

FOOTHILLS FURY

2019 COACHES MANUAL



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2019 FURY CONTACT LIST

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Coach Requirements

Calgary Minor Softball Association Districts/Organizations must ensure that all teams meet the requirements outlined in the chart below. Any team that does not meet the requirements outlined is not an eligible team and therefore is not able to participate in league play for Calgary Minor Softball until all requirements are met.

Calgary Minor Softball Coaches Orientation	Completed and current Police Check	NEW Respect in Sport	MED (Making Ethical Decisions)	NCCP Certified – Level 1 or 2
All Divisions U8 – U19	All Divisions U8 – U19	All Divisions U8 – U19	All Divisions U12 – U19	Divisions U12 – U19
✓	✓	✓	Required for Provincial Play	Required for Provincial Play

2019

RESOURCES

Foothills Fury – www.foothillssoftball.ca

Coaching Documents/Practice Plans/Warm up Plans/Pitching Warm ups - <http://foothillssoftball.ca/coaching>

Forms - <http://foothillssoftball.ca/policies-%26-forms>

Fury Classic Information - <http://foothillssoftball.ca/tournament>

Calgary Minor Softball Association - <http://calgaryminorsoftball.com/>

Calgary Minor Softball Rule Book -

http://calgaryminorsoftball.com/page.php?page_id=39230

Season Schedules/Standings -

<http://calgaryminorsoftball.com/divisions.php>

Weather News - http://calgaryminorsoftball.com/page.php?page_id=39185

Softball Alberta - <http://www.softballalberta.ca/>

Softball Alberta Tournaments -

<http://www.softballalberta.ca/Tournaments/tournaments-listings.asp>

Softball Alberta Handbook -

<http://www.softballalberta.ca/Resources/Handbook/2018Handbook.pdf>

Provincials - <http://www.softballalberta.ca/Championships/championships-provincials.asp>

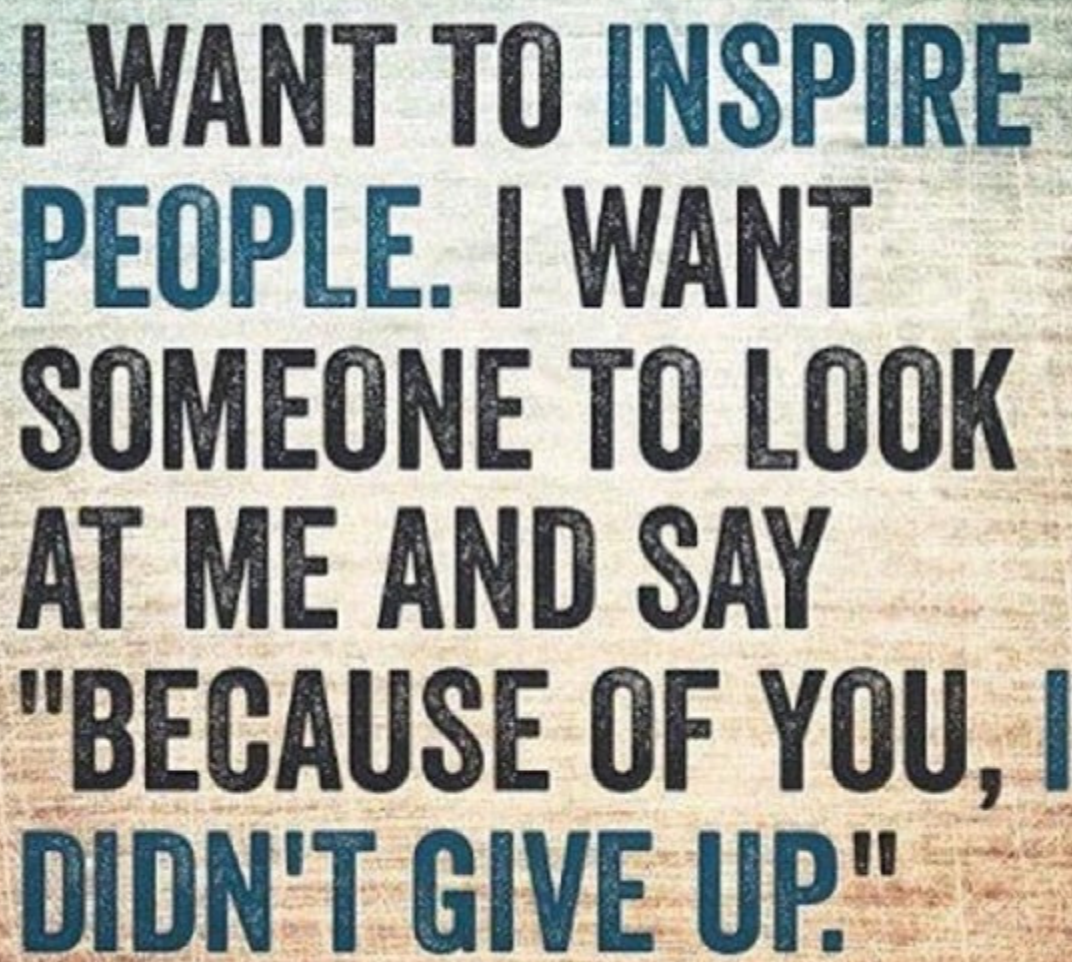
Coaching Association of Canada - <https://www.coach.ca/>

Coaching Tips - <https://www.coach.ca/coaching-tips-p157343>

Softball Canada- <https://softball.ca/>

Base Coach Position Description - <http://www.coaching-fastpitch.com/base-coaches.html>

Creating Signs and Signals - <http://www.coaching-fastpitch.com/signals.html>



**I WANT TO INSPIRE
PEOPLE. I WANT
SOMEONE TO LOOK
AT ME AND SAY
"BECAUSE OF YOU, I
DIDN'T GIVE UP."**

2019 COACHES ORIENTATIONS



NOTE: All Calgary Minor Softball coaches must have either a complete Level I Softball NCCP (On-Going Sport) or a Calgary Minor Softball Coaches Orientation Number. Coaches who do not have Softball NCCP Certification must take a “one time only” Orientation Session in order to coach.

Coaches must have a minimum Level I, Community On-Going Sport Softball NCCP complete with their MED (Make Ethical Decisions) in order to participate in Softball Alberta Provincials.

Location:

Hitz Okotoks, 64062 – 393 Avenue East, Aldersyde

Dates:

Wednesday, April 10

6:00 pm – 9:30 pm

Saturday, April 13

9:00 am – 12:30 pm

Saturday, April 13

1:00 pm – 4:30 pm

Tuesday, April 23

6:00 pm – 9:30 pm

***PLEASE BRING YOUR GLOVE AND A BAT IF YOU HAVE ONE**

PRE REGISTRATION IS REQUIRED

Coaches please pre-register for orientations by emailing:

fastpitch@calgaryminorsoftball.com

2019 POLICE CHECKS

The Okotoks RCMP detachment will provide Criminal Record and Vulnerable Sector Checks to local residents only (Okotoks or De Winton). These checks are provided for various purposes such as volunteer work.

The 2019 Fee for the Volunteer RCMP Criminal Record Check is **\$5.00**.

In order to obtain a certified Criminal Record or Vulnerable Sector check, you will be required to fill out the Criminal Record Check Letter (next page) and take it to the Okotoks RCMP detachment to process. You will be required to fill out a form through the RCMP as well.

Please Note: all fees must be paid by exact cash only; there is no debit or credit payment option available at this time.

Criminal Record Checks take between one (1) to three (3) weeks to process and LiveScan (electronic fingerprinting) requests can take up to six (6) months for processing.

Applicants are required to produce two (2) pieces of valid ID:

- 1) One must be photo ID with a local address (ex: Alberta Identification Card or driver's license)
- 2) The second can be an Alberta Personal Health Card, Social Insurance Number, Canada Passport, or Birth Certificate.



FOOTHILLS FURY FASTPITCH ASSOCIATION

www.foothillssoftball.ca

fury@foothillssoftball.ca

January 1, 2019

To whom it may concern,

This is to inform you that we, Foothills Fury Fastpitch, a registered non-profit in the Province of Alberta, require a criminal record check/Vulnerable Sector Check on the below named individual. This is required of all volunteers or employees prior to any type of participation within our membership. Should you have any questions please email fury@foothillssoftball.ca.

Person requiring Criminal Record Check: _____

Sincerely,

Lea Sherwood
President, Fury Fastpitch

Notes to Volunteers:

- 1) Please take this to your local RCMP detachment.
- 2) You will require 2 pieces of identification- one must be a driver's license with your local address on it.
- 3) To pick up your completed check you must appear in person.
- 4) You must submit the completed CRC, certified by the RCMP, to Fury Fastpitch.

2019 RESPECT IN SPORT



RIS Certification is required by All coaches and managers listed on the player roster. The course MUST be completed prior to April 9, 2019.

The Respect in Sport Program is an online certification program designed to protect our youth as well as enhance Calgary Minor Softball of providing a safe and fun environment for all our participants. It is Canada's leading online bullying, abuse, harassment, and negligence prevention program for parents, coaches, and community leaders.

Respect in Sport Activity Leader/Coach/Officials

Provides in-depth information about bullying, abuse, harassment and neglect. It demonstrates negative behaviors and provides ideas of how a situation may be best handled, including valuable information from subject matter experts delivered in a clear and concise fashion, and asks questions of the leaders based on the scenarios presented. Specific topics include: definitions of bullying, abuse, harassment, neglect and discrimination, cyber-bullying, hazing, use of power, emotions, how to respond, reporting, moral and legal issues, and development.

<https://calgaryminorsoftball.respectgroupinc.com/>

2019 NCCP COACHING CLINICS



All coaches wanting to coach at a Provincial Championship are required to be at least Level 1 Certified or have the Community Sport - On Going certification. If you are coaching a team that is playing in a provincial that leads to Post-Provincial play, such as a Western or Canadian Championship, you are required to be at least Level 2 Certified Softball Coach or the certified in the "Competition Introduction Stream"

You can find the links for Coaches Certification Clinics at:

<http://softballalberta.ca/Coaches/coaches-certification-clinics.asp>

(Replacing the Level 1 technical clinic) This clinic provides you with your technical, practical and theory in one week-end. The clinic focuses on coaches encouraging participants of all ages to continue in the sport for fun, fitness, skill development, and social interaction. This clinic takes a minimum of 12 hours.

2019 COACHES CATEGORY MEETINGS



Note: A Representative (Preferably Head Coach) from each team must attend the category meetings

Location:

300, 12 Manning Close NE, Calgary, AB

U10 Coaches

Monday, April 15
6:00 pm – 7:30 pm

U12 Coaches

Monday, April 15
7:40 pm – 9:00 pm

U14 Coaches

Tuesday, April 16
6:00 pm – 7:30 pm

U16 and U19 Coaches

Tuesday, April 16
7:40 pm – 9:00 pm



2019 KEY DATES

April 24 Round 1 Begins

April 26, 27 & 28 Round 1 Weekend Play

NOTE:

June 1, PROVINCIAL REGISTRATION DEADLINE

June 5, U12 Round Ends

June 6, U10 Round Ends

June 10, U12 City Championships Begin

June 11, U10 City Championships Begin

June 13, U14 Premier, Div. 1, 2 & 3 Round Ends

June 15, PROVINCIAL ROSTERS DUE TO SOFTBALL ALBERTA

June 14-16, U10 & U12 City Championship Weekend Play

June 18, U14 Premier, Div. 1, 2 & 3 City Championships Begin

June 19, High School Round Ends

June 21-23 U14 Premier, Div. 1, 2 & 3 City Championship Weekend Play

NOTE: June 21-23 Alternate Weather Delay weekend for U10, U12

High School - June 24 to July 5 City Championships

Provincials

<http://www.softballalberta.ca/Championships/championships-provincials.asp>

2019 TOURNAMENT INFORMATION

This is just a sample of tournaments. There are many other tournaments listed and it will continue to be updated, so please keep checking back.

Date	Categories	Location	Contact	Details
May 3-5 Spring into May Tournament	U12B, U14A/B, U16B, U19A	Strathmore	Register at strathmorefastpitch.com Email for info – strathmorefastball@hotmail.com	4 Games Guaranteed, Championship Awards. Camping at Ball Park – AG Society Operated 403-934- 5811 http://www.strathmoreag.com/contact
May 24-26 Buck Schrader Tournament	U10 & U12	Edmonton	Jeff Christie 780-983-8610 jeff.christie@shaw.ca	https://mystars.knack.com/eysa#events/
May 25-26 Lorraine Wolfe Spring Classic	U12C/D, U14C/D, U16C/D Recreational	Leduc	Terry Isherwood 780-203-6442 leducminorsoftballtournament@gmail.com	\$450 entry, 4 games guaranteed. Max 8 teams in each division Online registration can be found: https://www.leducminorsoftball.ca/Tournament
June 7-9 Foothills Fury Classic	U10, U10 Modified, U12B/C/D, U14B/D, U16C, U19B	Okotoks	Karen McLellan foothillsfuryclassic@gmail.com	Entry Fees: U10 – \$400, U12 – \$425, U14-19 – \$450

<http://www.softballalberta.ca/Tournaments/tournaments-listings.asp>

All Foothills Fury teams are required to attend the Foothills Fury Classic

PARENT MEETING TEMPLATE

This is a sample document meant to help you, the coach, put together a summary of the season for your parents. Please use this as a guide to help get your season off on the right foot.

Foothills Fury Parent Meeting (U14)
Sunday, April 3, 2019

Introductions

Head Coach: Name, email, phone number

Team Manager: Name, email, phone number

Assistant Coaches: Name, email, phone number
Name, email, phone number

Volunteers: Name, email, phone number

Gear

As a parent, you are responsible for outfitting your athlete in the apparel they require:

- Foothills Fury Jersey*
- Black ball pants, teal belt & black knee high socks.
- Ball Glove.
- Jill protective gear.
- CSA approved helmet with dual ear flaps, fastened chin strap, and attached face mask.
- Proper running shoes or softball cleats (NO metal cleats or spikes). Crocs, clogs, bare feet or sandals are NOT permitted.
- No exposed jewelry allowed.
- ALL pitchers must use an approved fielding mask from all levels U10 and above.

Optional - Pitching masks for fielders, short sleeve under shirts, shorts, hoodies, Long Sleeve Pullover

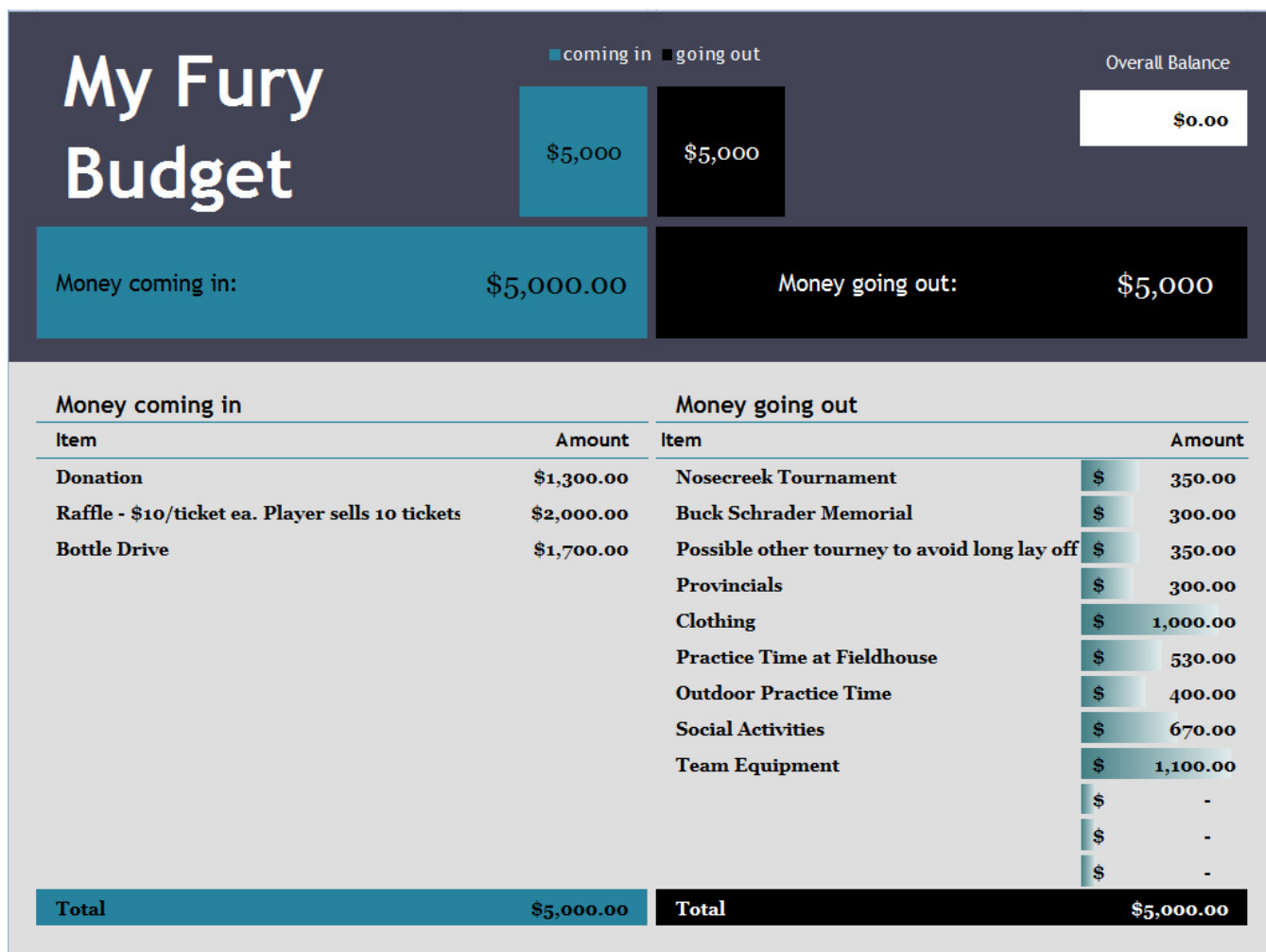
* A \$60 deposit will be required at the time of receiving your jersey for the season, upon the return of the jersey, your deposit will be returned to you.

Budgeting

Preliminary Budget (Please use the Team Financial Budget Form – will be emailed to you)

(Continued)

PARENT MEETING TEMPLATE



Team Objectives

- Focus will be on overall player/team development
- Compete at a high level – this has nothing to do with winning, but may be an outcome of it
- Listen, learn and have FUN!
- I am a firm believer that SUCCESS on the field is directly related to the encouragement that the athletes get when they are off the field. If the parents get along – the players will get along and success will follow.
- We will live by the values of sportsmanship, skills, commitment and competition, resulting in an increased confidence in our athletes

(Continued)

PARENT MEETING TEMPLATE

Team Rules

All players (and their parents) are expected to:

- RESPECT the game, your opponent, your teammates, your coaches, your parents and most importantly YOURSELVES
- Never question an umpire's call and never throw your bat or glove in frustration. **Consequence = bench for the rest of the game (minimum)**
- Inappropriate actions or words targeted at opposing players, parents or coaches will not be tolerated. **Consequence = bench for the rest of the game (minimum)**
- **Our Social Media Policy is very important to us and will not be taken lightly. This is a zero-tolerance policy. Please read and understand the policy and its consequences.**
- ONLY team players and coaches on the bench – no siblings, friends, or parents please
- During games and practices I ask that the COACHES are the only ones COACHING. This will ensure that the girls are not getting mixed messages or confused about what we are asking them to do.
- If you would like to work on skills with your daughters at home, please be sure to ask your coaches how we are teaching those skills so the techniques stay consistent. Our methods of coaching are based on the Alberta Minor Softball Association coaching clinics and have been implemented as the Standard for the Foothills Fury.
- I encourage ENCOURAGEMENT – but will ask that constant 'CHEERING' from the bench be kept to a minimum. This is not RESPECTFUL to the other team, your teammates or to the game.
- Have uniforms tucked in, hair pulled back, no jewellery
- **Be at all games at LEAST 45 minutes prior to start time (on time is LATE). This will ensure proper warm up and give the coaches time to adjust line ups or drills as necessary**
- **Please be at all practices at least 15 minutes prior to start time**

(Continued)

PARENT MEETING TEMPLATE

- If during GAME DAY or PRACTICE DAY you are going to be late due to things out of your control – please contact Coach Name or Team Manager Name at your earliest convenience, or UPDATE Team Snap, so that we can plan accordingly.
- PARENTS-If a player is hurt or has an injury PLEASE be sure that the Coaches or the Team Manager is made aware as soon as possible.
- PARENTS - Please make Team Manager/First Aid Coordinator aware of any allergies that your child may have, and if you are not able to attend a game or practice – make sure that any medication that your child may require is given to one of the team Staff
- If any player requires assistance getting the catching gear on, this will be done by one of the female Team Staff.
- If your child is going to miss a game or practice – please inform Coach Name or Team Manager Name 48 hours prior when possible.
- **We will be implementing the 24 HOUR RULE when it comes to any issues that a parent may have regarding their child's treatment or playing time. These concerns should go to the Team Manager first, and then (Name) will discuss with the coaches and will be dealt with in an appropriate manner.**

Playing Time

Working hard, applying yourself and character will be the basis for playing time

Playing time will always be FAIR, but will not always be EQUAL. This is a competitive division team, and as such, decisions will be made during the season to help the TEAM achieve their goals. (This can be changed based on the level of your team).

League Play – Playing time is fair, positional play is fair between infield and outfield. A player may play numerous positions, if desired. However, I will take a more strategic approach when it comes to pitching, catching, 1B and 3B due to the higher potential for injury. As league play approaches the end of the year, I may be limiting the number of pitchers being used so that the top pitchers can get enough innings of work to keep progressing.

The goal of league play is to give athletes a chance to develop their skills and demonstrate their capabilities

Continued

PARENT MEETING TEMPLATE

City Championships

All girls will play, however, we will be taking a more competitive approach when it comes to positional play.

Tournaments

All girls will play, however, we will be taking a more competitive approach when it comes to positional play.

The goal of tournament play is to compete

PROVINCIALS

Every effort will be made to get each girl playing time at Provincials, but we will be playing the players that we feel will give us the best results at each position. NOTE: during Provincials only the 9 players that are in the field will be batting. This is different than League and Tournament play.

NOTE

Practices are the best times for a player to prove they deserve more playing time. Work hard and get rewarded. If a player had any concerns about their playing time or what they need to improve on, please have them come talk to one of the coaches. We will be glad to work with them and help them improve.

Important Dates

IMPORTANT DATES		
Event	Location	Dates
League Games	Vista Heights Calgary	Every Tues and Thurs
CMSA opening tournament	Vista Heights, Calgary	April 29 – May 1
Nose Creek tourney	Vista Heights, Calgary	May 6-8
Buck Schrader Mem Tourney	Edmonton, Alberta	Jun 3-5
FootHills Summer Sizzler	Okotoks	June 9-11
U14 Round 2 Ends		June 16
U14 City Championships start	Vista Heights, Calgary	June 21
U14 Championship weekend	Vista Heights, Calgary	June 24-26
possible tourney before Provincials	TBD	TBD
U14 Provincials	Edmonton, Alberta	July 8-10

We will look into establishing a weekly practice night, which will likely be Sunday nights, unless we are playing in a tournament that weekend.

Thank you so much for coming tonight. We are very excited and can't wait to get started!!!! **PLAY BALL!!**

Fundraising and Team Finances Policy

Purpose - To raise extra funds for an individual team to support the additional costs throughout the season. Fundraising can also create great team bonding moments throughout your season.

When fundraising, you are representing your Foothills Fury Fastpitch Association within the community, please remember this and represent us in a positive and professional manner.

The maximum amount of funds a team can accumulate during the season is \$5,000. These funds are to be used towards tournament entry fees, apparel, and anything else the team deems necessary. We strongly encourage that at least 1 team fundraising initiative is taking place. Suggestions are below:

Bottle Drive	Online Silent Auction	Car Wash	Home Run Derby	Bake Sale
Sponsorship	Used Book Sale	Talent Show	Prize Raffle	Team Yard Sale

Teams can request a higher team limit, but it must be formally submitted to the Association at fury@foothillssoftball.ca.

If any fundraiser requires a license or includes gambling, this must be formally submitted to the Association for approval at fury@foothillssoftball.ca.

Cash calls should only be requested when absolutely necessary. A team may ask for no more than \$200/family for Tier 1 teams and \$100/family for other tiers.

All proceeds from fundraisers must be deposited into a team bank account and recorded as part of the team financials. Banks will open a team account with some paper work from the Foothills Fury Fastpitch Association.

At no time should a team's financial balance be in the negative.

Team funds do not roll over year to year.

Any and all excess funds at the end of the season must be (completed in the following order):

- used to pay for any outstanding bills that are the responsibilities of the team
- divided up evenly and given back to the families to a maximum of what was asked for a cash call.
- if there are funds still left over, they are to be presented to the association to be donated back to the association.

Teams will be required to submit a team financial budget by the **2nd week of May** outlining how much money they will require for the season.

An Association financial report will be supplied for use to the Team Managers once they have been determined.

The final team financial report will be due the **2nd week of July** (including bank statements and receipts).

2019 Foothills Fury Pre-Season Questionnaire for Participants

REASONS WHY I AM INVOLVED IN SOFTBALL

My Name: _____

My Age: _____

I am involved with Softball because...

This season would be really **FUN** for me if...

This season would be really **FUN** for the team if...

When I perform in Softball, I think my strengths are...

I would like the coach to help me improve...

What I expect to get out of this season is...

What I expect I have to put into this season is...

GO FURY!



2019 Foothills Fury Pre-Season Questionnaire for Parents

Why did you register your child in Softball?

What are your expectations of the program leaders, and specifically of the coaches?

In your opinion, what goals should be set for the team by the team leaders?

Identify values that you think should be promoted by the program.

Participant's Name:

Parent/Guardian Name:

Date (YYYY/MM/DD):



Code of Conduct – Coaches

You, as a coach, can have a major effect on the development of an athlete of any age. The experiences our athletes have on and off the softball field, will last for lifetime and we hope it instills the love of the game. The Foothills FURY Fastpitch Association works to ensure the coach/athlete relationship and the educational setting is always a positive experience so that each athlete's learning curve can be maximized to its fullest.

In order to enjoy the season and to allow others to do the same, FURY asks that coaches and assistant coaches please follow these guidelines:

- I will be a role model for each athlete that I coach by using praise, positive encouragement, displaying control, professionalism, and respect for my team, Foothills Fury Fastpitch Association and Calgary Minor Softball Association.
- I will be familiar with and coach under Calgary Minor Softball Association rules.
- I will encourage sportsmanship, and be courteous and respectful to all athletes, parents/guardians, coaches, officials, umpires and other fans of the game.
- I will be reasonable when scheduling practices and other activities, remembering that the athletes on my team have other interests and obligations.
- I will ensure all players on my team receive equal skill development, support and fair playing time.
- I will teach the athletes on my team play fairly and to respect the rules, the officials, their opponents and their teammates.
- I will always show concern towards sick and injured athletes and will advise with medical professionals as to whether they are ready to play again.
- I will not ridicule or yell at the players on my team for making mistakes or performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that the equipment and facilities are safe and match the ages and abilities of the players on my team.
- I will obtain proper training and continue to upgrade my coaching skills so I am able to develop the athlete's skills and understanding of the game of softball.
- I will demand a sports environment for my athletes that is free from drugs (including cannabis), tobacco, and alcohol and I will refrain from their use at all sports events.
- I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or head of league organization.
 - Written warning.
 - Coaching game suspension with written documentation of incident kept on file by organization(s) involved.
 - Coaching season suspension.



2019 Foothills Fury Coaching Agreement Form

Being a coach or assistant coach within the Foothills Fury Fastpitch Association,

I _____, have read and agree to adhere, and abide to the Policies and Procedures outlined by the Association specifically including (and not limited to):

- Coaching Policy and Procedures
- Inventory Policy
- Fundraising Policy
- Social Media Policy
- Substance Use Policy
- Abuse and Harassment Policy
- Injury and Return from Injury Procedure
- Code of Conduct – Coaches

Name (printed):

Date (YYYY/MM/DD): _____/_____/_____

Signature:



Code of Conduct – Parent(s)/Guardian(s)

Our parents and fans represent The Foothills Fury Fastpitch Association when our teams play and practice. The actions of one of us can affect the image of all of us. Remember, we are all dealing with amateur athletics that is for enjoyment and fun. This encourages us to promote respect and fair play for all players, parents, fans, volunteers, coaches, officials and umpires.

In order to enjoy the season and to allow others to do the same, FURY asks that parents and their guests please follow these guidelines:

- I will remember that children participate to have fun and play by the rules. The game is for youth, not adults. Therefore, I will promote the emotional and physical well-being of my child ahead of any desires I have for my child to win.
- I will treat my team with respect and have my player and all their equipment arrive to games and practices on time.
- I will participate and adhere to the Fundraising policy.
- I will report to the coach of any physical disability/injury that may affect my child or the safety of others.
- I will provide my child with positivity and support every chance I get, no matter what the outcome of the game may be and/or their performance. It's ok to make mistakes!
- I will be a positive role model, encourage sportsmanship, and be courteous and respectful to all athletes, coaches, officials, umpires and other spectators.
- I will demand that my child treat other athletes, coaches, officials, umpires and spectators with respect regardless of race, creed, color, sex or ability.
- I will never ridicule, yell, engage in any kind of unsportsmanlike conduct or use inappropriate language at my child, other athlete, coach, official or umpire.
- I will demand a sports environment for my child that is free from drugs (including cannabis), tobacco, and alcohol and I will refrain from their use at all sports events.
- I will learn the rules of the game and the policies of the league.
- I will refrain from coaching my child or other players from the sidelines/stands.
- I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or head of league organization.
 - Written warning.
 - Parental game suspension with written documentation of incident kept on file by organization(s) involved.
 - Parental season suspension.



2019 Foothills Fury Parent(s)/Guardian(s) Agreement Form

Being a Parent/Guardian within the Foothills Fury Fastpitch Association,

I _____, have read and agree to adhere, and abide to the Policies and Procedures outlined by the Association specifically including (and not limited to):

- Social Media Policy
- Substance Use Policy
- Abuse and Harassment Policy
- Injury and Return from Injury Procedure
- Code of conduct – Parent(s)/Guardian(s)

☐ YES, I give my consent for Foothills Fury Fastpitch Association to use my child's full name, photo, video and/or other media may be used or published in the Fury website, social media or printed materials. I understand this mean my child may be featured in any media/publication under the control of the Foothills Fury Fastpitch Association.

☐ NO, I do not give my consent for Foothills Fury Fastpitch Association to use my child's full name, photo, video and/or other media may be used or published in the Fury website, social media or printed materials. I understand this means my child will not be featured in any media/publication under the control of the Foothills Fury Fastpitch Association.

Name (printed):

Date (YYYY/MM/DD): ____/____/____

Signature:



Code of Conduct – Athlete

You, as an athlete, represent The Foothills Fury Fastpitch Association when your team plays and practices. The actions of one of us can affect the image of all of us. Remember, we are all here for enjoyment and fun.

In order to enjoy the season and to allow others to do the same, FURY asks that athletes please follow these guidelines:

- I will give 100 % of my effort, positive attitude and sportsmanship on and off the field.
- I will respect, honor and be a contributor to the Foothills Fury Fastpitch Association.
- I will treat my team with respect and arrive to games and practices on time with all my equipment.
- I will respect, listen to and follow the direction and rules set out by my manager and coaches.
- I will respect my team members and other athletes.
- I will never ridicule, yell, engage in any kind of unsportsmanlike conduct or use inappropriate language at other athletes, coaches, officials or umpires.
- I will maintain an environment that is free from drugs (including cannabis), tobacco, and alcohol and I will not be under the influence of these substances and will refrain from their use at all sports events.
- Be proud to be an athlete for the Foothills FURY Fastpitch Association and have FUN doing it!
- I also agree that if I fail to abide by these rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or head of league organization.
 - Written warning.
 - A game suspension with written documentation of incident kept on file by organization(s) involved.
 - A season suspension.



2019 Foothills Fury Athlete Agreement Form

Being an athlete within the Foothills Fury Fastpitch Association, I

_____, have read and agree to adhere, and abide to the Policies and Procedures outlined by the Association specifically including (and not limited to):

- Social Media Policy
- Substance use Policy
- Abuse and Return from Injury Procedure
- Code of Conduct – Athlete

Name (printed):

Date (YYYY/MM/DD): ____/____/____

Signature:



2019 Foothills Fury Athlete Medical Form (Page 1 of 2)

Full Name: _____

Date of Birth: Day _____ Month _____ Year _____

Address: _____

Postal Code: _____

Alberta Personal Health Card Number: _____

Mother's Name: _____

Mother's Telephone: _____

Father's Name: _____

Father's Telephone: _____

Person to contact in case of accident or emergency, if parents are not available

Name: _____

Telephone: _____

Doctor's Name: _____

Last Tetanus Shot: _____

Dentist's Name: _____

Telephone: _____

Please circle the appropriate response below pertaining to the athlete:

YES NO Previous history of concussions

YES NO Fainting episodes during exercise

YES NO Epileptic

YES NO Wears glasses (YES NO Are lenses shatterproof?)

YES NO Wears contact lenses

YES NO Wears dental appliance

YES NO Hearing Issues

YES NO Asthma



2019 Foothills Fury Athlete Medical Form (Page 2 of 2)

YES NO Trouble breathing during exercise

YES NO Has had an illness lasting more than a week in the
past year

YES NO Medication

YES NO Allergies

YES NO Surgery in the last year

YES NO Has been in the hospital or hospitalized in the last
year

YES NO Presently Injured

YES NO Heart Condition

YES NO Diabetic

Please give details below if you answered "YES" to any of the
above items.

Medications: _____

Allergies: _____

Medical Conditions: _____

Recent Injuries: _____

Any information not covered above: _____

Date of last complete physical examination: _____

Any medical condition or injury problem should be check by
your physician before participating in a softball program.



ACCIDENT REPORT FORM

Date of Report: ____/____/____
dd mm yyyy

PATIENT INFORMATION

LAST NAME:		FIRST NAME:	
STREET ADDRESS:		CITY:	
POSTAL CODE:		PHONE: ()	
EMAIL:		AGE:	
SEX: ____M ____F	HEIGHT: ____	WEIGHT: ____	DOB: ____/____/____ dd / mm / yyyy
KNOWN MEDICAL CONDITIONS/ALLERGIES:			

INCIDENT INFORMATION

DATE & TIME OF INCIDENT: ____/____/____ ____:____ AM dd mm yyyy PM	TIME OF FIRST INTERVENTION: ____:____ AM PM	TIME OF MEDICAL SUPPORT ARRIVAL: ____:____ AM PM
CHARGE PERSON, DESCRIBE THE INCIDENT: (what took place, where it took place, what were the signs and symptoms of the patient)		
PATIENT, DESCRIBE THE INCIDENT: (see above)		
EVENT and CONDITIONS: (what was the event during which the incident took place, location of incident, surface quality, light, weather, etc.):		
ACTIONS TAKEN/INTERVENTION:		
After treatment, the patient was:		
<input type="checkbox"/> Sent home <input type="checkbox"/> Sent to hospital/a clinic <input type="checkbox"/> Returned to activity		

OVER...

Accident Report Form (cont'd)

CHARGE PERSON INFORMATION

LAST NAME:	FIRST NAME:
STREET ADDRESS:	CITY:
POSTAL CODE:	PHONE: ()
EMAIL:	AGE:
ROLE (Coach, assistant, parent, official, bystander, therapist):	

WITNESS INFORMATION (someone who observed the incident and the response, not the charge person)

LAST NAME:	FIRST NAME:
STREET ADDRESS:	CITY:
POSTAL CODE:	PHONE: ()
EMAIL:	AGE:

OTHER COMMENTS OR REMARKS

FORM COMPLETED BY:

PRINT NAME: _____ SIGNATURE: _____

2019 Foothills Fury Incident Report

Date and time of Incident: _____

Name of writer: _____

Position: _____

Location of incident: _____

This incident is a: _____ minor infraction _____ major infraction

Individual(s) involved in the incident: _____

Objective description of the incident (please be concise, accurate and non-judgmental): _____

Names of individuals who observed the incident: _____

Disciplinary action which was taken (if applicable): _____

Signature of writer: _____

Date (YYYY/MM/DD): _____ / _____ / _____



2019 Foothills Fury Return to Play Form

I, _____, am able to return to
play following the injury/injuries sustained on _____

Restrictions and/or considerations with return to play:

Name of Physician/Chiropractor/Physiotherapist:

Type of Medical Practitioner:

Telephone: _____

Signature: _____

Date (YYYY/MM/DD): _____ / _____ / _____



FIELD BOOKING INFORMATION

You will require the following information to book a field/gym:

- Date
- Time
- Field/Gym of choice

Email Jenn Berard at furyfieldbookings@gmail.com

You are responsible for paying the rental fees on all gyms and fields.

Your team will be given a bill in mid June, so please save enough money to cover the bill.

If you are looking to book the Crescent Point Field House, you can do that on your own, however you are responsible for payment of the field as well.

To book the Crescent Point Field House you can go to <https://cpregonalfieldhouse.com/booking-rates/>