseball
- ▶ Jared Wood, EVP Majors Softball
- ▶ Josh Lang, Player Agent
- ▶ Matt Jones, VP Minors Baseball
- ▶ Eli Houpis, AA Baseball
- ▶ Eric Wicklund, A Baseball
- ▶ Karl Bowman, VP Minors Softball
- ▶ Mike Hemphill, Coach & Player Development
- ▶ Tom Craig, Safety Officer
- ▶ Shawn Winchester, Umpires
- ▶ Kevin Larsson, Registrar & Scheduling
- ▶ Ed Goldthwait, Fields, Evals, & All-Stars
- ▶ Kirsten Pickering, Sponsorships
- ▶ Kevin Reudi, Softball Evals



Main League Calendar

- 3/7 – Majors Baseball & Softball Meet the Coach Day at Dick's
- 3/9 – First practice for Majors divisions
- 3/21 – Minors Baseball & Softball Meet the Coach Day at Dick's
- 3/23 – First practice for Minors divisions
- 3/28 – Skyline Player Clinic for Baseball 12-2pm & Softball TBD
- 4/4 – Opening Day at BLP – pictures, minors jamboree, games for majors divisions, vendors, and activities
- 4/11-18 – Spring Break – no practices or games
- 5/17 – SLL Mariners' Day
- 6/6 – Championship Saturday
- 7/6-7/30 – Summer Ball



General

- ▶ Website & TeamSnap
- ▶ Schedule will be loaded directly to your team page as teams are released
- ▶ Mariner's Day – May 17th against the Twins. Information being distributed. Find a parent to coordinate for team.
- ▶ Company Matching – SUPER IMPORTANT FUNDRAISER!
 - ▶ SLL is a 501c3
 - ▶ MSFT, Boeing, Etc.
- ▶ Volunteers needed: Field Day, Capital Projects, Safety Officer, 2020-2021 board members
- ▶ Background checks – required thru JDP as well as volunteer registration on website for insurance
- ▶ Equipment – heavy investment continues
- ▶ Rulebooks – LL green/ red book & app; local rules on website



Fields

- ▶ Field updates – McW, BOC, no PLMS again this year
- ▶ Brock – please help us keep the turf clean – NO SEEDS, GUM or FOOD on field or in dugouts!!!!
- ▶ Field boxes with supplies @ fields – notify us if something is missing
- ▶ Code to the locks:
 - ▶ Field boxes/ sheds - 1331
 - ▶ McWhirter front gate – 1221
 - ▶ Skyline field box for bases – 1997
 - ▶ PCMS gate – 2013; shed - 5909
- ▶ Patience with field conditions – if rained out – PLEASE STAY OFF FIELDS!
- ▶ No parking next to field at McWhirter
- ▶ Report rainouts – this is \$\$ for the league – all city fields, BLMS and PCMS; please report rainouts to: president@sammamishlittleleague.org
- ▶ **PLEASE HELP MAINTAIN OUR FIELDS!!!**



Coach & Player Development

Coach & Player Development – Mike Hemphill

- ▶ 3/4 – Baseball Positive A & AA Coaching Clinic- 6pm @ Sunset
- ▶ 3/22 - Baseball Positive Tball Coaching Clinic – 9am @ Sunset
- ▶ 3/28 – Skyline Baseball & Softball Player Camps



Umpires – Shawn Winchester

- Umpires – Shawn Winchester
- The ultimate goal of this program, like all Little League programs, is to give kids the opportunity to learn, succeed and be rewarded in a challenging but safe environment.
- Youth Umpires are between the ages of 13-17.
- Sammamish Little League provides training, equipment and rule books.



FIRST AID FOR COACHES

Presented by Sammamish LL Safety Officer – Tom Craig

MARCH 5, 2019



Goals

- ▶ This course is designed to instruct coaches very basic first aid techniques to protect the players under your guidance. This presentation only provides a brief overview of the issues that you may face during the time you are with these players.
- ▶ For a more complete course, I suggest that you attend a complete 8 hour first aid and CPR course nearest you. This could be the Fire Department, American Red Cross or other resources.



Legal Protection- Good Samaritan Law (RCW 4.24.300)

- Immunity from liability for certain types of medical care.
- (1) Any person, including but not limited to a volunteer provider of emergency or medical services, who without compensation or the expectation of compensation renders emergency care at the scene of an emergency or who participates in transporting, not for compensation, therefrom an injured person or persons for emergency medical treatment shall not be liable for civil damages resulting from any act or omission in the rendering of such emergency care or in transporting such persons, other than acts or omissions constituting gross negligence or willful or wanton misconduct.
- (2) Any person rendering emergency care during the course of regular employment and receiving compensation or expecting to receive compensation for rendering such care is excluded from the protection of this subsection.



Concussions: Zachery Lystedt Law (RCW 28A.600.190)

- ▶ Youth athletes who are suspected of sustaining a concussion or head injury be removed from play. "**When in doubt, sit them out**"
- ▶ School districts to work with the Washington Interscholastic Activities Association (WIAA) to develop information and policies on educating coaches, youth athletes and parents about the nature and risk of concussion, including the dangers of returning to practice or competition after a concussion or head injury.
- ▶ All student athletes and their parents/guardians sign an information sheet about concussion and head injury prior to the youth athlete's initiating practice at the start of each season.
- ▶ Youth athletes who have been removed from play receive written medical clearance prior to returning to play from a licensed health-care provider trained in the evaluation and management of concussion.
- ▶ Private, nonprofit youth sports associations wanting to use publicly owned playfields comply with this law.



Concussions Symptoms & Signs

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays, positions or past immediate performance
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



Concussion Treatment:

When in doubt – sit them out!

IMMEDIATE TREATMENT:

- Remove from play
- Have child evaluated by qualified Health Care provider - MD, DO, PA, Trainer, ARNP
- Generally observe at home
- Any change in signs and Symptoms, immediate return to Emergency Room or Health Care Practitioner



Some Important Principles While Coaching

- ▶ First DO-NO-HARM
- ▶ The short person under your care is a child - do not treat them as professional athletes
- ▶ Having fun is the primary priority
- ▶ Kids get injured
- ▶ The LOUDER a child cries the less injury they sustained
- ▶ The QUIET ones are the one that should worry you
- ▶ Most injuries are minor and can be treated with simple measures
- ▶ It will be highly UNLIKELY that you will encounter a life threatening injury



Basic Principles of First Aid

- ▶ A,B,C-CALL 911
- ▶ Airway
 - Open and listen for air exchange
- ▶ Breathing
 - Look for obstruction - gum or sometimes food
- ▶ Circulation
 - Create a circulation
 - Control bleeding
- ▶ Call - 911



Types of Injuries

HEAD AND NECK

- ▶ HEAD - Skull Fractures or facial injuries
- ▶ Depressed or Penetrating
- ▶ Concussion
- ▶ Eye Injuries
- ▶ Foreign bodies
- ▶ Fingers into the eye
- ▶ Corneal Abrasions/lacerations

TEETH INJURIES- roughly 5 million teeth are knocked out in children & adults each year.

- ▶ Keep the tooth, touch by the crown not the root
- ▶ Keep the tooth moist- do not dry the tooth
- ▶ Try to re-implant if you have the whole tooth, not a joke – the sooner the better
- ▶ MAKE SURE IT POINTS THE RIGHT WAY
- ▶ Place in a cup of milk and have the parent transport to their dentist or the ER ASAP ideally with in 30 min
- ▶ Water is not recommended because the root surface does not tolerate water for long periods of time



Types of Injuries Continued

NECK - Neck Injuries

- Stabilize head with hand stabilization
- Obstructed Airway's need to be cleared
- Do not manipulate the head

NEUROLOGIC - Seizures

- Epileptic
- Head Trauma
- High internal temperatures - environmental

- Low Blood Sugar
- Current Medical Condition?



Types of Injuries – The Box

CHEST AND ABDOMEN

- CHEST - Chest Trauma
 - Fractures
 - Respiratory Distress
 - Respiratory Arrest
- CARDIAC ARREST - Hit by pitched ball in the chest
 - Cardiac Contusions
 - Pre-disposition with a hidden or occult cardiac defect

RESPIRATORY EMERGENCIES

- Asthma
- Allergic Reactions
 - Bee Stings
 - Peanuts
- ABDOMEN - Abdominal Injuries
 - Spleen
 - Liver
 - Penetrating Injuries



Types of Injuries Continued

ARMS AND LEGS

- ▶ SKELETAL - Fractures
 - ▶ Fractures - Management - splint, ice and transport
- ▶ Sprains and Strains
 - ▶ Sprain involves the ligaments supporting a joint - ligaments attach bone to bone
 - ▶ Strains involves muscles and tendons
 - ▶ Tendons anchor muscles to bone
- ▶ THE WRAP
- ▶ SKIN - Soft Tissue Trauma
 - Lacerations
 - Abrasions
 - Puncture

ENVIRONMENTAL

- ▶ Dehydration
- ▶ Hypothermia
- ▶ Hyperthermia
- ▶ Heat Stroke
- ▶ Heat Exhaustion
- ▶ Sunburn

OTHER

Questions?



Summary

INITIAL SCENE MANAGEMENT

- ▶ ABC -if child it is laying on ground resist the urge to pick them up
- ▶ Opening and maintaining an airway;
- ▶ Breathing for the ill or injured persons;
- ▶ Administering cardiopulmonary resuscitation;
- ▶ Providing first aid for simple and multiple system trauma
- ▶ Controlling hemorrhage,
- ▶ Bandaging wounds,
- ▶ Manually stabilizing injured extremities.
- ▶ Liberal Application of ICE on Sprains & Strains

ICE = Ice, Compression, Elevation

Real Ice or Chemical Packs?



Call 911 for the following

ACCESS EMS SYSTEM

- ▶ Cardiac or respiratory Arrest
- ▶ Difficulty in breathing
- ▶ Uncontrolled bleeding
- ▶ Fractures that stick through the skin
- ▶ Unconsciousness
- ▶ Seizures
- ▶ Allergic Reaction
- ▶ Things poking out of or into them

REPORTING THE INCIDENT

- ▶ Liability Issues. Provide some sort of written documentation to league as per league protocol.



Biologic/ Infectious Disease Protection

- ▶ If it is red, wet and not yours, don't touch it
- ▶ Wash your hands after treating bloody or snotty kids
- ▶ Lots of product on the market
- ▶ Wear gloves if available (in first aid kits)
- ▶ Don't freak out if you get blood or body fluid on your skin
- ▶ Transmission of infectious disease is remote



Finally

- ▶ Play or Not Play
- ▶ This is a decision that you should make after evaluation of the child's injury. The safe course is to have them sit out for a period of time.
- ▶ DO NOT be influenced by parental desire for "Johnny or Janie" to gut it out - no blood no foul is not the rule of the day



The END

