

## Carine Cats Ball Club

Welcome to Carine Cats Ball Club. This is an introduction to the “Carine Cats Way” which is a critical aspect of making this club the best it can be for all members and our community.

Carine Cats Ball Club Inc is a collective umbrella for the sports of tee-ball, baseball and softball. The original club was formed with the intention of getting the growing sport of tee-ball started in the Carine area, and at that time it was known as the Carine Teeball Club.

The first playing season was the 1979 / 1980 season and 150 players were registered. The Club logo and the name have stood the test of time and some 40 years later we have grown into one of the biggest Ball clubs in Australia. We have a strong and passionate teeball division and strong pathway all the way to State League in both baseball and softball.

I hope you enjoy being a part of our great club as much as I have and see your children develop into not just great players, but great sports, great people and great teammates.

Thanks for being an important part of our club which is built on the efforts of all!

Evan Stewart

President - [president@carinecats.com.au](mailto:president@carinecats.com.au)

### Club Purpose, Vision and Values

<b>CARINE CATS BALL CLUB</b>	
<b>PURPOSE</b>	<b>VISION</b>
The Carine Cats Ball Club purpose is to provide a place for community where everybody has the opportunity to belong and a pathway to develop.	Carine will be the club of choice for local community, operating in top class facilities with the best coaches.
<b>VALUES</b>	
Community, Enjoyment, and Teamwork	

Sport provides one of the few environments left in our community that encourages people to get out of their houses and get together to teach each other, support each other, stay healthy and enjoy the company of others. Clubs are the measure of our communities. Our club is the home of physical activity, volunteerism, learning, intergenerational mentoring and togetherness. We support physical and mental health and help make our community resilient and happy.

Research shows that sport contributes strongly to the wellbeing of young people and the broader community in a number of ways by:

- Building strong community resilience, engagement and connectivity;
- Contributing to individuals’ physical, social and mental wellbeing;
- Providing friendship and a circle of support;
- Offering fun and activity, friends, family, safety, freedom and independence; and
- Providing a community hub for people to congregate.

## THE CARINE CATS WAY

Sport has a unique ability to attract and engage people of all ages and backgrounds. It is based on the ideals of health, respect, resilience and togetherness. Sport reaches every corner of our community and every corner of our community reaches for it. That penetration makes our club a uniquely effective vehicle for making a difference in people's lives from all sectors of our local community.

The Carine Cats Ball Club exists to provide a place for community where everybody has the opportunity to belong and we all play a part in making this happen. The club has developed a series of behaviours for us all to live by to ensure that it is a great place for all of us to belong.

<b>Coaching</b>	
<b>Appropriate Behaviours</b>	<b>Inappropriate Behaviours</b>
Encourage Fun and Participation. Display control, respect and professionalism to all involved with baseball, softball and teeball Communicate positively and proactively to athletes and coaches.	Not being prepared for training and games. Complete focus on winning at all costs. Abuse or physical intimidation of athletes.
<b>Athletes</b>	
<b>Appropriate Behaviours</b>	<b>Inappropriate Behaviours</b>
Always put the club and your teammates before yourself. Be reliable and compete primarily because you love the game. Show appreciation for volunteer coaches, officials and administrators.	Violence or over aggressive behaviour in any capacity. Verbal abuse of officials and sledging other athletes. Bullying.
<b>On Competition Day</b>	
<b>Appropriate Behaviours</b>	<b>Inappropriate Behaviours</b>
Support the officials involved in the game. All members help out around the club. Abide by the Club Code of Behaviour.	Making racist, religious, sexist or inappropriate comments to coaches, athletes, officials or spectators. Any threatening behaviour or physical altercation between spectators and players, coaches, officials or other spectators. Abuse/swearing at own or opposition players, supporters or officials.
<b>Socially</b>	
<b>Appropriate Behaviours</b>	<b>Inappropriate Behaviours</b>
Respect people and property at all times. Provide healthy food options at all times. Promote safe alcohol practices when together.	Tolerating antisocial behaviour. Serving drunk or underage patrons. Leaving a mess around the club.
<b>Committee</b>	
<b>Appropriate Behaviours</b>	<b>Inappropriate Behaviours</b>
Place the safety and welfare of the participants above all else. Implement consistent behaviour standards. Communicating positively and frequently with members.	Undermining committee members and decisions. Not following club policies and procedures.

## Coaching Values and Philosophy

The Carine Cats Ball Club has the following team values that are critical for all our coaches to implement and live by in our club:

**Have Fun**  
**Teamwork**  
**Play Fair**  
**Bring Your Best**  
**Show Respect**

Our club is focused on fun, fair play, and player development – we play hard, but fair and respect the game.

We expect our coaches understand what fun means for children and adolescents:

- 1) Getting compliments from coaches
- 2) Playing well during a game
- 3) Having end of season team parties
- 4) Practicing with specialty trainers/coaches
- 5) Exercising and being active
- 6) Getting compliments from other parents
- 7) Having a coach who listens to them and take their opinions into consideration
- 8) When a coach encourages the team
- 9) Making a good play (scoring, making a big out, etc.)
- 10) Having well-organised practices
- 11) Having parents watch games positively
- 12) Going to a development camp
- 13) Having a coach who knows a lot about the sport
- 14) Getting clear, consistent communication from coaches
- 15) Being challenged to improve and get better at our teeball/baseball/softball
- 16) Getting along with teammates
- 17) Taking water breaks during practice
- 18) Using a skill they learned in practice during a game
- 19) Being strong and confident
- 20) Playing on a nice field
- 21) Having the freedom to play creatively
- 22) Being around friends
- 23) Doing team rituals

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- 24) Playing different positions
- 25) Keeping a positive attitude
- 26) Winning

We encourage everyone in our club to understand this. While winning is more fun than losing, there are way more important ways to have fun in teeball/baseball/softball.

Our coaches are critical to our club's success and values, they need to communicate well to parents and create an environment where kids and young adults can thrive, an inclusive place for everyone, one where athletes develop resilience in a safe environment, with a strengths-based focus.

### The need to practice

Baseball is a game of failure. No one should ever get upset about making errors; it is the only way to learn. Dropping fly balls, clanking grounders and striking out are just as important as hitting a home run or taking a diving catch. By making mistakes, learning from them and understanding they are part of the game allows our athletes to compete fearlessly.

At our club, we focus on what we can control not what we can't; there is a simple formula that is used by athletes all over the world. Success comes from practice, making mistakes and learning from them until we build up enough certainty and belief that we CAN do it! Once we have a belief that is strong we can repeat it over and over again this is execution.

### Developing Resilience

Our club is all about fun and developing skills to ensure future success at the highest level in whatever we do. Athletes at our club will get uncomfortable, they will get scared, and they will be challenged to be better.

Our goal, is to teach them that when they are challenged, they **learn** how to find a positive solution rather than complain, when they are scared to find the **courage** to do it anyway and when they are uncomfortable to be excited because being uncomfortable means they are **pushing their limits**.

Expecting fairness and equity, making excuses, and aiming for averageness have no place around those trying to be the best they can be. At times we will all think things are unfair and at those times it is easier to make excuses and complain. But this doesn't build resilience so we at this club won't do that, we will find solutions and in these solutions, we gain the belief that no matter the obstacle we will always find a way.

### Be Your Best

Our measure of performance at this club is not hits or errors or win or loss but rather effort. Each of us within is the only one who really knows if we gave it 100% and left everything on the field. Everything we do will be to encourage this and to encourage our members to take ownership of this for themselves.

Our club is focused on encouraging healthy lifestyles in all our members. Running and fitness will be a positive part of all our training programs, integrated into training, and all of our athletes will learn how to look after themselves.

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There is only one way to fuel a champion and that involves:

- Eating Well – it is important for athletes to eat well everyday. Ball players play better, for longer and recover quicker from training and games if they are well fuelled.
- Hydrate – staying hydrated is important for all athletes, especially in summer. Ball players should make sure they drink water during all games and training sessions.
- Don't smoke – smoking makes it harder to do everything, including play ball. Being part of our club and smoking don't mix.

As part of this we will provide water at games and encourage all our athletes to regularly drink, our canteen will provide healthy food options and our venue will be smoke free. Our coaches and managers will not allow eating junk food on the bench.

### Show Respect

Our club respects the game, respects each other and respects our opponents. We will always be the classiest club on and off the field. We will not tolerate players throwing equipment, questioning umpires or coaches. We also expect the same classy attitude from all of our spectators to officials of the game, our players and the opposition.

### Skill Development

The Carine Cats Ball club is unique in offering a pathway at the same club from teeball into baseball and/or softball. Our club is committed to developing our teeball athletes in a manner consistent with the intent to ready them to take up baseball and/or softball at the appropriate age.

This will include drills, programs and teaching techniques for the basics involved in our sport.

Some kids mature physically much faster than others. Motor skill development varies as well, but for the most part we can teach similar skills to kids within similar age brackets and have them experience success. As such, for the purpose of developing our athletes at Carine, we divide players into the following age groups 4-6, 7-9, 10-12, 13-14, and 15 and up.

If you look at the breakdowns, the 4-to-6 age group represents the beginners who are being introduced to Teeball. At ages 7 to 9, fine motor skill development has progressed to the point that most kids develop the ability to learn to catch, throw and hit effectively. The 10-to-12 age group is when players decide for themselves that they like our sport and transition to baseball and/or softball. We separate the 13-to-14 age group because these players are trying to make the adjustment to bigger fields while waiting for their bodies to mature physically. Once players turn 15 they are generally fairly serious and capable of executing most, if not all, of the skills and strategies necessary to play baseball and/or softball at a high level.

If a team has fun, loves the game and has achieved these basic goals, we can consider their season a success. We will always keep in mind that just as some kids mature faster than others, some kids will master fundamental skills faster than others. Our coaches will stay in tune with each child's needs and abilities so that they can tailor work with each player during a particular drill to suit his or her situation.

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### Coach Development

The Carine Club Vision is to develop and attract the best coaches in Australia. We are committed to having coaching clinics and mentoring to support our coaches in teeball, baseball and softball.

We understand that many parents come to teeball with little or no understanding of how to effectively coach the sport. We will ensure that, in particular, these coaches are developed and supported to understand the Carine Way and how to effectively teach the basic skills required in our curriculum.

We are committed to developing these coaches through:

- Providing introductory coaching sessions to all our new coaches
- Providing the opportunity to participate in teeball/baseball and softball coaching accreditation
- All divisions providing budget to develop athletes and coaches
- Ensuring that the baseball and softball divisions are committed to supporting the development of our teeball athletes and coaches by providing ongoing team training and coach mentoring. All coaching and import contracts will list junior development as a key aspect, not an add on.
- Having a Learning Management System of resources available to coaches through our website