

# West Nashville Sports League

## Fall Baseball

### Coach Guidelines and Information

### 2014





# WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

President: Scott Tygard  
Vice President: Bob Notestine  
Treasurer& Secretary: John Hartong

Richard Cummings  
Allison Duffey  
Bill Easterly

Andrew Kelso  
Rick Nickels  
Tillman Payne

Debbie Sandwith  
Melissa Smith  
Bob Starnes

## IMPORTANT CONTACT INFORMATION

League Phone Recording: 615.376.4700  
Fax Number: 615.376.6493

Media: Website: [www.wnsl.org](http://www.wnsl.org)  
Twitter: @WNSLonline  
Facebook: [facebook.com/WNSLonline](https://facebook.com/WNSLonline)

League Administration: Scott Tygard [scott@wnsl.net](mailto:scott@wnsl.net)  
Roger Maness [roger@wnsl.net](mailto:roger@wnsl.net)  
Jenny Mosher [jenny@wnsl.net](mailto:jenny@wnsl.net)  
Doug Smith [doug@wnsl.net](mailto:doug@wnsl.net)

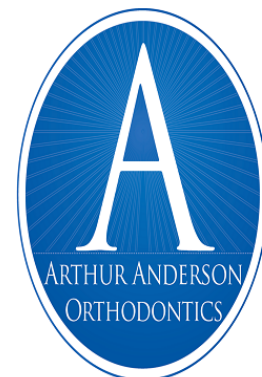
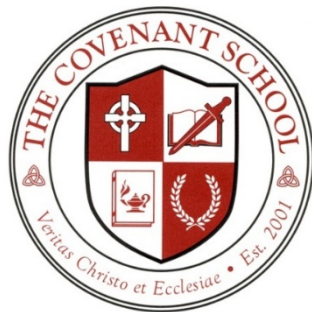
Team Photos: Jim Young [Dimage@nashville.net](mailto:Dimage@nashville.net)

Umpires Bobby Smith [bsmithdomer@aol.com](mailto:bsmithdomer@aol.com)

# WNSL SPONSORS



THE REISINGER AGENCY



# WNSL SPONSORS Cont.



**Blair Blaylock Teasdale**

# WNSL Fall Baseball League Frequently Asked Questions

If you have a question, start here. If you still cannot find your answer, E-Mail [scott@wnsl.net](mailto:scott@wnsl.net).

## Sign-Ups, Cost and Division Questions

**When can we register?** Registration is now open and will close in early August.

**How do I register and pay online?** Go to [www.wnsl.org](http://www.wnsl.org) and click on one of the sports you would like to register for. Once on a sport-specific page, log into your WNSL account (see the Login button on the right side of the screen). Once logged into your account, click "Register Now" in the top left corner to select the sport you would like to register your child for. If you do not have a WNSL account, click the "Register" button on the right of the screen to register/create an account. You will then "Add Participants" to your account and select which sport(s) you would like to register them for.

**What if I do not want to register online?** You can download a paper registration form on the Fall Baseball page at [www.wnsl.org](http://www.wnsl.org). You may mail it in with a check but there will be a \$10 paper registration fee as indicated on the application.

**What if I forget to register?** The price will increase after the published registration deadline. Late registrations will be taken on a case by case basis and players will be added to existing teams or new teams created if the need arises.

**Do you give refunds if my child decides not to participate?** Refunds are not provided. Registration fees may be transferred to another sport up until the time uniforms are ordered. After uniforms are ordered no refunds and no transfer of fees will be possible. Exception is for injury or sickness with Dr. note.

**What are the age divisions?** We have 5 divisions that are based on the age of the player as of April 30 of the upcoming spring:

Wookies – Ages 4, 5 and 6

Rookies – Ages 7 and 8

Minors - Ages 9 and 10

Majors - Ages 11 and 12

Prep - Ages 13, 14 and 15 (13/14 year olds are together and 15 year olds are together)

**Why do you use the age based on May 1st?** We use this age because it determines what division the player will play in during the Spring season. We use the Fall Season to prepare players for spring and therefore want them to play in the correct division to learn the rules, skills, etc.

**Are players allowed to play up or play down?** Players are allowed to play up a division. However, players must have approval from Scott Tygard (scott@wnsl.net) in order to play down. Remember, participants should be registered based on the age of the player as of May 1, 2015.

**If my player is not on a preformed team how and when do I know which team he/she is on?** Individuals not on a team (Free Agents) will be contacted by their coach after the Coaches' Meeting.

**Can a player play on two teams?** Players may not play on two teams in the same age group, however, a player may pay to play on two teams in separate age groups. Example: An 8-year-old may play on a Rookies and a Minors team. To play on two teams a player must pay two registration fees.

**How much does it cost?** Wookies is \$100, Rookies, Minors, Majors, and Prep are \$125.

**What is included in the registration fees?** 8 games, umpires (except Wookies), participation medallion, a jersey and cap, insurance, a newsletter, excellent fields, equipment and some teams receive a sportsmanship trophy.

**How do you form teams?** The WNSL is open to full teams, partial teams and free agents. All players are welcome to request a coach on their registration, however, this is just a request -- there is no guarantee that the participant will be placed on the team they request. We try our best to accommodate requests, however, coaches with pre-formed or partially formed teams submit rosters with the players they intend on playing on their team. We go by this roster first. Players not on a pre-formed team are free agents and we work to place them on a team with classmates/players from their area or create an entire team from free agents.

**What happens if there are too few teams in an age group?** The WNSL teams in the Prep, Majors and possibly the Minors will play teams from other close by leagues. WNSL understands that the older players may be playing football and numbers have a tendency to drop considerably in the older age groups.

**How many players are on a team?** Nine or 10 players play at one time. Most teams carry 10 to 12 players.

**Is this league Co-Ed?** Yes, Fall Baseball is Co-Ed.

## Coach-Related Questions

**Who coaches the teams in the Fall Baseball League?** The WNSL relies on volunteers to coach. Some teams bring coaches with them and often parents coach. If you are interested in coaching or being an assistant you may indicate this on the “Volunteer” portion of the registration site.

**How are coaches certified?** Coaches are screened at the Coaches’ Meeting and sign a “Code of Conduct” as well as complete an informational form in case a background check is necessary.

**How does a parent notify the league that he or she would like to coach or be a team parent?** During the online registration process there is a “Volunteer” page. Click on the volunteer position you would like (Coach, Assistant Coach or Team Parent) and fill out the requested information. You will then be assigned to your child’s team once the registration process is closed.

**Once I register, how long will it be before I hear from a coach?** The coaches’ meeting is held in mid-August to finalize all rosters. After that meeting a coach will be in touch with you.

**How do you come up with team names?** There are no team names in Fall Ball but teams are welcome to come up with a name of the team. *Note: Players receive a “generic” jersey and hat for Fall League so team names are strictly for scheduling purposes.*

## Weather, Fields, Equipment and Fall Ball Basics

**What type of Fall Baseball league does the WNSL offer?** The WNSL feels all youth sports should be recreational in nature yet also competitive. For Fall Baseball, the season is more laid back with the focus being on preparing for the Spring Baseball Season. The sports program is not a baby sitting service but it is a league that does not encourage a “win at all cost” attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our flag football league. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun,

excel and feel good about what they are doing. The older age groups (Majors and Super Majors) play more competitively than the other age groups.

**How long does the season last?** The Fall Baseball season begins early September (See the site for details) and runs 8 or 9 weeks. Games are played every Saturday throughout the day with the season ending in late October or early November. Some weekday games may be played if coaches desire.

**Where are the games played?** All of the games are played at either Harpeth Hills Church of Christ Baseball Fields or the Warner Park Complex (Vaughn Road and Old Hickory Blvd.)

**What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled?** Games may be rescheduled for Sundays or on weekday afternoons. Cancellations are posted on the website, on the phone line (376-4700) and if time permits an e-mail is sent out as well.

**When and how often do teams practice?** Teams usually practice one time per week, however, practice frequency and location is determined by each coach. Official WNSL Practice begins after the Coaches' Meeting.

**Does the league provide photos for teams and individuals?** Yes, on Opening Day, teams and individuals can have photos taken by DImage.

**What equipment does the League provide?** The WNSL provides the balls, batting helmets and catcher's equipment as well as a cap and jersey for Fall Ball.

**What equipment does the Individual player need?** The players will need a glove and cleats or tennis shoes. Baseball pants and his/her own bat and batting helmet are optional. The League has a Dick's Sporting Goods Day to assist players with their sporting goods needs.

**Does the WNSL provide umpires for games?** Yes. One or Two trained umpires are provided for every game. No umpires are needed for the Wookie Division though.

**What are the rules for the different divisions?** You can review the rules on the Fall Baseball Page of [www.wnsl.org](http://www.wnsl.org).

**Does WNSL post standings?** No, The WNSL does not provide standings for we do not want to promote over the top competitiveness and focus on the "Love of the Game" instead.



**Is there a post season tournament for Fall Baseball?** Not at this time.

**Are league trophies given out at the end of the season for league champions?**  
No.

## **Sponsorships and Financial Aid**

**What if I am interested in sponsoring a team or the league?** Please let your participant's coach know and then contact [scott@wnsl.net](mailto:scott@wnsl.net) or [jenny@wnsl.net](mailto:jenny@wnsl.net).

**Are there any opportunities for corporate sponsorships (other than the team sponsorships)?** Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league.

**Does the WNSL provide financial assistance or scholarships?** Yes. If you are in need of a full or partial scholarship, fill out and submit the financial assistance information at [www.wnsl.org](http://www.wnsl.org). Someone will be in touch regarding to the amount of financial assistance available for your participant.

## **Miscellaneous Questions**

**What is the difference between WNSL and other Fall Baseball Leagues?** The West Nashville Sports League is a top-notch youth sports organization that emphasizes all players valuing the pure love-of-the-game over a winning-at-all-costs attitude. We work hard to keep everyone heavily involved in the community by promoting and being involved in local organizations, colleges and events. Providing fun Opening Day with special events, the best field conditions possible, certified umpires, excellent communication to all participants, parents and coaches and an informative and user friendly website, the WNSL goes above and beyond to create a memorable and positive experience for all involved.

Thanks for sponsoring the West Nashville Sports League. Please fill out, tear off and return this portion along with your payment to:

WNSL  
PO Box 50710  
Nashville, TN 37205

If you have any questions, please call 615.376.4700.  
or email us: scott@wnsl.net

Send a hi-res color and also black and white .jpg, .eps or .pdf image of your logo to: scott@wnsl.net.

**Overall League Packages:**

Gold-\$3000 \_\_\_\_\_  
Silver-\$1500 \_\_\_\_\_  
Bronze-\$750 \_\_\_\_\_

**Flag Football Packages:**

Hail Mary-\$1000 \_\_\_\_\_  
Touch Down-\$500 \_\_\_\_\_  
Field Goal-\$250 \_\_\_\_\_

**Basketball Packages:**

Slam Dunk-\$1000 \_\_\_\_\_  
3-pointer-\$500 \_\_\_\_\_  
Lay-Up-\$250 \_\_\_\_\_  
Christmas Tournament -\$1000 \_\_\_\_\_  
March Madness Tournament -\$2000 \_\_\_\_\_

**Baseball Packages:**

Home Run-\$1000 \_\_\_\_\_  
Double-\$500 \_\_\_\_\_  
Single-\$250 \_\_\_\_\_  
Naming rights to Field-\$1000 \_\_\_\_\_

**Company Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
\_\_\_\_\_

**Contact Person:** \_\_\_\_\_

**Email :** \_\_\_\_\_

**Phone# :** \_\_\_\_\_ **Additional**

**Requests/Info:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Overall League Sponsorship Packages

For all Three Major Sports for One Year  
(Fall Flag Football, Winter Basketball, Spring Baseball)

**GOLD- \$3000**

Flag Football- Hail Mary Level  
Basketball- Slam Dunk Level  
Baseball- Home Run Level

**SILVER- \$1500**

Flag Football- Touchdown Level  
Basketball- Three Pointer Level  
Baseball- Double Level

**Bronze- \$750**

Flag Football- Field Goal Level  
Basketball- Lay-Up Level  
Baseball- Single Level



WNSL  
PO BOX 50710  
NASHVILLE, TN  
37205



www.wnsl.org



## West Nashville Sports League

### Sponsorship Information



Serving the  
Middle Tennessee Community  
since 1997

The WNSL is a non-profit 501(c)(3) and all sponsorships are tax deductible.

**Dear Prospective Sponsor:**

The West Nashville Sports League is seeking your support in providing Basketball, Baseball, Flag Football, and Cheerleading to the youth of Middle Tennessee.

The West Nashville Sports League (WNSL) is entering a new season. Since 1997, WNSL has been an athletic outlet to thousands of area boys and girls. As a youth sports league we take great pride in the achievements of this program, which operates at the highest level and is a strong catalyst in keeping the youth of our community on the playing field. The WNSL mission is to teach children the fundamentals of basketball, baseball, flag football, and the art of cheerleading while promoting discipline, dedication and teamwork in a fun, safe and friendly environment.

One of the large obstacles our organization faces is providing quality playing and learning experiences for many participants who are on a limited budget. The ability to meet the cost of operating and maintaining a quality basketball, baseball, flag football, and cheerleading program would not be possible without you, our community leaders.

Your donation will help fund first rate manpower, provide quality equipment and improve the playing fields our players deserve and enable us to keep our costs low so children of all social and economic backgrounds can participate.

Your contribution will make a difference and become a part of our communities' effort to do something very positive for our young people and future leaders. The benefits are the young adults who will have been given the opportunity to learn the lessons in self-worth, character, fair play, sportsmanship, discipline, team spirit, hard work and unity.

**Respectfully,**  
Scott Tygard  
President, West Nashville Sports League



## Flag Football Sponsorship Packages

Season: August—October

### Hail Mary Level \$1000 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Logo and Hotlink on the Flag Football page of www.wnsl.org for the entire season
- Sponsor of the Week Recognition on homepage of the website during two weeks of the season and in those two weeks newsletters
- Link to Coupon/Ad during registration process
- Logo Displayed at the Warner Park Fields
- Logo Displayed at Concession Stand on game days
- Advertising space in weekly WNSL electronic newsletter distributed to over 900 Families
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Financial assistance for three football players
- WNSL Sponsor Wall Plaque

### Touchdown Level \$500 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Logo and Hotlink on the Flag Football page of www.wnsl.org for the entire season
- Link to Coupon/Ad during registration process
- Logo in weekly WNSL electronic newsletter distributed to over 900 Families
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Financial assistance for two football players
- WNSL Sponsor Wall Plaque

### Field Goal Level \$250 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Name listed on website throughout season
- Financial assistance for one football player
- WNSL Sponsor Wall Plaque



## Winter Basketball Sponsorship Packages

Season: December—February

### Slam Dunk Level \$1000 Commitment

- Logo and Hotlink on the Basketball page of www.wnsl.org for the entire year
- Sponsor of the Week Recognition on homepage of the website during two weeks of the season and in those two weeks newsletters
- Link to Coupon/Ad during registration process
- Exhibit/Sales opportunity at Coach's Meeting, January Jamboree and March Madness Tournament
- Advertising space in weekly WNSL electronic newsletter distributed to over 3000 Families
- Financial assistance for three basketball players
- WNSL Sponsor Wall Plaque

### 3-Pointer Level \$500 Commitment

- Logo and Hotlink on the Basketball page of www.wnsl.org for the entire season
- Logo in weekly WNSL electronic newsletter distributed to over 3000 Families
- Link to Coupon/Ad during registration process
- Exhibit/Sales opportunity at January Jamboree and March Madness Tournament
- Financial assistance for two basketball players
- WNSL Sponsor Wall Plaque

### Lay-Up Level \$250 Commitment

- Exhibit/Sales opportunity at 3-day Opening Jamboree to distribute promotional items
- Name listed on website throughout season
- Link to Coupon/Ad during online registration
- Financial assistance for one basketball player
- WNSL Sponsor Wall Plaque

### Naming Rights to Tournaments Pre-Season Christmas —\$1,000 March Madness —\$2,000



## Spring Baseball Sponsorship Packages

Season: March—June

### Home Run Level \$1000 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Link to Coupon/Ad during registration process
- Logo and Hotlink on the Baseball page of www.wnsl.org for the entire year
- Sponsor of the Week Recognition on homepage of the website during two weeks of the season and in those two weeks newsletters
- Banner (3 ft. by 10 ft.) displayed on field fence at Harpeth Hills Church Baseball Fields (provided by WNSL)
- Logo Displayed at Harpeth Hills Concession Stand
- Advertising space in weekly WNSL electronic newsletter distributed to over 1,500 Families
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Financial assistance for three baseball players
- WNSL Sponsor Wall Plaque

### Double Level \$500 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Link to Coupon/Ad during registration process
- Logo and Hotlink on the Baseball page of www.wnsl.org for the entire season
- Logo in weekly WNSL electronic newsletter distributed to over 1,500 Families
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Banner (3 ft. by 10 ft.) displayed on field fence at Harpeth Hills Church Baseball Fields (sponsor must provide)
- Financial assistance for two baseball players
- WNSL Sponsor Wall Plaque

### Single Level \$250 Commitment

- Logo on one Team's Jerseys (Approx. 3-5 inches)
- Exhibit/Sales opportunity at Opening Day to distribute promotional items
- Name listed on website throughout season
- Financial assistance for one baseball player
- WNSL Sponsor Wall Plaque
- Banner Renewal from previous year

### Naming rights to Baseball Field \$1000

# WNSL Fall Baseball League Rules

## Wookies

### Rules Overview

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

### Team Responsibilities and Conduct

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Game protests may only be submitted to the Commissioner by a coach. Protests must be

submitted in writing and accompanied by a fee of \$1,000. The fee will be refunded if the protest is upheld.

10. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 55 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead.

2. There are no extra innings. If the score is even at the end of the game limits above, the game will end in a tie.

3. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.

4. Players may not swing a bat longer than 32 inches in length and with a barrel larger than 2 1/4 inches in diameter.

### **Special Rules**

#### **Batting**

1. A continuous batting order shall be used with every player occupying a spot in the batting order. Every player in the order will bat once during each inning on offense.

2. Each hitter will be given a maximum of five (5) pitches per at bat (Does not matter whether they are hittable). Afterward, for the sixth "pitch," the batter may hit off the tee. The batter must make contact with the ball to be considered a hit -- hitting the tee is considered a foul ball.

3. Each team will select a representative to pitch to its own batters. All pitchers must be at least 18 years old.

4. Squaring to bunt is not allowed for any reason. If a batter squares to bunt or makes contact with a bunt, one team warning will be given. Each time thereafter, the batter will be declared out.

5. If a runner is called out, he/she must return to the dugout and may not remain on the base path.

#### **Defense**

6. Every player will play in the field each inning on defense. The defensive team shall have no more than five (5) players in the infield at any point prior to the batter making contact with the ball. These players must be in the normal positions for pitcher, 1B, 2B, 3B, and shortstop. All other players will be placed in the outfield.

7. The defensive team may place as many coaches as needed in the outfield to help set the defense at all times. These coaches must not obstruct play in any way.



8. The defense shall be given every opportunity to get a runner out. Once the umpire has determined that no reasonable attempt is being made to record an out, and provided runners are not trying to advance, the play will be called “dead” and runners will return to their last base. The umpire has sole discretion to determine when play is dead and which runners may advance.

## **WNSL Fall Baseball League Rules**

### Rookies

#### **Rules Overview**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

#### **Team Responsibilities and Conduct**

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be

- removed from the league.
- b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.

9. Game protests may only be submitted to the Commissioner by a coach. Protests must be submitted in writing and accompanied by a fee of \$1,000. The fee will be refunded if the protest is upheld.

10. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 80 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead.

2. There are no extra innings. If the score is even at the end of the game limits above, the game will end in a tie.

3. At First Base, a double (safety) base may be used with the white side in fair territory and the orange side in foul territory. During a close play at first, runners should run through the orange base while the fielder tags the white base. In order for an out to be recorded, the fielder must touch the white base.

4. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.

5. Players may not swing a bat longer than 33 inches in length and with a barrel larger than 2 1/4 inches in diameter. Wood bats are allowed.

### **Pitching Machine Rules**

*Every team in the Rookies Division will bat off the pitching machine. The following rules and restrictions apply. More specific batting rules may be located in the "Special Rules" section below.*

1. All Rookie teams in the WNSL shall use the Louisville Slugger "lever-arm" pitching machine, either Blue Flame model UPM45, the Black Flame, or suitable substitute as provided by the league. League officials will set up and position the machine and both teams shall use the same machine during a game.

2. The pitch speed should be 36 mph unless agreed upon to be faster by both coaches.

3. Setup for machines shall be as follows:

- a) Machines shall be placed 46 feet from home plate. If a pitching rubber is installed on the field, the front leg of the machine shall be placed in front of the rubber, ideally with the back of the machine's front leg touching the front edge of the rubber.

- b) The height adjustment knob on the tray where the ball is placed shall be set to “3”.
  - c) The height adjustment knob on the handle/lever shall be placed at “3” or “4.”
  - d) The speed (aka power lever) shall be set at “6” or “7” (usually “6”)
  - e) Sandbags shall be placed on the front and back legs of the machine for stability and consistency of pitches.
4. Coaches may utilize the “fine tuning knob” to adjust the height of pitches while their team is at bat, however, no extra or practice pitches are allowed after adjustments.
  5. Any major adjustments to the pitching machine must be approved by the umpire and both coaches. Safety is the first concern followed by the player being able to hit the ball.
  6. Coaches may throw five (5) practice pitches with the machine prior to their team’s first at-bat. A few practice pitches are permitted between innings, but the game should not be halted or delayed because of these pitches.
  7. If a batted ball strikes the pitching machine, the ball is declared dead. The batter is awarded first base and the runners advance one base, as necessary. (*Example 1: Runners on 1st and 2nd, ball hits machine -- The result should be runners on 1st, 2nd and 3rd. Example 2: Runner on 3rd, ball hits machine -- The result should be runners on 1st and 3rd.*)

## **Special Rules**

### Batting

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.
2. Each team will select a coach to “pitch” to its own batters. Only coaches may feed and/or adjust the pitching machines.
3. Each hitter will be given a maximum of five (5) pitches per at bat (Does not matter whether they are hittable) unless the final pitch is a foul ball. The batter will continue to receive one additional pitch (like normal baseball) on all foul balls on the fifth pitch or later. The batter is out if he strikes out or the ball is not put in play (or fouled off) after the fifth pitch.
4. Bunting is allowed. However, a batter may not fake a bunt, then pull-back and swing on the same pitch. Batter will be called out if he swings at a pitch in this manner.
5. Leading off and/or stealing is not allowed.
6. The “Catch-Up-Plus-7” run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team, the run rule is seven (7) per inning. For the losing team, the run rule is the opponent’s leading margin plus 7 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. (*Example: Team A is leading Team B 6-3. If Team A is batting, it may score 7 runs. If Team B is batting, it may score 10 runs [6-3 = 3 + 7 = 10]*).



### Defense and Stoppage of Play

7. The defensive team may play ten (10) players in the field at one time with no more than six (6) players in the infield at any point prior to the batter making contact with the ball. Six players in the infield includes a catcher, who does not need to crouch or be positioned immediately behind the plate, but he must be in catcher's attire and located behind the plate/batter.
8. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4<sup>th</sup> inning. Substitutions may be made freely at the coach's discretion.
9. The defensive team may place one or two coaches in the outfield to help set the defense at all times. These coaches must not obstruct play in any way.
10. Protective headgear is mandatory for the player playing the pitcher position.
11. There is no infield fly rule.
12. The decision concerning the "end of the play" is solely the discretion of the umpire. The umpire will call "Dead Ball" (a) when the action stops or (b) when the ball is in the possession of a defender within the infield and the lead runner has ceased to advance.
13. Overthrows—Runners may advance a maximum of one base, at their own risk, on any overthrow that stays in play. Once the runner(s) reach one base safely, the umpire will stop play until the next pitch from the machine. *Example: Runner at first base, ground ball to shortstop. In attempt to throw out the runner at second base, the shortstop throws the ball past the second baseman and into right field. Maximum advance will be for original runner to end up at third and the batter to end up at second.* Note: If ball goes out of play, book rule is in effect.

## **WNSL Fall Baseball League Rules**

### Minors

#### **Rules Overview**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook

#### **Team Responsibilities and Conduct**

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no "automatic outs" will be

assessed for the missing players in the batting order.

4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.

5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.

6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.

7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.

8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.

a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.

b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.

9. Game protests may only be submitted to the Commissioner by a coach. Protests must be submitted in writing and accompanied by a fee of \$1,000. The fee will be refunded if the protest is upheld.

10. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 1 hour and 40 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.

2. If there is a tie at the end of the sixth inning and the time limit has not expired, the teams may play as many extra innings as possible until either a winner is decided or the time limit is reached. If any extra innings are played, International Rule will be in effect (team batting will begin with

runner who batted last in previous inning at 2<sup>nd</sup> base). If the score is even at the end of the limits above, the game will end in a tie.

3. The bases shall be set 60 ft. apart and the pitcher's rubber 46 ft. from rear point of plate.
4. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.
5. Players may not swing a bat longer than 33 inches in length and with a barrel larger than 2 1/4 inches in diameter. Wood bats are allowed.

## **Special Rules**

### **Batting**

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.
2. Bunting is allowed, however, deceptive practices such as faking a bunt by waving the bat to distract the pitcher will not be tolerated. If the umpire determines the batter is involved in this practice, the batter will be declared out.
3. Stealing stipulation: A team may not steal or advance on a wild pitch, passed ball, or errant throw from the catcher back to the pitcher if team at-bat has a 10-run or more lead.
4. A team may opt to use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.
5. The "Catch-Up-Plus-7" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is seven (7) per inning. For the losing team, the run rule is the opponent's leading margin plus 7 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. *(Example: Team A is leading Team B 6-3. If Team A is batting, it may score 7 runs. If Team B is batting, it may score 10 runs [6-3 = 3 + 7 = 10]).*

### **Defense**

6. The defensive team may only play nine (9) players in the field at one time with no more than six (6) players in the infield at any point prior to the batter making contact with the ball.
7. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4<sup>th</sup> inning. Substitutions may be made freely at the coach's discretion.
8. The decision concerning the "end of the play" is solely the discretion of the umpire. The umpire will call "Dead Ball" when the ball is in possession of a defender and all runners have ceased to advance.

## **Pitching Guidelines**

1. A player may pitch no more than three (3) innings in a game. For these purposes, an inning is defined as one (1) pitch. A pitcher may pitch no more than six (6) innings per week. A week is defined as Monday through Sunday.

2. There is no balk rule in effect unless the pitcher intentionally stops his delivery in an effort to deceive the batter. If the umpire declares this action, all baserunners will advance one base.
3. A coach's second trip to the mound in the same inning, to the same pitcher for purposes other than obvious injury to the pitcher shall result in the removal of that pitcher.
4. For safety, a player warming up in foul territory during the game must have a person protecting him.

## **WNSL Fall Baseball League Rules**

### Majors

#### **Rules Overview**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

#### **Team Responsibilities and Conduct**

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no "automatic outs" will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.

8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.

a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.

b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.

9. Game protests may only be submitted to the Commissioner by a coach. Protests must be submitted in writing and accompanied by a fee of \$1,000. The fee will be refunded if the protest is upheld.

10. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 1 hour and 40 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.

2. The bases shall be set 70 feet apart and the pitcher's rubber 50 feet from home plate (real point).

3. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.

4. Bats that do not meet the Cal Ripken specifications (i.e. "Big Barrell bats") are not allowed.

### **Special Rules**

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.

2. Leading off and stealing are allowed, however, teams may not steal with a lead of 10 runs or more.

3. A team may use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.

4. The "Catch-Up-Plus-7" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is seven (7) per inning. For the losing team, the run rule is the opponent's leading margin plus 7 per inning. **All runs on the play on which the**

**run rule is reached in an inning will count.** (Example: Team A is leading Team B 6-3. If Team A is batting, it may score 7 runs. If Team B is batting, it may score 10 runs [ $6-3 = 3+7 = 10$ ]).

5. The infield fly rule is in effect.

### **Pitching Guidelines**

1. A player may pitch a maximum of three (3) innings in a game and six (6) innings in a week. One pitch is considered a full inning pitched. A pitcher may reenter the game at any time provided he does not exceed the maximum number of innings available to him in that game.

# FREE AGENTS ON YOUR TEAM?

If one or more players have been added to your roster, please notify that player's parents immediately via phone and e-mail.

If a problem arises with the new player(s) -- for instance, being unable to practice during your scheduled time or living too far away from practice locations -- **please contact Scott (scott@wnsl.net) immediately** so that we may make other arrangements.

Thank you for your cooperation in these matters

# LAZY PARENTS OR LAZY PLAYERS

When players do not show up for practices without a good reason, advise the parents that their child's playing time may be affected. If it becomes a pattern, contact Scott (scott@wnsl.net) with proper documentation and we will determine the best course of action, which will likely include an OK to cut that player's playing time. We will inform the parents of this decision.

Please note that submitting these requests and proper documentation must be done during the week and may not take place on game day. The WNSL will not tolerate cutting a player's playing time for "a lack of practice" without these materials. Thank you for your cooperation on this matter.

# ABSENT PLAYERS LEAVING YOU SHORT?

Occasionally, a player may be added to a roster for a game due to low numbers. The added player must be eligible to participate in the division in question. If you need to add a player, please e-mail Scott (scott@wnsl.net) at least two days prior to the game. These changes may not be made on game day!

# West Nashville Sports League

## Financial Assistance Form

Parent/Guardian Name \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Reason you are applying for financial assistance \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sport for which you are applying for financial assistance \_\_\_\_\_

Total Household Income from adults living in household last year \_\_\_\_\_

Source of Income \_\_\_\_\_

No. of adults in household \_\_\_\_\_ No. of children in household \_\_\_\_\_

**Please fill out this form completely and mail or fax it along with a copy of your payment verification/pay stub OR your most recent tax return to:**

WNSL  
P.O. Box 50710  
Nashville, TN 37205  
Fax Number: 615.376.6493





# THE FLAG FOOTBALL & FALL BASEBALL LEAGUE TIMES

The FFL/FBB Times is the WNSL's bi-weekly newsletter filled with important updates, photos of the week, upcoming events and other announcements. All coaches and parents will receive the newsletter by default.

Please note: While it is your option to unsubscribe, this newsletter is the league's best method to deliver vital information to the all participants in the league. We encourage you to scan/read through each issue for information you or your parents may have missed.

WEST NASHVILLE



SPORTS LEAGUE

Where their future is bright!

Flag Football League Times

Vol. 4, Issue 2



#### In This Issue

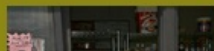
[Basketball Registration is Open](#)

[Warner Park Parking Map](#)

[Rules Clarification](#)

[Official's Office](#)

**Free Water Bottles at the Concession Stand!**



#### Dear Flag Football Families --

Here at WNSL, we continually strive to be a community-focused sports league. Aside from positively developing our players on the field, we also partner with organizations around town to offer an assortment of activities during the year that we feel can be beneficial to your family.

One such activity we're proud to announce is WNSL Day at Vanderbilt Stadium. On Nov. 12, the Vanderbilt Commodores football team takes on the Kentucky Wildcats in SEC action. The school has offered to discount tickets from their face value to any WNSL player interested in attending as well as giving kids a chance to high-five the Vandy players as they run onto the field. How awesome is that?! If you're interested in attending, [fill out this form](#) or go to [www.wnsl.org](http://www.wnsl.org) and find it on the Flag Football page. We hope to see you there!

Support WNSL through their many **SOCIAL Media** sites!!!

Follow Us To...

- Receive prizes
- View upcoming events
- View current event up dates
- See league and schedule information



[www.twitter.com/WNSLonline](http://www.twitter.com/WNSLonline)



**facebook**

[www.facebook.com/WNSLonline](http://www.facebook.com/WNSLonline)



*Instagram*

[www.Instagram/WNSLonline](http://www.Instagram/WNSLonline)

# WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the [www.wnsl.org](http://www.wnsl.org) website,
2. A phone message on the league number -- 615.376.4700
3. A message on the League's Twitter feed (@WNSLonline)
4. We will try to send an email out to all participants.

No messages or notice means games are on as scheduled.

If your game is rained out, games will be rescheduled as quickly as possible -- likely in the first available slot. Please make sure to check your schedule early and often after a rainout!

The league will do its best to reschedule all rained out games.

# SCHEDULE AND STANDINGS INFORMATION

The season schedule will not be published until late-August. When posted, it will appear on the league website at the top of the Baseball page.

We will not post standings or records due to the league's mission of promoting a love of the game rather than a love of winning.

## **Middle season standings adjustments**

If your team is 0-4 or 4-0 at midseason, you may be moved up or down a division in an attempt to promote evenly-matched competition. Please inform your parents of this up front as the WNSL encourages players, coaches and everyone involved to be gracious in both victory and defeat.

## **End of season adjustments**

The WNSL reserves the right to alter the schedule in the final two weeks of the season if needed. This will occur, once again, to promote competitive balance. If we see a major mismatch, teams will be moved around in order to create equal competition.

## **Please make a habit out of checking your schedule multiple times each week**

Though we will do everything in our power to give a week's notice if your original game time has been moved, please double check your schedule each and every week.

## **Coaches leading multiple teams**

Please make sure you list all the teams you are coaching on the request forms provided in the Addendum. We will do what we can to make the scheduling work for you. The league may not always be able to accommodate, so have your assistants prepared. No guarantees but we will do our best.

## **Teams unable to make a game**

If you cannot field a team on a given week, please inform the opposing coach and the league and make a good-faith effort to find a replacement team for your opponent to compete against. The coaches' contacts are listed on the "Team Central → Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

## **Forfeits**

Forfeits will not be tolerated. Coaches should CONTINUOUSLY check their schedule. Please communicate with your parents in advance to ensure player availability.

# Practice REQUEST

All Practice Times will be allocated at the coaches' meeting. In preparation for this, please read the notes below:

## **Practice Times:**

For each team playing fall baseball, the WNSL provides one official practice slot per week and possibly more if there is field availability. These practices will take place during weekdays (except Wednesdays) at Harpeth Hills Church of Christ or Warner Park.

## **Please Note:**

- There are no Wednesday practice times available at the Church.
- If games on Saturday get rained out, they will be rescheduled for the weekdays. These games will take precedence over practice.

# AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

- All players will receive a participation medallion following their last game of the season and not before.
- There will be no championship trophies for the teams that have won their division or think they have won.
- No standings are recorded or published.
- The regular season is for learning, improving, playing the game the right way and having fun. We do not recognize winning with trophies and standings.

# UNIFORM DISTRIBUTION

## **Own uniforms**

A team may wear their own uniform but you must declare this at the Coaches' Meeting on August 14<sup>th</sup>. There is no reduction in registration fee for doing this. Your team's uniform expenses will go toward scholarship players or teams.

## **One representative picks up uniforms**

Uniforms will be distributed on the first day of games (Sept. 6) beginning at 7 a.m. Only **ONE TEAM REPRESENTATIVE** will be allowed to pick up the uniforms.

## **What's included**

The WNSL provides a jersey and cap for the Fall. All other items are up to each individual player.



# INSURANCE QUESTIONS

The WNSL does provide full insurance for all practice venues.  
You can obtain a certificate upon request.

**To receive your copy of the insurance policy, contact Angela  
Salcido at West Point Insurance:**

**E-Mail: [angela@westpointinsurance.com](mailto:angela@westpointinsurance.com)**

**Phone: 800.318.7709**

Inform her you are with the WNSL, give her the facility name  
and address and you will receive your policy within one day.

# West Nashville Sports League

## Fall 2014 Concession Stand Menu

### HOT FOOD

Cheeseburger/Hamburger	\$3.50
Corn Dogs (Footlong)	\$2.50
Grilled Chicken Sandwich	\$3.50
French Fries	\$3.00
French Fries w/Cheese	\$3.50
Pretzel	\$2.00
Grilled Hot Dog (Nathans)	\$2.50
Nachos w/Cheese	\$2.50
Pizza (Slice)	\$2.50
Whole Pizza	\$10.00

### MORNING FOODS

Donuts/Honey Bun	\$1.00
Sausage & Biscuits	\$2.50
Muffins	\$2.00
Egg/Cheese Sausage Croissant	\$3.00
Pop Tarts	\$1.00

### SNACK FOOD

Chips	\$1.00
Cookies	\$1.00
Crackers	\$1.00
Goldfish	\$1.00
Fruit Snacks/Roll Ups	\$1.00
Popcorn	\$2.00
Cracker Jacks	\$1.00
Sunflower Seeds	\$1.00
Bag of Peanuts	\$2.00
Slim Jims	\$0.50

### ICE CREAM

Mega Missile	\$2.00
Orange Pop-Ups	\$1.50
Snickers	\$2.50
King Oreo Sandwich	\$2.50
Ice Cream Sandwich	\$1.50
Nutty Buddy	\$1.50
Cookies 'N Cream	\$2.00
M & M Cookie Sandwich	\$3.00
Dibs Bucket	\$3.00
Fudge/Orange Cream Bar	\$2.00
Brown Cows	\$2.00

### FRESH FRUIT

Apples/Bananas/Oranges/Grapes	\$1.00
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### CANDY

Air Head Extremes	\$1.00
Air Heads	\$0.25
Baby Bottle Pops	\$2.00
Blow Pops	\$0.50
Cotton Candy	\$2.00
Gum	
Big League Chew/Bubble Tape	\$2.50
Double Bubble Gum by the Bag	\$2.00
Gushers	\$0.50
Juicy Drop Pops	\$2.50
M&M's (all chocolate candy)	\$1.50
Nerds Rope	\$2.00
Push Pops	\$1.00
Ring Pops	\$0.50
Skittles/Sour Punch Straws	\$1.00
Starburst	\$1.00
Laffy Taffy	\$0.25

### DRINKS

Fruit Juice	\$1.00
Lemonade	\$2.00
Hot Chocolate/Coffee	
Large	\$3.00
Small	\$2.00
Iced Teas (Various)	\$2.50
Powerade/Gatorade	\$2.00
Soft Drinks (20 oz)	\$2.00
Coke, Diet Coke, Dr Pepper, Diet Dr Pepper, M.Yello, Sprite	
Tummy Yummy	\$2.00
Water (Bottle) (Dasani 20 oz)	\$1.50
Hawaiian Ice Sno Cones	
Large	\$3.00
Small	\$2.00
Icees	
Large	\$3.00
Small	\$2.00
Ice by Cup	\$0.25

**100% OF PROCEEDS  
GO TO WNSL**

# 2014 FALL SPORTS OPENING DAY

SATURDAY SEPTEMBER 6 at Warner Park Fields

All Flag Football and Baseball players are welcomed and encouraged to join in the fun of kicking off the Fall season.

- Uniform pick-up
- Team/Individual photos
- Special Concessions
- Lots more!!!!



**Opening Ceremony is TBD**

## WNSL Flag/Baseball Photo Information

DATE: SATURDAY SEPTEMBER 6<sup>th</sup> (Opening Day)

Photo times will be posted on WNSL www site. Please make sure that teams are assembled with completed order forms at assigned times.

Questions??? Call 673-0609

DIMAGE - JIM YOUNG

EVERY SEASON STARTS AT  
**DICK'S**  
 SPORTING GOODS.



# EXCLUSIVE SHOP EVENT

## 20% OFF THROUGHOUT THE STORE

(Some restrictions may apply)

### WEST NASHVILLE SPORTS LEAGUE SHOP DAY

**Saturday, August 16, 2014** – Reps will be on site from 10 am to 4 pm, but please enjoy the discount ALL day during store hours

**W. Nashville Store** – 6812 Charlotte Pike

**Cool Springs Store** – 2000 Mallory Lane

#### DISCOUNT EXAMPLES

RECEIVER GLOVES	\$55.00
20% DISCOUNT	- \$11.00
<b>FINAL COST</b>	<b>\$44.00</b>
<hr/>	
YOUTH CLEATS	\$54.99
20% DISCOUNT	- \$11.00
<b>FINAL COST</b>	<b>\$43.99</b>
<hr/>	
FOOTBALL SHIRT	\$54.99
20% DISCOUNT	- \$11.00
<b>FINAL COST</b>	<b>\$43.99</b>

TAKE **20% OFF** THROUGHOUT THE STORE

Limit one coupon per customer. Cannot be combined with any other offers, coupons, team discount or Guaranteed In-Stock markdown, or used for gift cards, licenses or previously purchased merchandise. **Coupon valid on in-store purchases only.** No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or other discount was applied may result in an adjusted refund amount. Excludes guns/ammo/select launch, new release merch, PING, Ugg Australia, Babolat. Some additional exclusions may apply. See store for details.



P0001602802116C4S

EVERY SEASON STARTS AT



COMMUNITY PROGRAM

TO LEARN MORE ABOUT DICK'S COMMUNITY PROGRAM VISIT [DICKS.COM/COMMUNITY](http://DICKS.COM/COMMUNITY).





# YOUTH LEAGUE NIGHT VANDERBILT FOOTBALL



**BLACK OUT GAME**  
**THURSDAY AUGUST 28TH**



**VS.**



## **BENEFITS INCLUDE:**

---

- \* **DISCOUNTED TICKETS FOR COACHES, PLAYERS, CHEERLEADERS AND FAMILIES**
- \* **BLOCK SEATING TOGETHER AS A TEAM**
- \* **ACCESS TO KIDS ZONE CARNIVAL**
- \* **GROUP WELCOME OVER PUBLIC ADDRESS**

**\$15**

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**CALL ERIC BOGLE @ 615-322-0235**

# LET BUFFALO WILD WINGS® GIVE YOU THE HOME TEAM ADVANTAGE™

**Congratulations**, your team has been selected to participate in our Home Team Advantage Program for your upcoming season! Please forward each teammate the attached "Teammate Card" and every time they show this card at the sponsoring Buffalo Wild Wings restaurant, we will donate 10% of their total bill (with the exception of promotional discounts and unless otherwise specified) back to your team.

To further support you, the Head Coach, Buffalo Wild Wings will also provide you with your own personalized Buffalo Wild Wings "Coach's Card", found below. This card entitles you to a complimentary entrée up to \$10 at Buffalo Wild Wings each week during the playing season! This is our thank you to you for sharing your passion, time and experience with your players to help build a stronger community.

#### Here is how your Coach's Card Works:

1. Each week during your season, bring your Coach's Card into your sponsoring restaurant. Details are on your card.
2. Show your card to your server, either on your mobile device or via printed copy, and let them know you are part of the Home Team Advantage Program.
3. The server will ask for your Photo ID, and once verified, the server will provide a credit up to \$10 towards your total bill.

As a reminder, the store manager will contact you at the end of your playing season to let you know the grand total of your donation and also to set up a time for the team to come in together and celebrate the conclusion of the season!

**Buffalo Wild Wings** believes that teamwork builds the foundation for a successful community and our goal is to help make your community the best place to live, work, play and dine. We want to help keep our community working and playing together.



# LET BUFFALO WILD WINGS® GIVE YOU THE HOME TEAM ADVANTAGE™

**Congratulations**, your team has been selected to participate in our Home Team Advantage Program for your upcoming season! Each teammate has received via email, a "Teammate Card" and every time they show this card at the sponsoring Buffalo Wild Wings restaurant, we will donate 10% of their total bill (less promotional discounts and unless otherwise specified) back to your program.

#### Here is How the Program Works:

1. Bring your Teammate Card into your sponsoring restaurant, during your season. Details are on your card.
2. Show your card, on a mobile device or via printed copy, to your server and let them know you are part of the Home Team Advantage Program.
3. The server will add 10% of your total sales to your team's running total. It's that easy!
4. At the end of the season, Buffalo Wild Wings will donate the 10% of sales that your entire team generated throughout the season back to your team.
5. The manager will contact your coach to set up a date and time to present your team with the donation.

**Buffalo Wild Wings** believes that teamwork builds the foundation for a successful community and our goal is to help make your community the best place to live, work, play and dine. We want to help keep our community working and playing together.



## **West Nashville Sports League**

### **2014--2015 Calendar of Events**

- Aug. 8 Registration for Flag Football and Fall Baseball Closes
- Aug. 14 Flag Football/Fall Baseball Coaches' Meeting
- Aug. 16 1<sup>st</sup> Flag Football and Fall Baseball Clinic at Warner Park
- Aug. 23 2<sup>nd</sup> Flag Football and Fall Baseball Clinic at Warner Park
- Sept. 6 First day of games for Flag Football and Fall Baseball!
- Sept. 6 Vanderbilt Baseball Clinic
- Sept. 13 Punt, Pass & Kick Competition
- Oct. 25 Flag Football and Fall Baseball Regular Seasons End
- Nov. 1 Music City Flag Bowl Tournament
- Nov. 1 Regular Registration for Winter Basketball Closes (Pre K--5th)
- Nov. 12 Late Registration for Winter Basketball Closes (Pre K--5<sup>th</sup>)
- Nov. 13 Winter Basketball Coaches Meeting
- Nov. 15 1<sup>st</sup> Basketball Clinic
- Nov. 22 2<sup>nd</sup> Basketball Clinic
- Dec. 1 WNSL Spring Baseball Registration Opens
- Dec. 1 Registration for Winter Basketball Closes (6th--9th)
- Dec. TBA Basketball Coaches' Clinic
- Dec. 6 3<sup>rd</sup> Basketball Clinic
- Dec. 12-14 WNSL Christmas Tournament
- Dec. 20 4<sup>th</sup> Basketball Clinic
- Jan. 8 Winter Basketball Jamboree for Pre-K through 2nd



# West Nashville Sports League

## 2014--2015 Calendar of Events

- Jan. 10 Winter Basketball Regular Season Begins
- Feb. 10 Summer Basketball Registration Opens
- Feb. 28 Winter Basketball Season Ends
- Feb. 28 Registration for Spring Baseball Closes
- Mar 5-Mar 8 March Madness Basketball Tournament
- March TBD Spring Baseball Coaches Meeting
- March 28 Opening Day for Spring Baseball
- April 15 All-Star Baseball Tryouts
- April 1 Flag Football and Fall Baseball Registration Opens
- May 16-23 End of Season Spring Baseball Tournament
- May 15 Summer Basketball Registration Closes
- May 24 End of Spring Baseball Season
- May 28 Summer Basketball Coaches Meeting
- June 1 All-Star Baseball Season Begins
- June 1 Opening Day for Summer Basketball
- June 18-21 Cal Ripken/Babe Ruth Tune-Up Tournament
- June 25 Summer Basketball Ends
- July 15 All-Star Baseball Season Ends
- July 18 Winter Basketball Registration Opens

# WNSL COACH CERTIFICATION:

Please make sure to complete all forms in this Addendum packet and  
LEAVE THE PACKET HERE TONIGHT!

- 1) Website Volunteer Registration Instructions
- 2) Coach Disclosure Form
- 3) Coach Code of Conduct
- 4) Parent Code of Conduct
- 5) Coach Bio
- 6) Team Parent Designation
- 7) Team Assessment
- 8) Concussion Protocol
- 9) Game Schedule Request Form

# Register as a Volunteer

**(If you HAVE previously registered on the WNSL website)**

1. Select your sport and click on the "Login" button on the right side of the screen inside the "WNSL" banner.
2. Enter your username and password. If you do not remember your username and password, please click on the "Forgot Username and Password" button to get a reminder. **PLEASE DO NOT CREATE A NEW ACCOUNT.** If you have changed your email address or are unable to receive a password reminder, please send an e-mail to support@bluesombrero.com for help.
3. Once you have logged in to your account, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

## Create an Account and Register as a Volunteer

**(If you HAVE NOT previously registered on this website)**

1. Click on the "Register" button on the right side of the screen inside the "WNSL" banner. From here, you will create an account that can be used for all of your future online registrations.
2. Enter all required fields and create your online registration account.
3. Once you have created an account and are on the "My Account" screen, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

# WNSL VOLUNTEER COACHING DISCLOSURE

***You MUST answer ALL questions. We will be running background checks!***

Legal First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Best Phone: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

List Any Other City and States of Residence (Last 5 Years): \_\_\_\_\_

Please circle YES or NO:

Have you ever been convicted of a violent crime? YES NO

If YES, please explain: \_\_\_\_\_

Have you ever been convicted of a crime against a person? YES NO

If YES, please explain: \_\_\_\_\_

Have you previously had experience working with children? YES NO

**I understand that the information I have provided is subject to verification.**

Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# WNSL COACH CODE OF CONDUCT

- I will be a positive role model for my players. I will lead by example and always demonstrate sportsmanship and emphasize fair play.
- I will place the well-being of every player (whether he/she is on my team or not) ahead of my personal desire to win.
- I will organize practices that are both fun and challenging, designed to teach techniques and strategies that encourage team-play.
- I will emphasize skills development and improvement based on each individual player's needs, helping him/her gain confidence and self-esteem.
- I will consistently treat my players honestly and fairly. I will aim to be both a good communicator and listener. I will be generous in praise and never publically criticize.
- I will maintain an open line of communication with parents and encourage them to participate as instructors, team parents or liaisons.
- I will become knowledgeable in the rules of the sport, teach them to the players and support all league policies and regulations.
- I will inspect practice and game venues to ensure safe playing conditions. I will require players to be properly equipped at all times. I will teach safe and proper technique.
- I will abide by all WNSL policies. If there is a problem following these procedures, I understand that I will relinquish my coaching duties. I understand I am strictly a volunteer coach and not a member of the WNSL Board.
- I will create a healthy environment for sports by refraining from drug, alcohol and tobacco use.
- I will treat all players with respect, realizing this sport is created to benefit them.

Coach's Signature: \_\_\_\_\_

Coach's Printed Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# WNSL PARENT CODE OF CONDUCT

- I will encourage good sportsmanship at all times by setting a positive example for my child. I pledge to support all participants, including teammates and opponents, coaches, referees and spectators.
- I will demonstrate a positive attitude toward youth sports, not embarrassing myself, my child or any other participant by yelling or creating a scene. I will applaud good effort in victory and defeat.
- I will make sure my child is participating voluntarily in the sport and not forced to because of my wishes.
- I will strive to learn the rules and support the officials in their enforcement of them.
- I will support the goals of youth sports, including skill development, emphasizing fundamentals, building teamwork and encouraging fair play.
- I will support and communicate with the volunteer coaches, encouraging them to uphold the Coach's Code of Conduct.
- I understand that youth sports are not babysitting services. I will offer to participate as a coach, team liaison or parent, or provide transportation.
- I will demand a healthy environment, refraining from alcohol, drug or tobacco use at all sporting events. I will insist that all other participants display the same restraint.
- I will monitor game and practice venues for safety.
- I will teach my child to respect other players, coaches, referees and spectators, regardless of their race, creed, gender or ability.
- I will strive to make youth sports fun. After all, that's why my child signed up!

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# WNSL COACH BIO

We would love to learn a little more about you. Please take a few minutes to fill out this form and turn it in at the Coaches' Meeting.

Name: \_\_\_\_\_

Including yourself, how many members are in your family? \_\_\_\_\_

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

How many years have you lived in Nashville? \_\_\_\_\_ College You Attended: \_\_\_\_\_

Did you play sports in high school or college? \_\_\_\_\_ ... Which sports? \_\_\_\_\_

How many years have you coached Football? \_\_\_\_\_ ... How many of those years in the WNSL? \_\_\_\_\_

What is your primary goal this season? \_\_\_\_\_

\_\_\_\_\_

How will you measure whether your season was a success? \_\_\_\_\_

\_\_\_\_\_

Do you think equal playing time should be mandated? \_\_\_\_\_ Why or why not? \_\_\_\_\_

\_\_\_\_\_

Thanks for coaching!

# Team Parent Designation

All teams must have a team mom/dad designated as an additional point of contact.

Please indicate the name of this person for your team:

Team Parent: \_\_\_\_\_

Team Parent's E-mail: \_\_\_\_\_

Team Parent's Player's Name: \_\_\_\_\_

Also, please direct your team parent to follow the volunteer registration instructions in this packet (also available online under the 'About Us' tab)



# COACH' S PRESEASON TEAM ASSESSMENT

Please complete the following information so that we may gain some insight into your team's ability. If you are coaching multiple teams, please fill out one sheet for each team:

On a scale of 1-10 with 10 being the best, please give an honest evaluation of your team's competitiveness \_\_\_\_\_ -or- No Idea

Has this team played together in the past? YES \_\_\_\_\_ NO \_\_\_\_\_

If YES, how many years? \_\_\_\_\_

What was the team's division and record last year? \_\_\_\_\_

Does your team have any players playing down? YES \_\_\_\_\_ NO \_\_\_\_\_

Does your team have any players playing up? YES \_\_\_\_\_ NO \_\_\_\_\_

How many times per week will you practice? \_\_\_\_\_

Have you already begun practicing? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, what was the date of your 1st practice? \_\_\_\_\_

**In the Fall, we do not split teams into divisions, however, please select the division your team would most likely fall into :**

\_\_\_\_\_ **COMPETITIVE:** An above average team, usually with handpicked players for set positions by a coach and/or parent representative. These teams have played together before in other leagues or through travel baseball. (These teams may go to other parks to play other competitive teams.)

\_\_\_\_\_ **RECREATIONAL:** Fun is the name of the game in this level -- generally are newly-formed teams aiming to improve their skills but not wishing to play tough competition. These teams focus on education and development of each player in every position.

# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR COACHES

(Adapted from CDC “Heads Up Concussion in Youth Sports”)

**Read and keep this page.  
Sign and return the signature page.**

### THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussion can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

### WHAT IS A CONCUSSION?

Concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth, causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

### HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete’s behavior, thinking or physical functioning.

Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she can’t recall coming to the practice or game.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

## SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness, even briefly</li> <li>• Shows mood, behavior or personality changes</li> <li>• Can't recall events prior to hit or fall</li> <li>• Can't recall events after hit or fall</li> </ul>	<ul style="list-style-type: none"> <li>• Headache or "pressure" in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just "not feeling right" or "feeling down"</li> </ul>

### WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

### WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first – usually within a short time period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal.

### HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

An athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

Below are five gradual steps you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks or months.

**BASELINE:** Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

**STEP 1:** Begin with light aerobic exercise only to increase an athlete's heart rate. This means about five to 10 minutes on an exercise bike, walking or light jogging. No weightlifting at this point.

**STEP 2:** Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

**STEP 3:** Add heavy non-contact physical activity such as sprinting/running, high-intensity stationary biking, regular weightlifting routine and/or non-contact sport-specific drills (in three planes of movement).

**STEP 4:** Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

**STEP 5:** Athlete may return to competition.

If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing himself or herself too hard. The athlete

should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

## PREVENTION AND PREPARATION

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure athletes follow the rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Wearing a helmet is a must to reduce the risk of severe brain injury and skull fracture. However, helmets are not designed to prevent concussion. There is no "concussion-proof" helmet. So even with a helmet, it is important for kids and teens to avoid hits to the head.

Check with your league, school or district about concussion policies. Concussion policy statements can be developed to include:

- The school or league's commitment to safety
- A brief description of concussion
- Information on when athletes can safely return to school and play.

Parents and athletes should sign the Parent Information and Signature Form at the beginning of the season.

## ACTION PLAN

## WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

### **1. REMOVE THE ATHLETE FROM PLAY.**

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

### **2. ENSURE THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.**

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

### **3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.**

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for signs or symptoms that appear or get worse once the athlete is at home or returns to school.

### **4. KEEP THE ATHLETE OUT OF PLAY.**

An athlete should be removed from play the day of the injury and until an appropriate health care provider\* says he or she is symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.

\* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

### **REFERENCES**

1. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
2. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the 10M Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academies Press, 2002.
3. Centers for Disease Control and Prevention. Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-27. Available at: [www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm)

If you think your athlete has a concussion take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR COACHES

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

**Sign and return this page.**

\_\_\_\_\_ I have read the *Concussion Information and Signature Form for Coaches*  
Initial

\_\_\_\_\_ I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to  
Initial return to play or practice on the same day.

**After reading the Information Sheet, I am aware of the following information:**

\_\_\_\_\_ A concussion is a brain injury.  
Initial

\_\_\_\_\_ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right  
Initial away. Other signs/symptoms can show up hours or days after the injury.

\_\_\_\_\_ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity  
Initial and referring him/her to a medical professional trained in concussion management.

\_\_\_\_\_ Student-athletes need written clearance from a health care provider\* to return to play or practice  
Initial after a concussion. \* (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)

\_\_\_\_\_ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received  
Initial a blow to the head or body that resulted in signs or symptoms consistent with concussion.

\_\_\_\_\_ Following concussion the brain needs time to heal. I understand that student-athletes are much  
Initial more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

\_\_\_\_\_ In rare cases, repeat concussion can cause serious and long-lasting problems.  
Initial

\_\_\_\_\_ I have read the signs/symptoms listed on the *Concussion Information and Signature Form for  
Initial Coaches.*

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name of Coach

# Game Schedule Request

Coach Last Name: \_\_\_\_\_ Division: \_\_\_\_\_ Are you the head coach of two teams? \_\_\_\_\_

**If you have players playing WNSL Flag Football, please list the coaches of those teams:**

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This calendar is where you make any scheduling requests. We schedule around WNSL Flag Football conflicts and can usually avoid work conflicts as well. If you know you will not be able to field a team on a certain week, let us know now and we can probably get you a double header on another week! We must know this before the schedule is released to even consider the alternate date, however.

**IF NEEDED, MY TEAM CAN PLAY ON SUNDAYS & WEEKNIGHTS \_\_\_\_\_ YES \_\_\_\_\_ NO**

<b>WNSL Fall Baseball Calendar</b>
<b>September 6</b>
<b>September 13</b>
<b>September 20</b>
<b>September 27</b>
<b>October 4</b>
<b>October 11</b>
<b>October 18</b>
<b>October 25</b>

## **Form Instructions:**

*Use the calendar to the left to make any schedule requests. Note that all requests are exactly that, and none are guaranteed. Please do not abuse this form by requesting all 10 a.m. games or something similar.*

To indicate a week that your team cannot play, place an 'X' in the appropriate box.

## **Also note the following dates of importance:**

- Fall break for Metro Nashville Schools: October 6-13
- Fall break for Private Schools varies but most are: October 16-19
- Fall break for Williamson County Schools: October 10-13

If you have other scheduling requests (back-to-back games, etc.), please indicate them here:

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