



Junior Giants Coach Role

Thank you for being a volunteer Coach for Junior Giants! You play a critical role in our mission of service to the community and your support is crucial in transforming youth sports so sports can transform youth. As you know, Junior Giants is more than just baseball, and has programs in Education, Health and Violence Prevention. Through serving as a Coach, you will partner with your Team Parent to run these programs in addition to reinforcing all Junior Giants initiatives. Thank you again for all your help this summer – we appreciate you taking on this fundamental role for your team. Have fun!

JUNIOR GIANTS SCHEDULE

To help teach the Four Bases of Character Development and encourage participation in the Education, Health and Violence Prevention programs, your league will follow the schedule below throughout the Junior Giants season. Encourage awareness of the schedule with your team by focusing on each week's initiative by discussing them before and after games and practices.

- Week 1 - Education
- Week 2 - Confidence
- Week 3 - Health
- Week 4 - Integrity
- Week 5 - Leadership
- Week 6 - Violence Prevention
- Week 7 - Health

JUNIOR GIANTS PROGRAMS

Take Me Out to the Ball Game Cards

The Take Me Out to the Ball Game Cards are a tool designed to give Coaches and Commissioners a forum to implement the Four Bases of Character Development and encourage players to participate in the Education, Health and Violence Prevention programs. There are 9 cards total that players can collect:

1. Starter Card
2. Leadership
3. Teamwork
4. Confidence
5. Integrity
6. Round the Bases Reading Program
7. Nutrition Lineup
8. Imagine Peace Contest
9. Reward Card

- Below are some tips that can be used to promote the cards:
 - Each pack of cards will have a place to record a participant's name; start by labeling each pack for each Junior Giant on your team so the program is easy to manage as the cards are earned.

- Kick off the first practice or game by explaining to your team how they can earn the cards. Distribute the Starter Card to all players to help them get excited about the program.
- Distribute incentive cards on a weekly basis, in accordance with the league schedule.
- Chose one card a practice or game to focus on with players.
- Recognize players that earn all 9 cards.

Education – Round the Bases Reading Program

Every Junior Giants league participates in the Round the Bases Reading Program, which encourages all players to read during the summer months and earn Giants prizes along the way. In addition to being a fun way to learn outside of school, this program can help strengthen the bonds between parents and children through their active participation.

- Below are some tips that can be used to promote the program:
 - During your team’s first practice, explain the Round the Bases Reading Program rules as listed on the scorecard in the Handbook. Talk to parents about the program and about helping their participant track their reading throughout the summer. Simply reading the handbook with your team earns each participant their ruler, so hand out the prize to create excitement about the program.
 - Have participants turn in their scorecards weekly and handout reading prizes as they are earned. Your Commissioner will have enough reading prizes for all those in your league that participate in the program.
 - Set aside 10-15 minutes before a practice or game to read as a team.
 - Encourage your team to reach the Home Run level and you will get the opportunity to play on the field at AT&T Park during the Junior Giants Festival.

Health

Healthy habits can be taught and learned at any age. Utilize the nutrition magnet and the health poster inside the Player/Parent Handbook to talk about healthy eating, exercising and maintaining a quality lifestyle both during and beyond the Junior Giants Season.

- Below is a checklist that can be used to help get the message across:
 - Encourage all participants to place the Nutrition Magnet on their refrigerator and track their fruit and vegetable intake over the course of the season.
 - Encourage parents to bring healthy food/drinks when bringing snacks to practices and games.
 - Help instill a “zero tolerance” policy for soda or junk food.
 - Challenge your team to have a “Soda Free Summer” and focus on drinking water.
 - Set an example for your league when they are out at the field –drinking water, running the bases with the kids, participating in stretches. Adult examples are one of the best ways to make the message come alive.
 - In the appropriate setting and age group suggest that players walk, run or ride their bikes to practice and games.
 - Visit mypyramid.gov for more activities and resources.

Violence Prevention

The Violence Prevention Program consists of two components:

- Imagine Peace Contest
- Peace Pledge

Imagine Peace Contest:

Beyond the playing field, Junior Giants can show off their creative talents through the Junior Giants Imagine Peace Contest by submitting a piece of artwork, a song, or a poem that emphasizes a peaceful community. Your league Commissioner will be encouraged to have all Junior Giants participate in the Imagine Peace Contest during the "First Pitch" Orientation Meeting. If this does not happen in your league, please find a way to have your team participate in the contest together, after a game or practice. If this is not possible, encourage your players to participate at home and turn their artwork into you. Your league Commissioner will select the top entries to be sent to the Giants Community Fund and winners will be honored on the field in a pregame ceremony on Strike Out Violence Day.

Peace Pledge

As Junior Giants, we expect all players to sign the Peace Pledge at their league's First Pitch meeting. The Peace Pledge will give Junior Giants the opportunity to commit to "Striking Out Violence" in their community, as well as leading a violence-free and peaceful life. Use the Peace Pledge throughout the season to reinforce violence prevention and remind participants of their pledge when necessary.

Mid-way through the season, few minutes at practice to review the Peace Pledge and check-in with players to ensure they're upholding their pledge. Then, pass out the Violence Prevention Take Me Out to the Ball Game card to the players that are doing so.