

## TEAM CAPTAINS HANDBOOK

<p><b>LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>• <b>Captains role:</b> head organiser/chief motivator for team, ensure players feel included and prepared; return weekly game scoresheets; minimum two co-captains varying gender; may recruit co-captain via volunteer or democratic vote; share duties/goals respectfully.</li> <li>• <b>Team recruitment:</b> Recruit players before and throughout summer season; Discounted registration fee student/financial hardship/second half of season; Minimum TEN players; gender balance rules affect game rostering.</li> <li>• <b>Educating:</b> Share Sydney Outfielders Slang Guide and Game Rulebook with players.</li> <li>• <b>External social events:</b> Organise additional team training sessions and social events for team bonding and communication/skills development.</li> </ul>	<p><b>SOCIAL COORDINATOR</b></p> <ul style="list-style-type: none"> <li>• <b>Nomination:</b> Each team requires a volunteer or democratically voted player (who is not the team captain) to perform this role &amp; also join a Facebook messenger group to share ideas.</li> <li>• <b>Role:</b> Responsible for checking weekly competition ladder on our website and contacting the opposing team's social coordinator prior to scheduled game to organise an inter-team event (eg. training session or social get together) OR a theme for the game (eg. funny hats, tutus, onesies, eco glitter or face painting).</li> <li>• <b>External social events:</b> If organising an inter-team social event, please keep in mind travel distance, travel/parking options, event costs for attendees, clear event communication, and finding something exciting that will benefit the group morale.</li> </ul>
<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• <b>Storage/transport/responsibility:</b> Team captains are responsible for transport, storage and security of our kit bags. Please collect these from our quartermaster at start of competition and inform committee if any equipment is damaged or missing</li> <li>• <b>Promote players purchase personal gloves for their own comfort/hygiene, either online from a trusted supplier or from a local store (perhaps organise a team visit).</b></li> <li>• <b>Referral to suppliers for personal purchases:</b>  <a href="http://www.diamondone.com.au/">www.diamondone.com.au/</a>  <a href="http://www.redstitches.com.au/">www.redstitches.com.au/</a>  <a href="http://www.greatrex.com.au/">www.greatrex.com.au/</a></li> </ul>	<p><b>TEAM UNIFORMS</b></p> <ul style="list-style-type: none"> <li>• <b>Financial Transparency:</b> If collecting payments from players, be transparent about all costs for merchandise/uniform orders and delivery, supply them with copies of order paperwork and receipts of payment.</li> <li>• <b>Referral to suppliers for personal purchases:</b>  <a href="http://www.blackchrome.com.au/">www.blackchrome.com.au/</a>  <a href="http://www.elitesports.net.au/baseball/">www.elitesports.net.au/baseball/</a>  <a href="http://www.gameclothing.com.au/shop/garments/softball-uniforms/">www.gameclothing.com.au/shop/garments/softball-uniforms/</a>  <a href="http://www.8mark.com.au/Baseball-Uniforms/Softball-uniforms">www.8mark.com.au/Baseball-Uniforms/Softball-uniforms</a></li> </ul>
<p><b>GAME RULE BOOK</b></p> <ul style="list-style-type: none"> <li>• <b>Safety concerns:</b> Please ensure your team engages in appropriate exercise warm-ups before each game, uses mobility drills during the game, and stretches together post game;</li> <li>• <b>Reinforce rules:</b> Before each game discuss common softball safety rules: No sliding to bases allowed, batters must always wear hats/headwear when sharing helmets, all batters must keep helmets on during game play, no metal shoe cleats allowed, and constantly promote player communication when ball is in play to prevent collisions/impact injuries.</li> <li>• <b>Dissuade players from bunting, stealing bases, stop games to discuss rules if needed.</b> Copy of league rules and by-laws are available on official website.</li> </ul>	<p><b>FIRST AID</b></p> <ul style="list-style-type: none"> <li>• <b>Inventory:</b> Each kit bag contains a small first aid kit stocked with only basic essentials: wound dressings, bandages, scissors, gloves and instant ice-pack. We recommend team captains co-ordinate someone to bring along an ice-pack to weekly games as an extra precaution.</li> <li>• <b>Team first aid nominees:</b> Investigate who has current first aid training and willing to help as a first aid responder on the field.</li> <li>• <b>Injury management/reporting:</b> Contact emergency services for any serious injuries or illness. All incidents must be written up and committee advised of date, time, location, symptoms, patient history, witnesses and treatment provided.</li> </ul>
<p><b>LEAGUE CALENDAR</b></p> <ul style="list-style-type: none"> <li>• <b>Event promotion:</b> Discuss upcoming league social events on team communications or social media; encourage your players to foster inter-team comradery at these events.</li> <li>• <b>Bunnings Alexandria Sausage Sizzle Fundraiser:</b> We are asking captains to recruit three volunteers from your team (may include yourselves) to donate an hour or so of their time to assist with our fundraiser on Sunday 29 October between 8:30am-4pm; volunteers can wear team uniform, and can signup here:  <a href="https://signup.com/go/dyptqvg">https://signup.com/go/dyptqvg</a></li> <li>• <b>Committee volunteer recruitment:</b> Sydney Outfielders committee has some positions vacant and we require further volunteer assistance with our projects – no special skills or experience required, great opportunity to make friends and support community sport!</li> </ul>	<p><b>SYDNEY OUTFIELDERS SOFTBALL ASSOCIATION</b></p> <ul style="list-style-type: none"> <li>• <b>Wish to thank you for donating your time, your energy, and your empathy to support your team and all the softball players involved with Sydney Outfielders.</b></li> <li>• <b>Important contact details:</b>  Sydney Outfielders Committee – E: <a href="mailto:info@sydneyoutfielders.org.au">info@sydneyoutfielders.org.au</a>  League President: Benjamin Newman – M: 0414999464  League Vice President: Jared Young - M: 0452272780  Parklands Ranger – unlock field toilets M: 0412718611  Centennial Parklands Weather Map -  <a href="http://www.centennialparklands.com.au/visit/maps?type=sports#/park/3183">www.centennialparklands.com.au/visit/maps?type=sports#/park/3183</a></li> </ul> 