



**FOREST BASEBALL CLUB INC**

PO Box 500, Frenchs Forest NSW 2086

ABN 57 812 562 089

Website: [www.forestbaseball.com](http://www.forestbaseball.com)

Email: [secretary@forestbaseball.com](mailto:secretary@forestbaseball.com)

**Purpose:**

The following document is intended to provide coaches and managers with a checklist of actions to ensure grounds are set up, packed down and repaired on training and game days.

The etiquette is that you should be that you leave the field in as good or better condition than you found it.

**Training checklist:**

All junior teams training at Aquatic Reserve are required to maintain the fields they train on. This includes:

**Field set up:**

- A4/A5: Field bins are located in the gear shed with bases and relevant equipment (e.g. bases/hammer/tape measure/base anchor digging tool).
- A2/A3 Tball/Zooka/LL: Field bins are located in the gear shed with bases and relevant equipment.
- A2/A3 JL/SL: bases are located in the bins in the 1<sup>st</sup> base dugouts.
- A2/A3 only: Use astro turf in the batters boxes (to reduce the wear and tear on the clay base). Strips of astro turf can be found in the dugouts on each field.
- **DO NOT USE THE PITCHING MOUNDS FOR PITCHING TRAINING / BULLPENS.** Bullpens should be done in the outfield (or bullpens on A1) to protect the mounds for game days.

**Field pack down:**

- Return base plugs to the base anchors (if missing notify: [facilities@forestbaseball.com](mailto:facilities@forestbaseball.com)).
- Return the field bin to the shed and store it under the shelf.
- Rake base paths and cutouts:
  - A4/A5: field rakes will be in the dugouts; and
  - A2/3: fence rakes for base paths and infield diamond sand.
- Rake home plate / batters boxes to fill foot holes. (For A2/A3: if the last team to train on senior fields it would be appreciated if the home plate area, and the batters boxes in particular, are watered so that they set hard. There are hoses on the fields for this purpose)
- Rake the pitchers mound and fill in any foot holes.
- Zooka only: ensure the Zooka and legs are returned to the rack separately, the power cable is plugged in and ensure the Zooka is charging.

If any items such as base plugs, bases, measuring tape, astro turf etc are missing or damaged notify: [facilities@forestbaseball.com](mailto:facilities@forestbaseball.com)



## **Game day checklist:**

### **Field set up (early game):**

- Take field bin over to relevant field (A2/3/4/5/6/7). If fields A6/A7 are required they will usually be set up by the committee.
- If required, measure out base paths and pitchers plate:
  - **LL Major:**
    - Base paths: 60 feet.
    - Pitchers plate: 46 feet from back tip of home plate to front of pitching plate.
  - **Zooka:**
    - Base paths: 60 feet.
    - Pitchers plate: 46 feet from back tip of home plate to front of pitching plate.
    - Zooka machine: centre stem positioned at 40 feet from the back tip of home plate and 2 feet, 6 inches towards 3<sup>rd</sup> base side.
    - Zooka speed: 40-43MPH.

### **Field set up (late game):**

- If not already there from early game, take field bin over to relevant field (A2/3/4/5/6/7).
- If required, measure out base paths and pitchers plate:
  - **U9 and Little League Minor:**
    - Base paths: 60 feet
    - Pitchers plate: 46 feet from back tip of home plate to front of pitching plate.
  - **Junior League:**
    - Base paths: 80 feet.
    - Pitchers plate: 54 feet from back tip of home plate to front of pitching plate.

### **Field pack down (late game):**

- Return base plugs to the base anchors.
- Return the field bin to the shed and store it under the shelf. Ensure 3 x bases, base digging tool, measuring tape and pitching plate and pins are returned.
- Rake base paths and cutouts:
  - A4/A5: field rakes will be in the dugouts; and
  - A2/3: fence rakes for base paths and ALL the infield diamond sand.
- Rake home plate / batters boxes to fill foot holes
- Rake the pitchers mound and fill in any foot holes.

**On A2/A3 it is ESSENTIAL that the entire infield (i.e. all diamond sand) is raked for the use of Minor League in the afternoon.**

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