



CONNECTICUT CUBS INC

NEW HAVENS' AAU BASEBALL TRAVEL TEAM

188 Quinnipiac Ave
New Haven, CT 06513
Contact@CTCubs.com
www.CTCubs.com

PARENTS' CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other Connecticut Cubs event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will not approach the coaches immediately before or after games or tournaments to discuss my child's participation or performance.
- I will refrain from coaching my child or other players during games or practices, unless I am one of the team's official coaches.
- I will demand a drug, tobacco and alcohol-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, gender, creed, or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, providing transportation or whatever I am capable of doing.
- I understand that this is a competitive program and that there is no guaranteed minimum playing time in each game and I will help my child to understand.
- I understand that the players will develop from competitive team practice including drills and scrimmages, being attentive at games as well as from direct game experience.
- I understand that fundraising and/or volunteering is a requirement to participate in the Connecticut Cubs program.

Parent Signature: _____ Date: _____

Player Name: _____



PLAYER CODE OF ETHICS

As representative of Connecticut Cubs, all team members are expected to conduct themselves in a manner consistent with a first class AAU baseball program. It is a privilege to be a member of Connecticut Cubs and we encourage you to show your pride and commitment by completing all jobs, tasks and responsibilities given to you by your coaches.

I hereby pledge to provide a positive attitude and be responsible for my participation in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.
- I agree to fulfill my responsibilities to the best of my ability. I will be on time to all practices, games, meetings, and other CT Cubs related activities.
- I will attend every practice and game that is reasonably possible and notify my coach if I cannot.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches with respect and I will expect to be treated accordingly.
- I will be a good teammate.
- I deserve to have fun during my sports experience and will alert parents or coaches if participating stops being fun.
- I absolutely will never use any illegal drugs or be involved in the misuse/abuse or illegal use of alcoholic beverages. Participation in any illegal activity will be considered a severe violation of team training rules and will be dealt with accordingly.
- I understand that academics are my highest priority while participating in the Connecticut Cubs program, and I will attend to all of my schoolwork.
- If I have a problem with a teammate or a coaching decision, I will go directly to that person and resolve the conflict. If I am not comfortable talking directly with that person, I will involve a coach as a mediator. I will not talk about that person or degrade them behind their back.
- I have seen a dictionary and know that there are many words in the English language. I will choose to use the words that are positive and constructive during team activities and resist the urge to swear.
- Above all, I will conduct myself in a manner that brings credit to me, the team, and Connecticut Cubs. I know that I am a role model, and will act accordingly.

I hereby agree that if I fail to conduct myself to the foregoing rules and guidelines while attending or participating in some capacity at a youth sports event I will be subject to being banned from events and/or future participation with Connecticut Cubs.

Player Name: _____ Date: _____

Player Signature: _____

Parent Signature: _____ Date: _____



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PLAYER LIABILITY WAIVER AGREEMENT

Player's Name: _____

Team: _____

Is player presently covered by health and accident insurance? Yes No

Insurance Company: _____

Policy Number: _____ Group Number: _____

Emergency Contact

Name: _____ Phone: _____

Relationship to player: _____

Please list below any medical problems concerning your athlete that we should know about:

I agree to have my child _____ participate in the Connecticut Cubs AAU program. This program consists of strenuous physical activity including but not limited to running, jumping, and other training that involve inherent risks which are beyond the control of the Connecticut Cubs organization. I fully understand that my child could become injured as a result of his or her participation in the Connecticut Cubs program. I hereby affirm that my child is in good physical condition and does not suffer from any disability that would prevent or limit him or her participation in this baseball program.

In case of accident or illness, Connecticut Cubs is authorized to secure emergency medical treatment. Prudent attempts will be made to contact the parents/guardians immediately. I also understand that I am responsible for payment of medical bills associated with any injury my child incurs while playing in the Connecticut Cubs program.

In consideration of my child's participation in the Connecticut Cubs program, I, for my child, hereby release Connecticut Cubs, as well as their coaches, employees, facilities, and board officers from any and all claims, demands, and causes of action arising from my child's participation in the baseball program now or in the future.

I have read and understand this agreement and do voluntarily agree.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name: _____ Phone: _____



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MEDIA RELEASE FORM

The Connecticut Cubs personnel and members of the media may ask to interview, video and/or photograph student athletes of the Connecticut Cubs organization. Pictures, video, and interview content received, may be posted on the Connecticut Cubs organization website and/or social media sites. The photographs or videos may not be sold for profit to any organization, business or media organization.

Please indicate your agreement for your child to be photographed, interviewed or videoed by completing the form below. Such permission as is granted below will remain in effect until revoked, in a written document, delivered to the Connecticut Cubs organization.

CONNECTICUT CUBS RELEASE OPTIONS

- I HEREBY GIVE PERMISSION to the Connecticut Cubs organization and news media to photograph, interview, and video my child. It is my understanding that the photographs, videos, and interview information received may be used for public viewing.
- I AGREE TO ALLOW my child to participate in these activities, and for the resulting materials to be used, without financial remuneration, and I understand that this form completely releases the Connecticut Cubs organization from any and all liability, claims or demands for remuneration or damages, arising from the use of said materials.
- I DO NOT grant permission for the Connecticut Cubs organization to photograph, videotape, or interview my child, or to post information on the Web about my child.

Player's Name: _____

Address: _____

Parent Signature: _____ Date: _____



PITCH COUNT RULES AND REGULATIONS

The CT Cubs have established the following guidelines for players, parents, and coaches in accordance with the MLB/USA Baseball PITCH SMART Compliance Program.

- All coaches, players, and parents must sign the Pitch Count Rules and Regulations
- All coaches will take the Introduction to Pitch Smart Course under the USA Baseball ACE Certification
- Parents shall inform coaches if players are playing for another team. If player was pitching or catching, parents shall inform coaches of approximate pitch count and/or innings played in the game through team app, email, or at the following practice or game.
- Coaches will maintain, to the best of their abilities, pitch counts and innings played of each player while pitching for other teams. These stats must be added with CT Cubs team stats prior to determining pitching rotation.
- Coaches will maintain accurate pitch counts, and innings pitch by players on CT Cubs via team app, team website, USA Baseball Mobile Coach App, and/or hard copy for the full year.
- Coaches will not exceed Pitch Smart guidelines on players combined innings pitched in any 12 month period
- Coaches will follow Pitch Smart guidelines on pitch-count- and required rest periods
- Players 12 and under will throw fastballs and change-ups only
- Players will pitch only one game per day, and will not play catcher in the next game of same day
- No player shall appear in a game as a pitcher for three consecutive days
- No player shall appear in back to back games as pitcher then catcher or vice versa in consecutive days
- Coaches will monitor for sign of fatigue and/or soreness of players arm
- Players will not pitch competitively during the months of December, January and February

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A



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15-16	95	1-30	31-45	46-60	61-75	76+	N/A

Player Name: _____

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____



For more information on Pitch Smart Guidelines Log on to: <https://www.mlb.com/pitch-smart>