



2023

COACHING MANUAL

For WESA Team Coach/Managers

Contents:

Topic	Page
Contacts, References & Links	1
Draft Process	2
Fields & Set Up	4
Rules of Play	6
Scheduling	8
Participation	9
Statistics	10
League Values & the Coaching Experience	11

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WESA END SLO-PITCH ASSOCIATION (WESA) – 45th SEASON

Member League since 2008 of the North American Gay Amateur Athletic Alliance (NAGAAA)

Contacts, References & Links

WESA Mailing Address:
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Contacts:

League Commissioner Seán Cummings 604.440.9184 Commissioner@wesa.net

Rules & Regulations Daniel Richdale 604.999.4608 Rulesandregulations@wesa.net

Commissioners' numbers are private & confidential.

WESA.net	Info@WESA.net	All Commissioners: Commission@WESA.net
All Coaches: Coaches@WESA.net	Equipment Needs: Equipment@WESA.net	Individual Commissioners: Contact Page

Links:

[WESA League Appendices](#): It is very important that coaches are familiar with the league appendices. Each season the updated appendices will be published prior to regular season play commencing.

[WESA Constitution](#)

[WESA By-laws](#)

[2023 SPN Rulebook](#)

Your questions, comments & feedback are always welcomed!

Draft Process

The WESA Draft rules can be found in the league appendices – link [here](#).

Below is a description of how the rules play out in the draft process.

THE PLAYER DRAFT

The Player Draft is the most important day of the year! Draft Day is the day you will pick the team you want, and you must do your homework for it.

Recommended guidelines during the draft:

Decide what type of a team you want.

Player's statistics and NQs ratings are available. Please review them and use the data to help you draft your team.

Prepare for the Draft – know what you want to do before you get there! If you are not a pitcher, have a plan in mind to draft a known pitcher and someone that you feel has the talent and or desire to learn—you will usually need more than one!

Think about your first five picks. Along with you, they will make up the core of your team.

Make lists of how you see your team and keep it to yourself. Be prepared to change all of your picks. Plan scenario by scenario and be ready to change your team roster in every round of picks.

Read the registration information provided – you may have a position in mind for someone you want to draft, and it may not be what they want to do!

Also, check the player's availability. Drafting too many players with 50% availability will impact your ability to field a complete team.

Consider when to draft buddies who are playing - you won't know until Draft Day what the "seeding" order that they will be assigned.

Finally, bring a lucky charm... you'll need it!

The Player Draft Process

The Player Draft is held in a closed setting so that the process protects information about when individuals are picked. It is the responsibility of the members, the Commission, and the Coaches/Managers to avoid discussing when people are picked.

The Player Draft for the Divisions will happen at different times at the same location. The draft order will be assigned by the luck of the draw on the day of the Player Draft. It will proceed from the first pick to the last pick, and then from the last pick back to the first pick until all teams have at least the minimum number of members on their roster including the Coach/Manager.

Assigning a round pick number to all Coaches/Managers

Prior to the Player Draft, each Coach will:

Assign a draft round number to all Team Coaches/Managers and their Buddy (if applicable) – including themselves and their Buddy (if applicable).

The Team Coach/Manager will email the rankings to the Membership Commissioner at least 7 days prior to the draft. Any ranking/draft round not given by this date will be determined by the Committee.

The Committee will use first-hand player knowledge, NQs and/or historical data to determine rankings. Once set, these rankings are final and cannot be changed during the Player Draft. In the spirit of fairness, each Coach/Manager must be assigned a round position. This means that each Coach/Manager will be assigned a draft round for themselves in addition to their buddy (if applicable). This decision will be made prior to the Player Draft by the Commissioner, the Membership Commissioner, and the Team Coaches/Managers.

Assigning Buddies

All remaining Buddies must be assigned the rounds between any set of players. The rounds between is the number of rounds that as set assigned that will take place between Player A and Player B. This will be done by the Coaches/Managers prior to the draft.

Example: It is determined that for Buddy Player A and Player B, that there are 3 rounds between.


If Player A is drafted in the 2nd round, then Player B is automatically assigned to the coach's 6th round pick and can be moved to an earlier pick at the discretion of the coach.

The Player Draft

Coaches/Managers are assigned to Sponsors by a random draw.

After all Buddies and Coaches/Managers have been assigned a round pick, the draft will begin for ALL remaining **full and lifetime Members**. All Full and Lifetime Members who have registered must be selected in the draft.

Remember to plan, as the Player Draft moves on, look at the remaining Buddy List to ensure that you draft the number of players that you would like on your team.

Lastly, each team will require two (2) Assistant coaches/managers. Be sure to keep this in mind when you are drafting your team. The expected profile of a Coach/Manager Assistant is a player who can potentially become a Coach/Manager in future seasons and ultimately can take over the role in case the Coach/Manager is absent. 

Fields & Set Up

STRATHCONA PARK

- Most Regular Season games will be scheduled at Strathcona Park in East Vancouver
- Parking is free all day.
- Washroom facilities are available including the portable in NW field.
- Local stores hours have been spotty. It is best to plan for the needed food and drink.



Pre-season practice on City of Vancouver parks is contingent upon allowance by the City. The league does not negotiate pre-season field times.

Equipment

All coaches/managers will be issued keys for the boxes at each of the four fields – it is your responsibility to ensure that everything is returned to the field's box after games at the same fields.

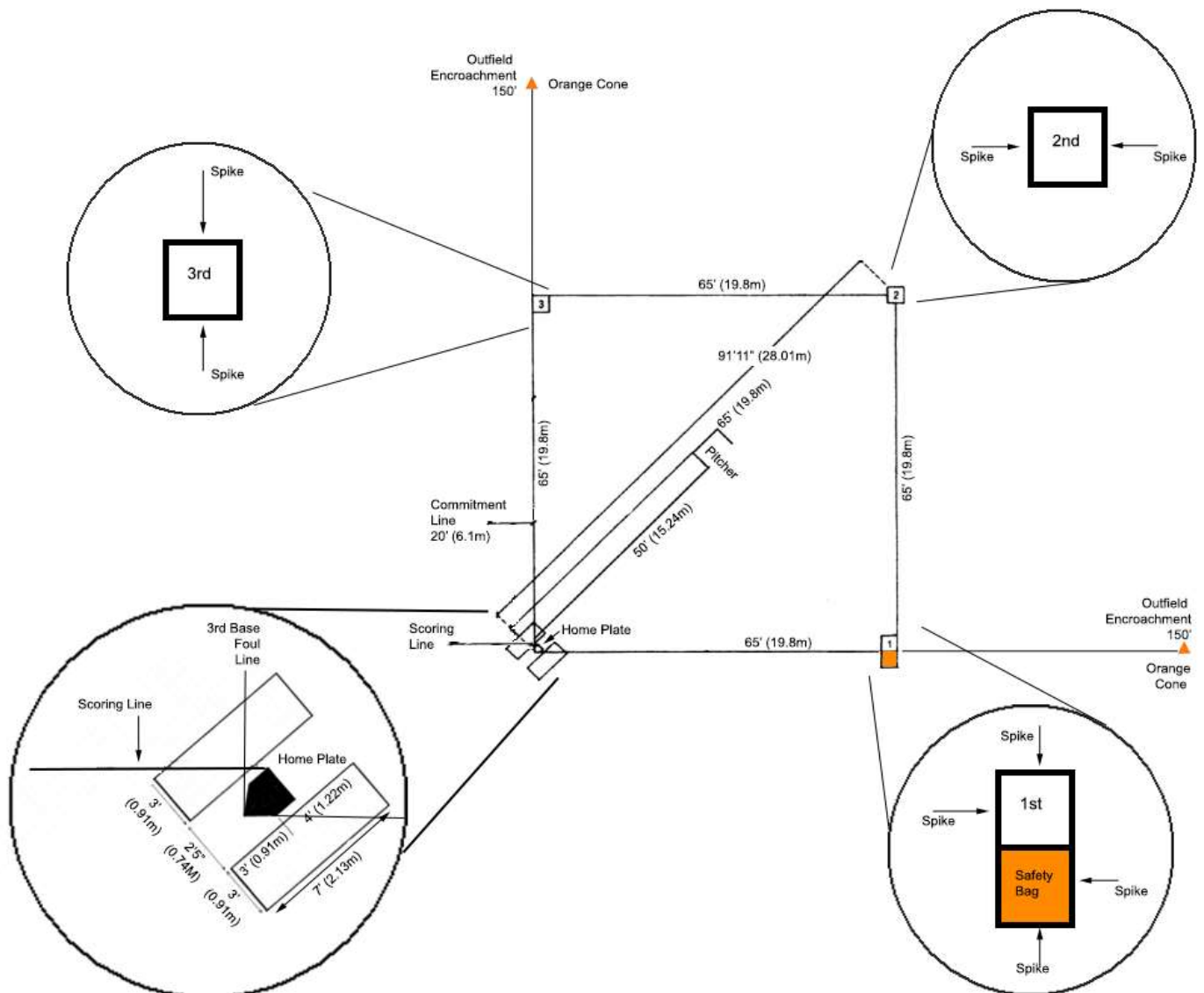
All equipment in the box must be returned at the end of play Equipment is not to be moved between boxes/fields!

Setup

League Sponsors expect to have their banner displayed for each game played at their assigned diamond. For 2023, the Diamond Sponsors are as follows: NW – **Junction Pumpjack** (two banners), SW – **Fountainhead Pub**, CTR – **Morris Law**

The field is set up per the following schematic – all equipment for doing so is in the box!

- There is field chalk painter for marking the 1st and 3rd base lines to the cones.
- There is one chalk painter at CTR diamond, and one to be shared by NW and SW stored at Strathcona NW.
- This year, both teams are responsible for set-up and take-down of the fields when playing the first or last game at each diamond as noted on the Play Schedule.
- Magnet bases/pitching plate/home plate are used on the diamonds.
- If we must use legacy bases, please use the hammer when removing spikes on the bases (the Velcro/straps are not strong enough to pull spikes from ground).
- There is a measuring tape in the equipment to assist with the measuring of the Orange Cones, Scoring Line, and Commitment Line.



Home plate, Pitcher's rubber, Bases: Magnetic anchors as diagram above

Fielder's Encroachment line: 150' from home plate (85' behind 1st and 3rd base) – fielders cannot play inside this line on any given batter!

Commitment line: From home plate – runners can't turn back after this point!

Scoring line: Score by crossing the score line – you must touch the ground, not just break the plane - DO NOT Touch Home Plate!

Rules of Play

Rules of Play

No unsportsmanlike conduct will be tolerated!

General

In general, we will be abiding by Slo-Pitch National (SPN) Rulebook; Any questions can be directed to the Rules and Regulations Commissioner on the WESA commission.

All conversations with the Umpire of any given game are through the Team Coach/Manager

Specifics to WESA

WESA Rules of Play are laid out in the [WESA Appendices](#).

Alcohol & Illicit substances

Alcohol or illicit substances will not be permitted on the field or in the dugout. Any team with open alcohol in the dugout will be asked to remove it. Players deemed under the influence may be removed from the game at the Umpires discretion.

The Umpire's say is FINAL – and any disagreement is to be directed through the Team Coach/ Manager only.

Team Rosters

If a Team Coach/Manager has a need (eg. Injury, lack of attendance) to add players to their roster, please speak to the Membership Commissioner. Each year the commission determines the number of players per team. If a team's numbers drop below their allotted numbers, they will be assigned a new player from the waitlist (if available).

Approved Bats

When not specified by WESA Rules (our Appendices), WESA defaults to SPN Rules.

For bats, SPN defaults to Amateur Softball Association (ASA). The rules are:

(<https://www.teamusa.org/usasoftball/~/link.aspx?id=015F4358A30B44368FC142350D112FFF&z=z>):

- The Official bat must bear either the ASA approved 2000 certification mark, the ASA 2004 certification mark as shown below, or the ASA 2013 Certification Mark (Slo-Pitch ONLY) as shown below and must not be listed on an ASA Non-Approved Bat List with Certification Marks
- Non-approved bats are bats that have no certification sticker, or were previously certified but no longer approved.

- Approved bats must have one of the above listed three stickers.
- Other certification stickers (NSA ...etc.) are irrelevant and bats bearing these are to be considered non-approved

Quick Reference Guide to the right

For a complete list of approved bats go to the certified equipment section of www.asasoftball.com

Exception for ASA only stamped bats for NAGAAA World Series Preparation

ok

For a complete list of approved bats go to the certified equipment section of [Certified USA Softball Equipment \(teamusa.org\)](http://Certified USA Softball Equipment (teamusa.org))

The below bats have certification stickers but are no longer permitted under SPN/ASA rules.



USA Softball Non-Approved Bat List with Certification Marks

1/10/2017

Bass	Quake	Combat	VIRSP3 Lady Virus	Easton	SCN1
Easton	SCN11BH	Easton	SCN1R	Easton	SCN2B
Easton	SCN3	Easton	SCN4B	Easton	SCN5
Easton	SCN5B	Easton	SCN6B	Easton	SCN7
Easton	SCN7B	Easton	SCN8	Easton	SCN8B
Easton	SCN9	Easton	SCN14	Easton	SCX14B
Easton	SCX2 Synergy	Easton	SCX22 Synergy 2	Easton	SCX24B
Easton	SCX3	Louisville Slugger	FP136	Louisville Slugger	FP136B
Louisville Slugger	FP136B	Louisville Slugger	FPC305 Catalyst (-8)	Louisville Slugger	SB304
Louisville Slugger	SB34 Genesis	Louisville Slugger	SB404	Louisville Slugger	SB73V TP5 Voltage
Miken	MSF Freak	Miken	MSU Ultra	Miken	MSU2 Ultra II
Miken	MSUM Ultra Maxload	Nokona	Tomahawk	Schutt	Red/Silver Schutt Bat
Worth	EST9	Worth	QESTFP	Worth	SBWK(Wicked)
Worth	SBWKA	Worth	WW5C Wicked Comp. (5P Only)	Worth	WWSCA

Scheduling

SPN Insurance Waiver

All members and non-member spares MUST sign the waiver before participating in any WESA game! There will be no exceptions.

Regular Season

Every team is ensured an equal number of regular games per the official published schedule and participation in team playoffs at the end of season. There is also a waiting list for spares or replacement players that is managed by the Commission. The season schedule will be released prior to the Draft Party when possible.

Make-up Games

We have built into the schedule days for Make-up games due to unsafe field conditions. If we have to schedule a make-up game, it will be for the next available time slot in the schedule. Although not shown, make-up games will also be scheduled as double headers on weekdays at the end of May or the month of June.

Notification of game cancellations will be posted to TeamLinkt, Wesa.net and the league Facebook page. If no notifications are posted, go to the field. If the game is called, the team can go home; if it is decided that it is okay to play and your team is not there, the team forfeits the game.

Game Results, Scorebook & Rosters

Home team coach will be responsible for entering the score following each game. Visiting team coach is responsible to verify that the results are correct and notify the Rules & Regulations Commissioner should any discrepancy arise.

Each coach will be responsible for ensuring their spares are denoted on the roster and in the scorekeeper's book. **A picture of the score sheet will need to be emailed to the Rules & Regulations Commissioner following the game.**

Both coaches are responsible for sending pictures of both the Home and Away scoresheets to scores@wesa.net.

Schedule and Membership List

Time permitting, an Ice Breaker Tournament will be scheduled prior to the beginning of the season to introduce players to their new teams. The schedule is released as soon as it is ready.

Each team is typically scheduled to play a total of twenty (20) games or as close to it as possible. The WESA Cup Play-offs will be scheduled for July 22 & 23, 2023.

There is no easy formula in producing a schedule of this kind. The following criteria are all taken into consideration while attempting to produce a fair and balanced schedule for all including:

- The number of home games vs number of away games played against each team
- Games played per week
- Double Headers and reasonable breaks between games
- Field set-ups and take-downs

Participation

Players

Please reaffirm all your players' commitment to attending games on a regular basis. Schedule best days for practice by consensus, for best possible attendance. Make sure that all team members are aware of at least the basic rules of play. Attendance at the skills clinics is good for everyone.

Using Spare Players

Any WESA member can spare for any team with the following conditions:

- All spares are restricted from playing Short Stop, Rover, Left Centre, and Right Centre.
- All spares must be placed at the bottom of the batting order
- Those players with an NQ of 13 and over may not spare in T1.

In addition to these Coaches/Managers must identify their spare on the roster and in the official scorekeeping book by full names and the word "SPARE." It is suggested that for games of importance, Coaches/Managers should not purposely recruit Spares that would give their team an obvious advantage in the match or, if unavoidable, make every attempt to limit their impact on the outcome. I

The WESA Pageant

Every year, our league produces a "Beauty & Talent Contest", which is one of the most memorable in our community, to fundraise for the league as well as in aid of local charities! One (1) member from each team is expected to participate as a contestant in this little "event", with the support of their team. It works because everyone on the team and in the league gets into it.

WESA and the Web

We have a fully operational web site at www.WESA.net for team stats, schedules, game cancellation notifications, events, and tournaments etc.

Facebook

WESA has a private group page on Facebook. If you have a Facebook profile, join the group page; (search for "WESA"); where members and supporters can interact with each other through posts and updates about themselves. WESA may also be posting events with details on the group page.

The Facebook WESA group page is best suited for sharing stories, posting softball related events & notices, and sharing general interest & fun information about softball, our League, and our members.

If any member has any questions, comments and or suggestions about governance matters, operational issues, policies & procedures, etc., then we encourage approaching any Commissioner in person to discuss the issue, or simply send an email to Commission@WESA.net. This ensures the entire Commission receives your message and is able to discuss it and respond accordingly.

Assistant Coaches

All Coaches/Managers are encouraged to select at least two (2) Assistant Coaches to help them manage their respective teams and coordinate their teams in their absence. This will provide a type of mentorship program

whereby WESA encourages and develops new leaders and Coaches/Managers with the goal of strengthening our league and ensure leaders for the continued health and growth of the league.

Scorekeeping

Please refer your players to the volunteer opportunities for Scorekeeping. These will be used when needed if we are short. Training and scheduling will be handled by the rules and regulations committee.

Statistics

The rules and regulations committee will handle collecting, inputting, and updating the stats. Please be aware that these are volunteers and will keep the stats up to date as much as possible. If there any discrepancies, please email rulesandregulations@wesa.net fully explaining the discrepancy.

WHAT DO THE STATS MEAN?

GP	Games Played
AB	At Bats
R	Run Scored
H	Hits ($1B + 2B + 3B + HR$)
1B	1 Base Hit
2B	2 Base Hit
3B	3 Base Hit
HR	Home Run
BB	Base on Ball (Walk)
RBI	Runs Batted In
K	Strike Out
SF	Sacrifice Fly
BA	Batting Average
SA	Slugging Average
OB	On Base Percentage

Batting Average Definition

A batting average is computed by dividing the total number of hits by the number of at bats minus walks and sacrifices.

$$BA = (H + 2B + 3B + HR) / (AB - BB - SF)$$

Slugging Average Definition

A slugging average is computed by dividing the total number of bases on hits by the number of at bats minus walks and sacrifices.

$$SA = ((H * 1) + (2B * 2) + (3B * 3) + (HR * 4)) / (AB - BB - SF)$$

On Base Definition

On base percentage is used to gauge how often a player safely reaches base. It is computed by adding the total number of hits and walks, then dividing by the total number of at bats.

$$OB = (H + 2B + 3B + HR + BB) / AB$$

League Values and the Coaching Experience

Based on its Constitution, WESA has the following objectives:

- a. *Provide and protect the opportunity for individuals who support the bonds of lesbian and gay fellowship to play amateur slo-pitch softball in an atmosphere of friendly competition, free of discrimination on the basis of sexual orientation, race, creed, gender and ability.*
- b. *Foster, develop, promote and regulate the play of amateur slo-pitch softball and provide the proper safe-guards in accordance with the spirit of true sportsmanship; and*
- c. *Undertake fundraising activities and other social events for the betterment of the lesbian and gay community.*

Each year, feedback surveys are collected from WESA Members at the end of the season. In 2019, a focus group was also conducted with players and coaches from both divisions to identify factors that contribute to an optimal WESA experience. With the hopes to equip WESA Coaches with tools for success, this feedback is summarized below.

Skills Development

WESA Members join the league with a variety of sports backgrounds and experience. Regardless of experience, WESA members generally want to improve their softball playing abilities throughout the season.

Consider:

- Asking players what skills they want to improve
- Creating opportunities in practices and games for players to work on those skills

Constructive vs. Negative Feedback

In order to improve, WESA Members value constructive feedback on their playing skills. However, this feedback should be supportive and encouraging in order to be received in a positive manner.

Consider:

- Asking your player if, how, and when they would like constructive feedback on their game play
- Discussing expectations regarding constructive vs. negative feedback with your team
- Checking in with your players throughout the season regarding preferred or desired methods of constructive feedback

Relationships

WESA Members indicate that forming positive relationships with their teammates is a key determinant of how much they enjoy their WESA season.

Consider:

- Asking your players what social activities or routines they want to participate in together through the season
- Asking for volunteers and/or taking the lead in facilitating team social activities

Playing Positions

WESA Members generally have specific positions that they want to improve. At the same time, WESA members report they frequently do not get opportunities to play these positions.

Consider:

- Asking your players what position(s) they want to play during the season
- Creative ways (e.g. *practices, a few innings*) for players to practice new or developing positions
- Pairing experience players with new players who want to learn a position (i.e. mentor/mentee relationship)

The Win vs. The Experience

WESA Members are competitive in nature and are playing to win their games. WESA Members also report that a positive playing experience is more important than winning games at all costs.

Consider:

- Setting clear expectations with your team re: appropriate vs. Inappropriate team behaviors
- Role-modeling respectful and sportsman-like behaviors at all times
- Seeking assistance from the WESA Commission regarding difficult player behaviors if needed

Try It Out Before You Decide

Many skilled WESA Members from the D division are interested in playing in a more advanced division but remain uncertain regarding their ability to play well and have fun in the C division. For this group of WESA Members, sparing in the C division has been reported as an excellent way to 'try it out' and gain more information regarding which division the Member wishes to play in.

Consider:

- Connect players who are interested in sparing in the C division with the C division coaches
- Encourage players who want to spare to ask the WESA Commission to add them to the spares list

Managing Expectations

WESA Members report positive feedback regarding WESA Coaches who clarify and maintain consistent player and team expectations throughout the season. WESA Members indicate that this helps them know what to expect and get everyone on the same page.

Consider:

- Clarifying expectations with your team at the beginning of the season
- Applying coaching decisions and team agreements equally across all of your players
- Checking in with individual players throughout the season to confirm their goals and expectations

Doing It Together

WESA Members value mutual support and the feeling of 'doing it together' as part of their WESA experience. Teamwork, and being part of a team, are considered key elements of a positive WESA season.

Consider

- Clarifying team goals
- Celebrating team accomplishments
- Acknowledging and reinforcing player behaviors that demonstrate teamwork and mutual support