



Bring-A-Friend T-Ball Clinic Volunteer Info Sheet

IMPORTANT: If you are NOT feeling well, please do not attend the Clinic.

Complete: E-Signed Liability Waiver (NOTE: You cannot participate without a signed Waiver)
<https://editor.smartwaiver.com/w/61548eb1af6ad/web/>

Wear: Athletic clothes, Mask that covers your mouth and nose

Bring:

- Volunteer hour document (if needed)
- Extra Mask, Personal Hand Sanitizer, Personal Water Bottle

Location: Guenser Park
17800 Gramercy Place
Torrance, CA 90503

COVID-19 PROTOCOL

1. Everyone MUST WEAR MASKS that cover the nose and mouth.
2. Social distance as much as possible.

Schedule

8:15am – 8:45am	Volunteer Meeting
8:45am - 9:00am	Player Check-In
9:00am - 9:15am	Station 1
9:15am - 9:30am	Station 2
9:30am - 9:45am	Station 3
9:45am - 10:00am	Station 4
10:00am - 10:15am	Team Assignments
10:15am - 11:00am	Scrimmage (If time allows)

PLEASE BE AT GUENSER PARK BY 8:15am!

Player Check-in

Please keep Participants occupied by keeping them active before the start of the clinic. Activities can include basic stretches or rolling/tossing ball back and forth.

Stations (15 minutes/station):

Based on player turnout, divide the players into 4 groups. Coaches accompany groups to each station and lead training.

- Throwing Station
Players are taught basic throwing motions.
- Hitting Station
Players are taught how to hold the bat and will hit into nets off a tee.
- Fielding Station
Players will field ground balls from a coach and throw to a player/coach/net.
- Running Station
Players are taught to run through 1st base after a hit. Players pretend to hit and then run through 1st base. Coaches at home and 1st.

Scrimmage

Players will be split into teams and play a short game. Coaches are split amongst teams and will position/guide players. Stay alert and be encouraging! Each side will bat and field. If time permits, a 2nd inning can be played.

Responsibilities

- Instruct and encourage your Player(s) at each station with positivity and praise.
- Make sure your Player(s) are SAFE. If bats are present, carry the bat for your Player(s)
- Turn off phone. No ear buds please.
- Inform a Board Member IMMEDIATELY of any issues or injuries.

Hitting Off A Tee

- Keep kids at safe distance when batting (behind backstop)
- Batter has helmet at all times
- Tee is adjusted to the right height
- Distance from the tee
- Batting stance
- Step before swinging

Fielding The Ball

- Knees bent
- Catch ball in front
- Two hand catch (alligator)
- Throw into net

Running To First Base

- Drop the bat, don't throw
- Run as fast as you can to first base without slowing down
- Run all the way through and passed the base

Thank you for giving back to your community!