



Broken Arrow Youth Baseball

Serving BA Youth Since 1972

BAYB - 'Round The Horn

Heat Injury Prevention

Volume 3, Issue 4, June 2010

Now that summer is here, so is the heat and risk of Heat Injury. Heat Injury is a generic term for a list of heat related illnesses such as Heat Stroke, Exhaustion, and others. BAYB has a heat injury fact sheet on our [website](#). Taking breaks from the heat, staying hydrated, and limiting time in direct sun are a few of the ways a Player can reduce the chance of heat injuries.

Baseball has built in break periods when on offense, and usually dugouts provide some shade. Players therefore should concentrate on staying hydrated. This starts hours before the game. If you wait until you're thirsty, it is too late. The average player should drink at least 15-20 ounces (oz) of fluids every hour for the 2-3 hours before a game. Then drink 8-10 oz of fluids every 15 minutes 1 hr before and during games. Stay away from drinks with excess sugar, caffeine, alcohol, and hot drinks. Water and sports drinks are best.

On the Mound – Hydration

“If you wait until you're thirsty, it is too late”

Baseball Done Right - “Be a Good Sports Parent”

Give consistent encouragement and support to children regardless of the degree of success, the level of skill or time on the field.

Stress the importance of respect for coaches through discussions with their children.

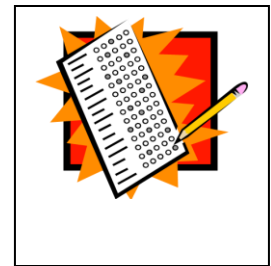
Attend team meetings. Agree to abide by the rules.

Serve as role models, see the "big picture" and support all programs and athletes.

Ensure a balance in athletes' lives, encouraging participation in multiple sports and activities with academics first.

Leave coaching to coaches and do not criticize coaching strategies or team performance.

Show good sportsmanship by saluting fine performances, demonstrating respect for all coaches, officials and players, and by refraining from antagonistic behavior intended to interfere with the athletes' performance



Visit our website and under the [Surveys and Feedback Link](#) you will find several surveys which you may complete to tell us how you feel about BAYB.



2010 WSM Scholarship Winner

Cody Blackstock

Congratulations Cody and good luck in school.

League and Other News

Warren Spahn Memorial Scholarship The WSM Scholarship is given to recognize an outstanding BAYB player, volunteer, umpire, or contract employee on and off the field. The 2010 Winner is Cody Blackstock. Cody played in BAYB for many years and currently is an Umpire.

Registration for **Summer Baseball** is underway. We will also offer **Fall Baseball** again this year. **Registration is by team only.** Players looking for a team should e-mail us at bayouthbaseball.rec@windstream.net a short personal ad to be posted on our website. The Summer Ball Coaches meeting will be 7:00 pm on July 7th @ the ballpark. Season will begin July 18th. We expect to play double headers on Sundays.

Fall Ball Registration begins 11 July. Watch for our Golf tournament announcement and our Fall Classic 1 day tournament announcement on our website in the coming weeks.

Visit our [Website](#) to see the list of Raffle Drawing Winners!

Congratulations to all Players on a great 2010 Spring Season! Our Champions and Runner Ups will be featured in next month's edition.

Upcoming Events and Key Dates:

June

1st – Summer Ball registration begins
 15th – Player Appreciation and Trophy Night, WSM Scholarship Awarded, \$10,000 Raffle Drawing
 19/20th – Super Series Tourney
 24/26th – Super Series STATE

July

7th – Summer Ball Coaches meeting
 10th – 10U-14U [AAYBA World Series](#)
 11th – Fall Ball Registration Begins
 18th – [Summer Ball](#) starts
 24th – 14U NBC World Series

[Click here for Tournament Schedule](#)

BAYB Partners/Sponsors:



BAYB is a 501(c)3 entity and as such your or your company's donation or sponsorship may be tax deductible. We have several levels of [advertising and sponsorship packages](#) that include our advertising your business and other business opportunities. [Complete list of Sponsors and contributors.](#)

Coaches Corner — Hot Topics and Tips

1. Please fill out our member [Surveys](#). These surveys are your opportunity to provide feedback that we can use to improve next year.
2. Did you know: BAYB offers plenty of [post season play](#) opportunity?
3. Now that the season is over take advantage of the BAYB coaches free membership and reduced fees at Battle Creek. Just bring them your Coach's card for verification.
4. If playing in a National or World series here are a few tips to help your team be better prepared.
 - a. Travel a day early; let them get the excitement of being in a hotel and wanting to stay up late out of their system.
 - b. Make sure to set an in bed time for the team. Rest the night before is critical.
 - c. Allow some fun time but limit the time at the pool. The sun and exercise can wear them out.
 - d. Limit time outside between games, go to a movie.
 - e. Bring fruit and cool rags into the dugout.
 - f. Get all players involved in the games. Should someone get injured you will have not be bringing someone in cold and should have an idea of how they are playing.
 - g. Read the rules, have a copy with you.
 - h. Look for indoor cages for practice, not fields (heat).
 - i. Keep it FUN!

BAYB is comprised of over 450 members dedicated to promoting, developing, sustaining, and supervising a youth baseball program. Which includes, but is not limited to: teaching baseball rules, baseball skills, and values of teamwork, sportsmanship, safety, and other characteristics of moral citizenship.

BAYB wishes to thank the following companies for their support in helping us meet our objectives and support our community. Please thank them by providing them an opportunity to meet your needs.

Rons	Academy	Chad Moss Photo
Uncle Vinny's	Perfect Practice	CiCi's
Anytime Fitness	St Gregory U	All Star
Battle Creek	Bass Pro	Daylight Doughnuts
BA Rotary		

Visit us at www.baybonline.com or follow us on Facebook — Broken Arrow Youth Baseball

Questions or Comments: Email us at bayouthbaseball@valornet.com