



ST. DUNSTAN ATHLETICS

Baseball Information Sheet

August 24, 2006

BASEBALL

Program: The baseball program is open to boys in grades 4 – 8. All eligible students of St. Dunstan Catholic School and the St. Dunstan Religious Education Program (CCD) are encouraged to play. Teams participate in the Peninsula Parishes/Schools League (PPSL). The league is comprised of Catholic Parishes from South San Francisco to Redwood City. Fourth graders play on “training” teams where the emphasis is on learning the sport in a fun and non-competitive environment, no scores are kept, and coaches pitch. Beginning in grade 5, game scores and league standings are kept and the boys pitch. In grades 6 – 8, teams may compete in post-season playoffs to determine PPSL champions. Grades 4, 5, and 6 play by Little League rules while grades 7 and 8 play by Pony League rules.

Time Line: Sign-ups for baseball take place in April prior to the next school year. Permission slips and registration fees are due at sign-ups. Practices begin in August before school is in session and games are played September through mid-November. Teams generally practice twice during the week. Practices are held at fields in Millbrae, typically Taylor and Lower Green Hills. Each practice session is 1½ to 2 hours long, depending on field availability. Each year St. Dunstan hosts a friendship tournament for Varsity and Eagles division teams. The tournament takes place the last weekend in August. To accommodate vacations, students in grades 7 and 8 are permitted to play in the Varsity tournament while students in grades 5 and 6 are permitted to play in the Eagles tournament. PPSL games generally take place on Sunday afternoons at fields in the area, we use Taylor for our home games. The first Sunday games are scheduled to start at 12:30pm. The league schedules each of our teams a minimum of 7 games. The season will conclude with an Awards Night where we recognize the efforts and accomplishments of our student-athletes and coaches.

Coaches and Parental Participation: Coaches are chosen by the Athletic Board. Upon completion of this most valuable service, coaches are credited 40 service hours. Contact the Baseball Commissioner or Athletic Director if you are interested in becoming a coach. Parents can earn service hours on Sundays by helping with field preparation, scorekeeping, and fundraising. All coaches are required to attend a Positive Coaching Alliance (PCA) Coach Workshop. Parents attend a Positive Coaching Alliance Parent Workshop every three years. Our volunteer coaches deserve our respect and support. Parents can support the coaches by dropping off and picking up their kids on time and by assuring the student-athletes are dressed appropriately and have all their equipment for games and practices. On game day, parents can support the team by cheering and praising their play. Remember to leave the coaching to the coaches. As we are reminded in our PCA workshops **“Coaches coach, referees referee, and parents praise.”**

Uniforms: Game uniforms will be loaned to each student-athlete. Uniforms are for game use only. The Uniform Commissioner will schedule uniform distribution and return days. Coordinate in advance with the Uniform Commissioner if unable to make the scheduled date.

Please refer to the Athletic Program Handbook for more information.