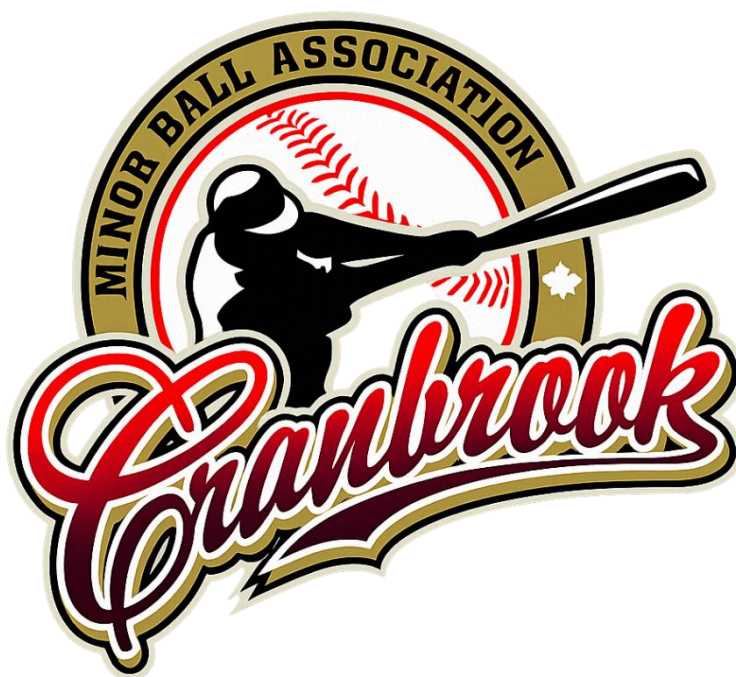




CMBA All-Star Player & Parent Handbook

Representing Cranbrook with Pride

Version 2027.01

September 2026

Welcome from the President

Welcome to the CMBA All-Star Program

Congratulations on being selected to represent the Cranbrook Minor Ball Association as a member of one of our All-Star teams.

Being chosen to wear the CMBA All-Star jersey is a tremendous accomplishment. It reflects the dedication, effort, sportsmanship, and commitment you have demonstrated throughout the season. On behalf of the Board of Directors, congratulations on earning this opportunity.

Participation in the All-Star Program is about much more than wins and losses. It is an opportunity for athletes to challenge themselves, compete against strong opponents, build lasting friendships, and continue developing both as players and as young leaders within our community.

Our All-Star Program is built upon the values that define CMBA:

- Respect
- Teamwork
- Sportsmanship
- Integrity
- Commitment
- Community
- Fun

Every player, parent, coach, Team Manager, and volunteer contributes to creating a positive experience. Success is measured not only by championships but by the memories we create, the friendships we build, and the character we develop throughout the journey.

This handbook has been prepared to help you understand the expectations, responsibilities, and opportunities that come with representing CMBA. We encourage every player and parent to read it carefully and refer back to it throughout the season.

Thank you for your commitment to our Association and for helping us continue to provide outstanding baseball and softball experiences for the youth of Cranbrook.

We wish you an exciting, rewarding, and successful All-Star season.

President

Cranbrook Minor Ball Association

How to Use This Handbook

This handbook has been designed as a practical guide for both players and parents participating in the CMBA All-Star Program.

While it is recommended that families read the handbook before the season begins, it is also intended to be used as a reference throughout the season. Questions about tournament travel, communication, expectations, volunteer responsibilities, finances, and team conduct can often be answered by referring back to the appropriate chapter.

This handbook should be read alongside the CMBA Constitution, the CMBA Handbook, and the CMBA All-Star Handbook. Together, these documents provide the framework for how the Association and its All-Star Program operate.

Throughout this handbook you will find practical examples, helpful tips, and reminders designed to support a positive experience for everyone involved.

Most importantly, remember that the purpose of the All-Star Program is to provide athletes with opportunities to grow, compete, learn, and enjoy the game in a safe, respectful, and supportive environment.

CMBA Mission

The Cranbrook Minor Ball Association is committed to providing quality baseball and softball programs that promote skill development, sportsmanship, teamwork, respect, and community involvement while creating positive experiences for every athlete.

CMBA Vision

To be recognized as a leading youth baseball and softball organization where athletes, coaches, volunteers, and families work together to develop confident players, outstanding citizens, and lifelong ambassadors for the game.

CMBA Core Values

Everything we do within CMBA is guided by seven core values.

Respect

We treat teammates, opponents, officials, volunteers, and facilities with courtesy and dignity.

Sportsmanship

We compete with integrity, celebrate success with humility, and accept disappointment with grace.

Teamwork

We succeed by supporting one another and working toward common goals.

Commitment

We honour our commitments to teammates, coaches, and the Association by giving our best effort every day.

Integrity

We do the right thing, even when no one is watching.

Community

We proudly represent the City of Cranbrook and recognize the volunteers, sponsors, and families who make youth sports possible.

Fun

Learning, competing, and enjoying the game should always remain at the heart of the All-Star experience.

What Does It Mean to Be an All-Star?

Being selected to an All-Star team is one of the highest honours a player can achieve within the Cranbrook Minor Ball Association.

It recognizes not only athletic ability but also dedication, effort, coachability, teamwork, and sportsmanship. Every player selected has earned the opportunity to represent CMBA through their commitment to improving themselves and contributing positively to their team.

With that opportunity comes responsibility.

When you wear the CMBA All-Star jersey, you are representing more than yourself. You are representing your teammates, your coaches, your family, the Association, and the community of Cranbrook. The way you compete, communicate, and conduct yourself both on and off the field reflects on everyone connected to the program.

For parents, the All-Star experience is an opportunity to support not only your own athlete but the entire team. Positive encouragement, respectful communication, and a willingness to volunteer help create an environment where every player can succeed.

The All-Star journey will include exciting victories, challenging losses, long weekends on the road, early morning practices, and unforgettable memories. Along the way, athletes will develop confidence, resilience, friendships, and leadership skills that extend far beyond the game itself.

Whether this is your first All-Star season or your final one, remember that success is measured not only by championships but by the character you display, the relationships you build, and the pride you take in representing CMBA.

Chapter 1

Welcome to the CMBA All-Star Program

Beginning an Extraordinary Journey

"An All-Star season is not simply about playing more baseball or softball. It is about embracing the opportunity to grow as an athlete, a teammate, and a representative of your community."

1.1 Congratulations on Your Selection

Congratulations on earning a place in the Cranbrook Minor Ball Association's All-Star Program.

Selection to an All-Star team is a significant achievement. It reflects the hard work, commitment, determination, and positive attitude you have demonstrated throughout the regular season. Every athlete selected has earned the opportunity to continue their development while representing CMBA in competition against other associations.

For parents and families, this is also a moment to celebrate. Your encouragement, transportation, volunteer efforts, and unwavering support have all contributed to your athlete's success. The All-Star experience is truly a partnership between players, families, coaches, Team Managers, volunteers, and the Association.

As exciting as this opportunity is, it also comes with new responsibilities. Practices may become more frequent, travel may be required, and expectations regarding attendance, communication, teamwork, and commitment will increase. These expectations are not intended to add pressure—they are intended to help every athlete and team reach their full potential while ensuring a positive experience for everyone involved.

Over the coming chapters, you'll learn what to expect throughout the season, how the All-Star Program operates, and how every player and parent plays an important role in creating a successful team environment.

This journey will challenge you, inspire you, and create memories that will last long after the final game has been played.

Welcome to the CMBA All-Star Program. Your adventure begins now.

Chapter 2

Becoming an All-Star

Earning the Opportunity and Embracing the Commitment

"An All-Star is not defined by talent alone. Character, effort, coachability, and commitment are just as important as the skills displayed on the field."

2.1 More Than Making a Team

Being selected to a CMBA All-Star team is a significant accomplishment and one that every athlete should be proud of. Selection recognizes the dedication and effort that players have demonstrated throughout the season, but it also marks the beginning of a new journey rather than the end of one.

The All-Star Program is designed to provide athletes with additional opportunities to develop their skills, compete at a higher level, and represent the Cranbrook Minor Ball Association against teams from across British Columbia and beyond. It is an opportunity to grow as both an athlete and an individual.

While making the team is an exciting achievement, remaining committed to the team throughout the season is equally important. The All-Star experience requires dedication, teamwork, and a willingness to continue learning every day.

2.2 The Selection Process

CMBA strives to make the All-Star selection process as fair, transparent, and consistent as possible. Although the specific evaluation process may vary between age divisions and between baseball and softball, every athlete is provided with an opportunity to demonstrate their abilities.

Evaluations may include:

- Individual skill assessments
- Game play observations
- Position-specific evaluations
- Athletic ability
- Baseball or softball knowledge
- Coachability
- Attitude and effort
- Teamwork and sportsmanship
- Attendance and commitment during evaluations

Selection decisions are made by qualified evaluators and coaching staff using established evaluation criteria. Every effort is made to ensure that decisions are based on objective observations and the needs of the team.

Selection is never based on friendships, family relationships, or outside influences. The objective is always to assemble a team that will represent CMBA with skill, character, and sportsmanship.

Manager's Insight

Players often believe that evaluations are only about hitting, throwing, or fielding. In reality, evaluators are also watching how athletes respond to coaching, support teammates, handle mistakes, and demonstrate a positive attitude. These qualities are essential to building a successful team.

2.3 Every Athlete Continues to Grow

Not every athlete who participates in evaluations will be selected to an All-Star team, and that can be disappointing. However, selection for one season does not determine an athlete's future.

Player development is different for everyone. Some athletes mature physically earlier, while others continue to develop over several seasons. Many outstanding high school, college, and professional athletes were not selected for elite teams at every stage of their development.

The most important qualities an athlete can possess are perseverance, resilience, and a willingness to continue improving.

For those who are selected, remember that earning a place on the team is not the finish line—it is the starting point.

A Real-World Example

Two athletes attend the same evaluation.

One consistently performs every drill perfectly but becomes frustrated after making a mistake and shows little encouragement toward teammates.

The other makes a few errors but listens carefully to coaching, works hard every shift, encourages teammates, and responds positively to challenges.

Both athletes demonstrate ability, but the second athlete may better reflect the qualities needed to contribute to a successful All-Star team. Skill is important, but attitude and character are equally valuable.

2.4 Accepting a Position on the Team

Accepting a position on a CMBA All-Star team is a commitment to your teammates, coaches, and the Association.

Once a player accepts a roster position, they are agreeing to participate fully in the team's activities whenever reasonably possible. Coaches build practices, tournament plans, and game strategies around the athletes who have committed to the team.

Before accepting a roster position, families should carefully consider:

- Practice schedule
- Tournament schedule
- Travel requirements
- Financial commitments
- Family vacations or prior commitments
- Work schedules
- Other activities

Open communication at the beginning of the season helps coaches plan appropriately and reduces unnecessary challenges later.

2.5 Commitment Matters

The All-Star season is shorter than the regular season, but it is often much more demanding.

Players are expected to attend practices regularly, arrive prepared, communicate absences promptly, and give their best effort every time they step onto the field.

Parents are expected to support that commitment by helping athletes arrive on time, communicating conflicts early, and encouraging consistent participation.

The strength of every All-Star team depends on every member contributing to the collective effort.

2.6 What Happens After Team Selection?

Once teams have been announced, the season begins quickly.

Families can expect several important activities during the first few weeks:

- Team introductions
- Parent meeting
- Practice schedule
- Uniform fitting and equipment distribution

- Tournament registrations
- Communication setup through the RAMP Team App
- Volunteer assignments
- Team budget and fundraising information
- Travel planning

The early weeks of the season often move quickly, and timely communication helps ensure everyone stays informed.

2.7 Setting Personal Goals

Every athlete should begin the All-Star season with personal goals.

These goals should extend beyond statistics or wins and losses.

Examples might include:

- Becoming a better teammate.
- Improving communication.
- Developing a stronger work ethic.
- Learning a new position.
- Becoming more confident.
- Demonstrating leadership.
- Supporting teammates more effectively.

Athletes who focus on growth often discover that improved performance naturally follows.

Parent Perspective

Parents also play an important role in goal setting.

Rather than focusing solely on outcomes such as batting averages or championships, encourage your athlete to celebrate improvements in effort, attitude, resilience, teamwork, and confidence. These qualities extend far beyond the baseball or softball field and help shape successful young people.

Common Mistake

Viewing selection as the final achievement.

Making an All-Star team is something to celebrate, but it is only the beginning. Continued improvement, consistent effort, and a positive attitude throughout the season are what define a successful All-Star experience.

Chapter Reflection

As you prepare for the season, consider the following questions:

- What does being selected to an All-Star team mean to you?
- How will you contribute to your team's success?
- What personal goals would you like to achieve this season?
- How can your family support both your athlete and the team?
- In what ways can you represent CMBA with pride, both on and off the field?

Take a few moments to discuss these questions together as a family. Starting the season with shared expectations and a positive mindset will help make the All-Star experience more rewarding for everyone.

Key Takeaways

By the end of this chapter, you should understand that:

- Being selected to an All-Star team is both an honour and a responsibility.
 - The selection process considers character, coachability, effort, teamwork, and sportsmanship alongside athletic ability.
 - Accepting a roster position is a commitment to your teammates, coaches, and CMBA.
 - Open communication about scheduling and availability is essential.
 - Personal growth and continuous improvement are central to the All-Star experience.
 - Families play an important role in supporting athletes throughout the season.
-

Looking Ahead

In **Chapter 3 – Representing CMBA**, we'll explore what it means to wear the CMBA All-Star jersey with pride. We'll discuss sportsmanship, leadership, respect, community representation, social media expectations, and how every player and parent serves as an ambassador for the Association both on and off the field. This chapter will help establish the culture and standards that define the CMBA All-Star Program.

Chapter 3

Representing CMBA

Wearing the Jersey with Pride

"The jersey you wear represents every player who came before you, every volunteer who supports you today, and every young athlete who dreams of wearing it tomorrow."

3.1 More Than a Uniform

Receiving your CMBA All-Star jersey is one of the most exciting moments of the season. It is a symbol of your hard work, dedication, and commitment to the game.

However, the jersey represents much more than a place on a team.

It represents your teammates.

Your coaches.

Your family.

The Cranbrook Minor Ball Association.

The City of Cranbrook.

The volunteers who give countless hours to make youth baseball and softball possible.

Every time you wear the jersey, whether on the field, at a tournament, in a hotel, or in the community, you become an ambassador for CMBA.

People may never know your name, but they will remember how you represented your team.

That is both an honour and a responsibility.

3.2 Pride in Representation

The CMBA All-Star Program is built on the belief that athletes should compete with passion while demonstrating respect, integrity, and sportsmanship.

Representing CMBA means:

- Giving your best effort.
- Respecting teammates and opponents.
- Following the rules of the game.
- Accepting victories with humility.
- Responding to setbacks with resilience.

- Demonstrating honesty and integrity.
- Being someone others are proud to support.

Championships may be remembered for a season.

Character is remembered for a lifetime.

3.3 Every Action Matters

Representation extends far beyond the baseball or softball field.

Families often travel together, stay in hotels, eat in restaurants, and visit communities throughout British Columbia.

During those moments, people will form opinions about CMBA based on how our teams conduct themselves.

Simple actions make a lasting impression:

- Greeting tournament volunteers politely.
- Thanking hotel staff.
- Cleaning up after meals.
- Respecting public facilities.
- Supporting teammates during difficult moments.
- Following tournament and facility rules.

These small acts of respect demonstrate the values of our Association and contribute to the positive reputation of CMBA.

A Real-World Example

Following a tournament, a hotel manager contacted the host association to compliment one of the visiting teams. The athletes had cleaned up after themselves, thanked staff members, and showed respect for other guests throughout the weekend.

The team wasn't recognized because they won the tournament.

They were recognized because of how they represented their association.

That reputation reflected positively on every player, coach, parent, and volunteer involved.

3.4 Sportsmanship Above All

Competition is an important part of baseball and softball.

Winning is exciting.

Losing can be disappointing.

Both are opportunities to demonstrate sportsmanship.

Good sportsmanship includes:

- Respecting officials and their decisions.
- Congratulating opponents after the game.
- Encouraging teammates following mistakes.
- Playing by the rules.
- Accepting both success and disappointment with dignity.

Athletes who display sportsmanship earn respect regardless of the scoreboard.

Parents play an equally important role by modeling respectful behaviour from the stands.

Cheering enthusiastically for your team is encouraged.

Negative comments directed toward officials, opponents, coaches, or other spectators are not.

Manager's Insight

Young athletes notice far more than adults sometimes realize.

The way parents respond to officials, opponents, and coaches teaches valuable lessons about respect, resilience, and character. Positive role modeling creates an environment where athletes can enjoy the game and learn from every experience.

3.5 Respect for Everyone

Respect is one of CMBA's core values.

Every individual deserves to be treated with courtesy and dignity, regardless of the score or the circumstances.

Players are expected to respect:

- Coaches
- Team Managers
- Umpires
- Opponents

- Teammates
- Volunteers
- Tournament officials
- Facility staff
- Spectators

Parents are expected to demonstrate the same level of respect through their words, actions, and interactions.

Respect is not earned by winning.

Respect is demonstrated through consistent behaviour.

3.6 Leadership Without a Title

Leadership is not limited to team captains.

Every athlete has opportunities to lead.

Leadership may look like:

- Encouraging a teammate after an error.
- Helping carry equipment.
- Welcoming a new player.
- Arriving prepared.
- Working hard during practice.
- Listening to coaches.
- Displaying a positive attitude.

Parents lead as well.

Supporting the entire team, volunteering when needed, and speaking positively about teammates and coaches all contribute to a healthy team culture.

Leadership begins with everyday actions.

3.7 Representing CMBA Online

Social media has become a regular part of everyday life.

While social media can be a great way to celebrate accomplishments and share memories, it also requires responsibility.

Before posting, ask yourself:

- Is this respectful?
- Is it accurate?
- Would I be comfortable if my coach, teammates, or grandparents saw it?
- Does it reflect positively on CMBA?

Players and parents should never use social media to:

- Criticize teammates.
- Argue with coaches.
- Complain about officials.
- Share confidential team information.
- Bully or embarrass others.
- Create unnecessary conflict.

Positive posts celebrating teamwork, sportsmanship, accomplishments, and memorable experiences are encouraged.

Remember that online actions represent the Association just as much as behaviour on the field.

3.8 Handling Success and Adversity

Every season brings exciting victories and difficult moments.

How you respond during both situations defines your character.

When your team wins:

Celebrate together.

Remain humble.

Respect your opponents.

Thank the volunteers and officials who made the game possible.

When your team loses:

Support one another.

Learn from the experience.

Avoid blaming teammates or officials.

Prepare to improve.

Character is often revealed during challenging moments.

Common Mistake

Believing that representing CMBA only applies during games.

In reality, every interaction throughout the season reflects on the Association. Whether travelling to a tournament, staying in a hotel, participating in community events, or communicating online, players and families continue to represent CMBA.

3.9 Leaving a Positive Legacy

Every All-Star athlete becomes part of CMBA's history.

Future players will look to today's athletes as role models.

The way you compete, support others, and represent the Association influences how future generations view the All-Star Program.

Leave the jersey with pride.

Leave the team stronger than you found it.

Leave a legacy of respect, integrity, sportsmanship, and community.

That is something far more valuable than any trophy.

Family Reflection

Take a few moments to discuss the following questions together.

- What does wearing the CMBA All-Star jersey mean to our family?
- How do we want others to remember our team?
- How can we demonstrate respect during both victories and defeats?
- What opportunities will we have to positively represent CMBA throughout the season?
- How can each member of our family contribute to a positive All-Star experience for everyone involved?

These conversations help establish shared expectations and remind everyone that representing CMBA is a privilege to be embraced together.

Key Takeaways

By the end of this chapter, you should understand that:

- Wearing the CMBA All-Star jersey is both an honour and a responsibility.
- Every player and parent represents the Association on and off the field.
- Sportsmanship, respect, and integrity define true success.
- Leadership is demonstrated through everyday actions rather than titles.
- Social media should always reflect positively on teammates, coaches, opponents, and CMBA.
- The reputation of the Association is built through the actions of every player, parent, coach, volunteer, and supporter.
- The legacy you leave is measured not only by how you competed, but by how you treated others.

Looking Ahead

In **Chapter 4 – Player Expectations**, we'll focus on the responsibilities that come with being a CMBA All-Star athlete. We'll discuss commitment, attendance, effort, preparation, coachability, communication, teamwork, and the daily habits that help players grow both on and off the field. This chapter will provide practical guidance on how athletes can make the most of their All-Star experience while contributing positively to the success of their team.

Chapter 4

Player Expectations

The Commitment to Excellence

"Talent may earn you a place on the team, but character, effort, and commitment determine the impact you have throughout the season."

4.1 What It Means to Be an All-Star Athlete

Being selected to a CMBA All-Star team is an opportunity to continue your development as both an athlete and a person. While improving your baseball or softball skills is an important part of the experience, the All-Star Program is equally focused on developing qualities that will benefit you throughout your life.

As an All-Star athlete, you are expected to demonstrate:

- Respect
- Commitment
- Teamwork
- Responsibility
- Sportsmanship
- Integrity
- A willingness to learn

These qualities are just as important as your ability to hit, throw, catch, or pitch.

Every athlete has strengths and areas for improvement. The goal of the All-Star Program is to help every player become the best version of themselves both on and off the field.

4.2 Commitment to Your Team

When you accept a position on an All-Star team, your teammates begin counting on you.

Your coaches prepare practices with your participation in mind.

Your teammates rely on your effort during games.

The Team Manager plans travel, accommodations, and tournament logistics based on the team's roster.

Because of this, attendance and communication are extremely important.

Players are expected to:

- Attend all scheduled practices whenever possible.
- Attend games and tournaments as scheduled.
- Arrive on time and ready to participate.
- Notify coaches as early as possible if attendance is affected by illness, injury, or unavoidable commitments.
- Honor the commitment made to the team.

There may be occasions when family events, illness, or emergencies prevent attendance. These situations are understood. Honest and timely communication allows coaches to adjust their plans while maintaining fairness for the entire team.

4.3 Effort Is Always Within Your Control

Every athlete has days when things don't go as planned.

A hard-hit ball may be caught.

A pitch may miss its target.

A routine ground ball may take an unexpected bounce.

Mistakes are part of the game.

What matters most is how you respond.

Coaches appreciate athletes who continue to compete with determination, encourage their teammates, and maintain a positive attitude even when facing challenges.

Effort is something every athlete can control every single day.

Give your best effort at every practice, every game, and every tournament.

That is all anyone can ask.

Player Tip

When you make a mistake, don't let it become two mistakes.

Take a deep breath.

Learn from it.

Move on.

The next play is always more important than the last one.

4.4 Being Coachable

One of the most valuable qualities an athlete can develop is coachability.

Being coachable means:

- Listening carefully.
- Accepting feedback.
- Asking questions respectfully.
- Trying new techniques.
- Applying what you have learned.
- Remaining open to improvement.

Sometimes coaches will ask you to make changes that feel uncomfortable.

Growth often begins outside your comfort zone.

Remember that feedback is given because your coaches believe in your ability to improve.

View instruction as an opportunity rather than criticism.

4.5 Supporting Your Teammates

Baseball and softball are team sports.

Individual success is important, but teams are strongest when players support one another.

Great teammates:

Celebrate each other's successes.

Encourage one another after mistakes.

Include everyone.

Respect different personalities.

Avoid gossip and negativity.

Understand that every player contributes in different ways.

Your teammates will remember how you made them feel long after they forget the score of a game.

Choose to be someone who lifts others up.

A Real-World Example

During a tournament championship game, one athlete struck out with the bases loaded.

Instead of criticizing or blaming their teammate, the players greeted them in the dugout with encouragement and reminded them there were still more opportunities ahead.

That support helped the athlete regain confidence and contribute later in the game.

Strong teams respond to adversity together.

4.6 Being Prepared

Preparation demonstrates respect for your teammates and coaches.

Before every practice or game:

- Arrive on time.
- Wear the appropriate uniform.
- Bring all required equipment.
- Bring plenty of water.
- Dress appropriately for the weather.
- Ensure your equipment is in good condition.
- Know the schedule.

Being prepared allows practices and games to begin on time and helps the team make the most of every opportunity.

4.7 Respecting Officials and Opponents

Officials play an important role in every game.

Like players and coaches, they are continually learning and developing.

Athletes are expected to:

- Respect every umpire's decision.
- Avoid arguing calls.
- Allow coaches to address concerns appropriately.
- Treat opponents with courtesy.
- Shake hands respectfully following games.
- Win with humility.

- Lose with dignity.

Sportsmanship is demonstrated most clearly when emotions are high.

4.8 Looking After Yourself

Being an All-Star requires both physical and mental preparation.

Players should:

- Get enough sleep.
- Eat nutritious meals.
- Stay hydrated.
- Stretch before activity.
- Report injuries honestly.
- Communicate when they are not feeling well.
- Balance sports with school, family, and personal well-being.

Taking care of yourself helps you perform at your best while reducing the risk of injury.

Remember that asking for help when you need it is a sign of maturity, not weakness.

Parent Perspective

Parents can support athletes by helping establish healthy routines at home. Adequate rest, balanced nutrition, proper hydration, and positive encouragement all contribute to an athlete's ability to perform, recover, and enjoy the All-Star experience.

4.9 Learning from Every Experience

Not every practice will go perfectly.

Not every tournament will end with a championship.

Not every season will unfold exactly as planned.

Yet every experience provides an opportunity to learn.

Successful athletes ask themselves:

- What did I do well today?
- What can I improve?

- What did I learn?
- How can I help my teammates tomorrow?

Growth comes from reflection as much as repetition.

Common Mistake

Believing that your value to the team depends only on your performance.

Every player contributes in different ways. Some lead through their play, others through encouragement, positive attitudes, hard work, or quiet leadership.

Your contribution extends far beyond statistics.

Every teammate matters.

Chapter Reflection

Take a few moments to think about the season ahead.

Ask yourself:

- What kind of teammate do I want to be?
- How will I respond when things become difficult?
- What habits can I improve this season?
- How can I support my teammates every day?
- What does giving my best effort look like for me?

Remember that becoming a better athlete is about much more than improving your skills. It is about becoming someone your teammates can trust, your coaches can depend on, and your family can be proud of.

Key Takeaways

By the end of this chapter, you should understand that:

- Being an All-Star athlete is both a privilege and a responsibility.
- Commitment, attendance, and communication are essential to team success.
- Effort and attitude are always within your control.
- Coachability is one of the most valuable qualities an athlete can develop.
- Supporting teammates creates a stronger and more enjoyable team environment.

- Preparation, sportsmanship, and respect reflect positively on both the athlete and CMBA.
 - Every practice, game, and tournament provides an opportunity to learn and grow.
-

Looking Ahead

In **Chapter 5 – Parent Expectations**, we'll focus on the vital role that parents and guardians play in the All-Star experience. We'll explore how families can support their athletes, contribute to the team, communicate effectively, volunteer, and help create a positive environment where every player has the opportunity to succeed. Together, players and parents form the foundation of a successful All-Star season.

Chapter 5

Parent Expectations

Partners in Your Athlete's Journey

"The greatest gift a parent can give an athlete is not the pressure to succeed, but the confidence to enjoy the journey, learn from every experience, and know they are supported regardless of the outcome."

5.1 Your Role as an All-Star Parent

Congratulations! Your child has earned the opportunity to represent the Cranbrook Minor Ball Association as an All-Star athlete.

As exciting as this opportunity is for players, it is equally rewarding for families. The All-Star season often becomes one of the most memorable experiences of a young athlete's baseball or softball career. Families travel together, celebrate successes, overcome challenges, and build lasting friendships with teammates and other parents.

As a parent or guardian, your role is far more important than simply driving your athlete to practices and games. You are a role model, a supporter, a volunteer, and a partner in helping create a positive team environment.

Your attitude, encouragement, and actions influence not only your own athlete, but the entire team.

The most successful All-Star teams are built when coaches, Team Managers, players, and parents work together toward a common goal—providing every athlete with a positive, challenging, and rewarding experience.

5.2 Supporting Your Athlete

Every athlete experiences moments of confidence and moments of frustration. Your support during both is essential.

Parents can make the greatest impact by:

- Encouraging effort over results.
- Celebrating improvement as much as success.
- Listening before offering advice.
- Helping athletes learn from mistakes.
- Keeping games and tournaments in perspective.
- Reminding athletes why they love the game.

After a game, athletes often do not need a technical analysis of every play. More often, they need encouragement, reassurance, and an opportunity to reflect on what they learned.

One of the most powerful questions a parent can ask is:

"Did you have fun, and what did you learn today?"

Parent Tip

Allow coaches to coach.

Your role is to love, encourage, and support your athlete. When players receive different instructions from parents and coaches, it can create confusion and unnecessary pressure.

5.3 Supporting the Entire Team

When your child joins an All-Star team, your family becomes part of a larger team community.

Celebrate every player's success.

Encourage every athlete.

Treat every family with respect.

Remember that every player contributes differently.

Avoid comparisons between athletes or discussions about playing time, positions, or statistics with other parents.

Supporting the entire team creates an atmosphere where every athlete feels valued and respected.

When one player succeeds, the team succeeds.

5.4 Positive Behaviour at Games

Athletes notice everything.

They hear conversations in the stands.

They see how adults react to officials.

They observe how parents speak about coaches, teammates, and opponents.

Because of this, parents are expected to model the same sportsmanship expected of players.

Parents should:

- Cheer positively.
- Respect umpires and officials.

- Support all players.
- Encourage fair play.
- Respect tournament volunteers.
- Demonstrate good sportsmanship regardless of the score.

Parents should never:

- Argue with officials.
- Criticize players from either team.
- Use abusive or inappropriate language.
- Attempt to coach from the stands.
- Confront coaches before, during, or immediately after games.

Your behaviour becomes part of your athlete's experience.

A Real-World Example

A close championship game ends with a controversial call at home plate.

While emotions are high, one group's parents begin criticizing the umpire loudly as players leave the field.

Another group's parents gather their athletes, congratulate them on a hard-fought game, thank the officials and tournament volunteers, and focus on the positives from the weekend.

Months later, players rarely remember the disputed call.

They do remember how the adults handled the situation.

5.5 The Importance of Volunteering

CMBA's All-Star Program depends on volunteers.

Every tournament, fundraiser, team event, and travel weekend requires families working together.

Volunteer opportunities may include:

- Scorekeeping
- Pitch counting
- GameChanger scoring
- Team meals

- Fundraising
- Travel coordination
- Tournament assistance
- Equipment transportation
- Team photography
- Organizing social activities

Sharing responsibilities fairly prevents burnout and allows everyone to enjoy the season.

Remember that coaches and Team Managers are volunteers as well.

Offering assistance before being asked is one of the best ways to support the team.

5.6 Communication Expectations

Strong communication builds strong teams.

Parents should:

- Read team emails and RAMP Team App messages regularly.
- Respond to requests promptly.
- Notify coaches of absences as early as possible.
- Ask questions respectfully.
- Address concerns privately.
- Avoid discussing team issues on social media.

If something is unclear, ask.

Misunderstandings are usually resolved through respectful conversation.

5.7 The 24-Hour Rule

Emotions often run high immediately following games.

For this reason, CMBA follows the **24-Hour Rule**.

Parents who have concerns regarding coaching decisions, playing time, team operations, or other issues are asked to wait at least 24 hours before requesting a discussion with a coach or Team Manager.

This cooling-off period allows everyone involved to reflect calmly and approach conversations respectfully.

When concerns are discussed:

- Request a meeting rather than approaching a coach immediately after a game.
- Speak respectfully.
- Listen to understand before responding.
- Focus on solutions rather than assigning blame.
- Include the Team Manager when appropriate.

Open, respectful communication strengthens relationships and promotes positive outcomes.

5.8 Financial and Travel Commitments

Participation in the All-Star Program may involve additional expenses beyond the regular season.

These may include:

- Team fees
- Tournament entry costs
- Travel
- Accommodation
- Meals
- Team apparel
- Optional team activities

Families should review these commitments early in the season and communicate any concerns with the Team Manager as soon as possible.

Transparency, planning, and teamwork help ensure the season remains enjoyable for everyone.

5.9 Respecting Every Volunteer

Every All-Star season is made possible by volunteers.

These include:

- Coaches
- Assistant Coaches
- Team Managers
- Umpires

- Board Members
- Tournament organizers
- Scorekeepers
- Field maintenance volunteers
- Sponsors
- Community supporters

Most dedicate hundreds of hours each year because they care about providing opportunities for young athletes.

Parents are encouraged to express appreciation often.

A simple "thank you" goes a long way.

Family Focus

Remember why your family joined the All-Star Program.

It wasn't simply to win tournaments.

It was to:

- Build friendships.
- Learn teamwork.
- Grow as athletes.
- Develop confidence.
- Create lasting memories.
- Represent CMBA with pride.

If those goals remain the focus, the season will be successful regardless of the final standings.

Common Mistake

Measuring the season solely by wins, losses, playing time, or statistics.

The most meaningful outcomes of an All-Star season are often the ones that cannot be measured—confidence gained, friendships formed, resilience developed, and memories created.

Years from now, these experiences are what families are most likely to remember.

Chapter Reflection

Take a few moments as a family to discuss the following questions:

- How can we contribute to a positive team culture?
- What volunteer role would we enjoy taking on?
- How will we support our athlete after difficult games?
- How can we encourage every player on the team?
- What do we hope our family remembers most about this season?

Talking about these questions before the season begins helps establish shared expectations and strengthens your family's commitment to the team experience.

Key Takeaways

By the end of this chapter, you should understand that:

- Parents are partners in creating a successful All-Star experience.
 - Encouragement, communication, and positive role modeling have a lasting impact on young athletes.
 - Supporting the entire team creates a stronger and more enjoyable environment for everyone.
 - Respectful communication, including following the 24-Hour Rule, helps resolve concerns effectively.
 - Volunteering is an important part of the All-Star Program and ensures responsibilities are shared fairly.
 - The greatest measure of a successful season is the growth, confidence, friendships, and memories created along the way.
-

Looking Ahead

In **Chapter 6 – Coaches, Team Managers & Volunteers**, we'll introduce the dedicated individuals who work behind the scenes to make the All-Star Program successful. You'll learn about the responsibilities of coaches, Team Managers, Board members, and volunteers, how they work together to support the team, and how players and parents can build positive, respectful relationships with everyone involved. This chapter will help families better understand the structure of the All-Star Program and the important role each volunteer plays in creating a rewarding experience for every athlete.

Chapter 6

Coaches, Team Managers & Volunteers

Working Together to Build an Exceptional All-Star Experience

"Behind every successful team is a group of dedicated volunteers working together for the benefit of every athlete."

Introduction

An All-Star season is made possible through the time, dedication, and commitment of many volunteers. While players are the ones competing on the field, there are countless individuals working behind the scenes to ensure practices are organized, tournaments are booked, equipment is available, finances are managed, and every athlete has the opportunity to succeed.

The Cranbrook Minor Ball Association All-Star Program is built on teamwork—not only among players, but also among coaches, Team Managers, Board members, parents, and volunteers. Each person has an important role, and when everyone works together with respect and a shared purpose, athletes enjoy a safe, organized, and memorable experience.

Understanding the responsibilities of each volunteer helps families know who to contact, what to expect, and how everyone contributes to the success of the team.

6.1 The Coaching Staff

The coaching staff is responsible for leading the team both on and off the field. Their primary responsibility is to provide a positive learning environment where athletes can improve their skills, develop confidence, and compete at their highest level.

Coaches are selected and approved by CMBA based on their experience, leadership qualities, commitment to player development, and willingness to uphold the Association's values.

Throughout the season, coaches are responsible for:

- Planning and leading practices.
- Teaching baseball and softball fundamentals.
- Developing team strategies.
- Preparing players for games and tournaments.
- Supporting positive sportsmanship.
- Encouraging teamwork and respect.
- Ensuring player safety.

- Communicating expectations clearly.
- Representing CMBA professionally.

Every coaching decision should be guided by one question:

"What is in the best interest of the athlete?"

6.2 The Head Coach

The Head Coach provides overall leadership for the team and is responsible for creating a positive, respectful, and development-focused environment.

Working closely with assistant coaches, the Team Manager, and CMBA, the Head Coach helps guide the team throughout the season while ensuring players continue to learn, improve, and enjoy the game.

The Head Coach also serves as an important role model, demonstrating leadership, sportsmanship, and professionalism at every practice, game, and tournament.

6.3 Assistant Coaches

Assistant Coaches are an important part of the team's leadership group.

They help organize practices, provide individual instruction, supervise drills, encourage athletes, and support the Head Coach during games and tournaments.

By sharing coaching responsibilities, Assistant Coaches help ensure every athlete receives quality instruction, encouragement, and opportunities to develop throughout the season.

6.4 The Team Manager

While coaches focus on player development, the Team Manager helps keep the season organized.

The Team Manager supports both the coaching staff and families by coordinating many of the administrative responsibilities that allow the team to operate smoothly.

These responsibilities may include:

- Coordinating team communications.
- Managing schedules and calendars.
- Assisting with tournament registrations.
- Organizing volunteers.
- Supporting travel arrangements.

- Assisting with fundraising and sponsorship activities.
- Helping coordinate team finances.
- Sharing important information with families.

A strong partnership between the Head Coach and Team Manager allows everyone to focus on providing the best possible experience for the players.

6.5 The CMBA Board of Directors

The CMBA Board of Directors provides leadership and oversight for the entire Association.

Board members work throughout the year to ensure programs remain safe, organized, financially responsible, and focused on providing positive experiences for every participant.

Their responsibilities include:

- Establishing Association policies.
- Supporting coaches and volunteers.
- Managing registrations.
- Maintaining financial accountability.
- Coordinating facilities and field use.
- Ensuring Safe Sport standards are followed.
- Supporting player development.
- Planning for the future of CMBA.

Although families may not interact with Board members regularly, their work helps make every All-Star season possible.

6.6 Other Volunteers

An All-Star season depends on many volunteers whose efforts often take place behind the scenes.

These volunteers may include:

- Team Parents
- Scorekeepers
- Tournament Volunteers
- Equipment Volunteers
- Fundraising Volunteers

- Sponsorship Volunteers
- Field Maintenance Volunteers
- Board Committee Members

Every volunteer contributes to creating a positive experience for players and families.

Their dedication allows teams to participate in tournaments, enjoy quality facilities, receive community support, and focus on playing the game.

6.7 Parents as Volunteers

Many parents volunteer throughout the season in a variety of ways.

Whether helping organize travel, assisting with fundraising, keeping score, preparing tournament meals, or supporting team events, parent volunteers make an important contribution to the success of every All-Star team.

Volunteering also teaches athletes the value of teamwork, community involvement, and giving back.

6.8 Working Together as One Team

Successful All-Star teams are built on cooperation, communication, and mutual respect.

Players, parents, coaches, Team Managers, Board members, officials, and volunteers all share the same goal—providing young athletes with a positive, challenging, and rewarding experience.

Everyone has different responsibilities, but everyone deserves respect and appreciation for the time they contribute.

Positive communication, patience, and understanding help create an environment where challenges can be solved together and successes can be celebrated by everyone.

6.9 How Families Can Help

Families play an important role in supporting the volunteers who dedicate countless hours throughout the season.

Parents and players can help by:

- Treating all volunteers with courtesy and respect.
- Communicating positively and professionally.
- Following team procedures and deadlines.
- Volunteering when opportunities arise.

- Supporting fundraising activities.
- Respecting coaching decisions.
- Showing appreciation for everyone's efforts.

Sometimes the simplest words—"Thank you"—can mean the most.

Parent's Corner

Remember that nearly every person involved with your child's All-Star experience is volunteering their time.

Patience, kindness, and respectful communication help create an environment where volunteers feel appreciated and athletes benefit from positive leadership.

Strong teams begin with strong relationships.

From the Dugout

While players often remember the big plays and exciting victories, many of the most important moments happen away from the field.

The coach staying late to answer questions.

The Team Manager organizing travel plans.

The volunteer preparing the fields before sunrise.

The parent helping run a fundraiser.

The Board member planning months in advance.

Every volunteer contributes to making the All-Star experience possible.

Family Reflection

As a family, discuss the following questions:

- Who are the volunteers that help make our team successful?
 - How can we show appreciation for those who give their time?
 - What can we do this season to positively support our team and our CMBA community?
-

Chapter Summary

The CMBA All-Star Program is built upon the dedication of volunteers who share a passion for developing young athletes.

Coaches teach and inspire. Team Managers organize and communicate. Board members provide leadership and support. Parents and volunteers strengthen the team through countless acts of service.

Together, they create an environment where athletes can learn, compete, and grow.

Understanding and respecting the role each volunteer plays helps build stronger teams, stronger relationships, and a more rewarding All-Star experience for everyone.

Key Takeaways

- Every All-Star season depends on dedicated volunteers.
- Coaches focus on athlete development and leadership.
- Team Managers coordinate the administrative side of the team.
- The CMBA Board provides governance and organizational support.
- Volunteers contribute in many important ways behind the scenes.
- Respect, communication, and teamwork strengthen the entire program.
- Everyone shares the same goal—helping every athlete have a safe, positive, and memorable All-Star experience.

Looking Ahead

Chapter 7 – Practices, Games & Tournaments

Preparing for Success Every Step of the Way

"Championships are not won on tournament weekend—they are built through every practice, every lesson learned, and every commitment made throughout the season."

In the next chapter, you'll learn how practices, games, and tournaments work together to support athlete development throughout the All-Star season. We'll explore expectations for attendance, preparation, game-day routines, tournament travel, and how every practice and competition contributes to building confident athletes, stronger teams, and lasting memories.

Chapter 7

Practices, Games & Tournaments

Preparing for Success Every Step of the Way

"Championships are not won on tournament weekend—they are built through every practice, every lesson learned, and every commitment made throughout the season."

7.1 The All-Star Season

The CMBA All-Star season is an exciting extension of the regular baseball and softball season. It provides athletes with opportunities to compete against strong teams, develop advanced skills, and create lasting memories with teammates.

Unlike the regular season, the All-Star season is often more intensive. Players can expect additional practices, exhibition games, league play (where applicable), tournaments, and travel.

Each team's schedule will vary depending on its division, tournament invitations, and championship opportunities, but every family should be prepared for a busy and rewarding experience.

Flexibility, communication, and teamwork are essential to making the season enjoyable for everyone involved.

7.2 Practices – Where Champions Are Built

Practices are the foundation of every successful team.

Games provide opportunities to compete, but practices are where players improve, coaches teach, and teams develop chemistry.

Players are expected to:

- Attend every practice whenever reasonably possible.
- Arrive at least 15 minutes early unless otherwise directed.
- Be dressed appropriately and ready to begin on time.
- Bring all required equipment.
- Stay focused and engaged throughout the practice.
- Encourage teammates and maintain a positive attitude.

Parents can support practices by ensuring athletes arrive prepared, rested, and ready to learn.

Attendance at practice demonstrates commitment to teammates as much as it does commitment to individual improvement.

Player Tip

Don't judge a practice by how much fun it was—judge it by how much you learned.

Some of the hardest practices become the most valuable when tournament season arrives.

7.3 Preparing for Game Day

Game days require preparation long before the first pitch.

Players should:

- Eat a nutritious meal before arriving.
- Stay well hydrated.
- Get adequate sleep the night before.
- Wear the correct uniform.
- Bring all required equipment.
- Arrive at the designated meeting time.
- Be mentally prepared to compete.

Parents should review schedules carefully and allow extra travel time whenever possible.

Rushing creates unnecessary stress and affects both athletes and coaches.

Arriving early allows players time to warm up properly and prepare mentally for the game ahead.

7.4 During the Game

Every player has a role, whether on the field, in the dugout, or supporting teammates.

Players are expected to:

- Listen to coaches.
- Support teammates.
- Remain engaged throughout the game.
- Demonstrate sportsmanship.
- Respect officials and opponents.
- Maintain a positive attitude regardless of the score.

Parents are encouraged to:

- Cheer positively for all players.
- Respect coaching decisions.
- Avoid coaching from the stands.
- Support officials and volunteers.
- Celebrate effort as much as results.

A positive atmosphere allows athletes to perform with confidence and enjoy the game.

7.5 Tournament Weekends

Tournament weekends are often the highlight of the All-Star season.

They provide opportunities to:

- Compete against teams from other communities.
- Experience different facilities.
- Build friendships.
- Strengthen team chemistry.
- Represent CMBA with pride.

Tournament schedules can change quickly due to weather, field conditions, or game results.

Families should remain flexible and monitor team communications throughout the weekend.

Remember that tournament volunteers work hard to provide a great experience for every team.

Patience and understanding are appreciated.

A Real-World Example

A team arrives at a tournament only to discover heavy overnight rain has delayed the schedule.

Instead of becoming frustrated, families use the extra time to relax together, review the updated schedule, and support tournament organizers as they work to prepare the fields.

By staying positive and flexible, the team remains focused and ready when play resumes.

The ability to adapt is an important part of tournament baseball and softball.

7.6 Travel Expectations

Many All-Star teams travel throughout British Columbia and neighbouring provinces.

Travel provides opportunities to compete while also creating lifelong memories.

When travelling, players and families represent CMBA at all times.

Expectations include:

- Arrive at departure times as scheduled.
- Respect hotels and accommodations.
- Follow curfews established by the coaching staff.
- Maintain appropriate behaviour in public.
- Respect tournament facilities.
- Travel safely and responsibly.

Players should remember that tournament weekends are still part of the competitive season.

Late nights and poor preparation often affect performance the following day.

7.7 Hotel Expectations

Hotels are shared spaces used by many guests.

Players and families are expected to:

- Respect quiet hours.
- Avoid running through hallways.
- Keep rooms clean.
- Supervise younger athletes appropriately.
- Respect hotel staff.
- Avoid damaging property.
- Follow any team-specific expectations.

Parents remain responsible for the supervision of their children unless specific arrangements have been made by the coaching staff and comply with CMBA policies.

Positive behaviour helps ensure CMBA teams remain welcome at future tournaments.

Family Tip

Some of the best tournament memories happen away from the ballpark.

Sharing meals, exploring the host community, and spending time together are part of what makes the All-Star experience so special.

Enjoy these moments while maintaining the professionalism expected of CMBA families.

7.8 Weather and Schedule Changes

Baseball and softball are outdoor sports.

Weather delays, smoke conditions, field closures, and schedule changes are sometimes unavoidable.

When changes occur:

- Monitor the RAMP Team App regularly.
- Check email and team communications.
- Wait for official updates before making assumptions.
- Avoid contacting tournament organizers directly unless instructed.

The coaching staff and Team Manager will communicate updates as quickly as information becomes available.

Patience is appreciated during rapidly changing situations.

7.9 Preparing for Championship Play

As the season progresses, teams may qualify for district, regional, provincial, or invitational championship events.

Preparation often includes:

- Additional practices.
- Increased attention to conditioning.
- Reviewing team strategies.
- Ensuring equipment is ready.
- Confirming travel plans.
- Maintaining healthy routines.

Championship events are exciting, but they should never change the team's commitment to sportsmanship, teamwork, and respect.

The goal is always to compete with pride while representing CMBA in a positive manner.

Common Mistake

Thinking tournament weekends are only about baseball or softball.

Successful tournament weekends require planning, flexibility, teamwork, good communication, and respectful behaviour both on and off the field.

The best teams understand that every part of the weekend contributes to the overall experience.

Chapter Reflection

As your family prepares for the All-Star season, consider the following:

- How can we prepare for practices and games with less stress?
- What routines will help our athlete perform their best?
- How can we contribute to a positive tournament environment?
- How will we demonstrate respect while travelling?
- What memories do we hope to create together this season?

Planning ahead helps families enjoy the experience while reducing unnecessary challenges.

Key Takeaways

By the end of this chapter, you should understand that:

- Practices are the foundation of player and team development.
 - Preparation and punctuality contribute to individual and team success.
 - Positive behaviour during games and tournaments reflects the values of CMBA.
 - Travel and tournament weekends require flexibility, organization, and teamwork.
 - Players and families represent CMBA wherever they go, including hotels, restaurants, and host communities.
 - Good communication and preparation help create a safe, enjoyable, and memorable All-Star season.
-

Looking Ahead

In **Chapter 8 – Communication**, we'll explore how effective communication keeps an All-Star team connected throughout the season. You'll learn how CMBA uses the RAMP Team App and email,

what information families are expected to monitor, how to communicate absences or concerns, and how respectful, timely communication helps build trust and avoid misunderstandings. This chapter will also explain the proper channels for addressing questions and resolving concerns in a constructive and professional manner.

Chapter 8

Communication

Building Trust Through Respectful Communication

"Great teams are built on trust, and trust begins with clear, honest, and respectful communication."

8.1 Why Communication Matters

An All-Star season moves quickly.

Practice schedules change.

Tournament game times are adjusted.

Weather delays occur.

Travel plans evolve.

New information is shared almost daily.

Effective communication ensures that everyone—players, parents, coaches, Team Managers, and CMBA—works together with the same information and understands what is expected.

Good communication reduces confusion, prevents misunderstandings, and allows everyone to focus on providing the best possible experience for the athletes.

Communication is not simply about sharing information.

It is about building trust.

8.2 Official Communication Platforms

To ensure information is accurate and reaches every family consistently, CMBA uses designated communication platforms.

Official Team Communication

The following are CMBA's approved methods of communication:

- **RAMP Team App**
- **Email**

These platforms will be used to communicate:

- Practice schedules
- Game schedules

- Tournament information
- Travel details
- Volunteer assignments
- Weather updates
- Team meetings
- Financial information
- Association announcements
- Emergency notifications

Families are expected to check both platforms regularly.

Failure to review communications may result in missed practices, games, meetings, or important deadlines.

Social Media

While many teams enjoy sharing photographs and celebrating accomplishments online, **social media is not an official communication platform.**

Schedules, coaching decisions, concerns, or confidential team information should never be discussed through:

- Facebook
- Instagram
- Snapchat
- TikTok
- X (formerly Twitter)
- Public messaging groups

Social media should celebrate the team—not manage it.

8.3 The Role of the Team Manager

The Team Manager serves as the communication coordinator for the team.

They help ensure information flows smoothly between:

- Coaches
- Parents

- Players
- CMBA Administration
- Tournament organizers

The Team Manager may communicate:

- Schedule updates
- Tournament information
- Volunteer assignments
- Financial reminders
- Team events
- Equipment information
- Travel details

Parents should direct administrative questions to the Team Manager whenever appropriate.

This allows coaches to focus on athlete development and game preparation.

8.4 Communication Expectations for Families

Communication is a shared responsibility.

Families are expected to:

- Read all team communications promptly.
- Respond to requests when a reply is requested.
- Inform coaches or the Team Manager of absences as soon as possible.
- Keep contact information current.
- Notify the Team Manager of emergency contact changes.
- Ask questions when clarification is needed.

Timely communication helps the coaching staff plan practices, complete tournament registrations, arrange accommodations, and prepare lineups.

Every family's cooperation contributes to the success of the team.

Parent Tip

If you receive a team message while busy, don't assume you'll remember it later.

Take a moment to acknowledge it, add important dates to your calendar, or set a reminder.

Small organizational habits prevent many common communication issues.

8.5 Respectful Communication

Every member of the All-Star Program deserves to be treated with professionalism and respect.

Whether speaking in person, sending an email, or posting online, communication should always be:

- Respectful
- Honest
- Constructive
- Timely
- Professional

Disagreements may occur.

They should always be handled respectfully and privately.

The goal should always be solving problems—not creating them.

8.6 The 24-Hour Rule

Competitive sports can be emotional.

Players, parents, coaches, and officials all experience moments of excitement and disappointment.

For this reason, CMBA follows the **24-Hour Rule**.

If concerns arise following a practice or game, families are asked to wait at least 24 hours before requesting a discussion with a coach.

This allows emotions to settle and encourages thoughtful, respectful conversations.

The 24-Hour Rule applies to concerns regarding:

- Playing time
- Positions
- Coaching decisions
- Team operations
- Discipline

- Other team-related matters

Waiting does not mean concerns are ignored.

It means they are addressed more productively.

8.7 Addressing Concerns

Most concerns can be resolved through respectful conversation.

CMBA encourages families to follow the appropriate communication pathway.

Step 1

Speak respectfully with the appropriate coach after the 24-hour period.

Many questions can be resolved quickly through open conversation.

Step 2

If the concern remains unresolved, contact the Team Manager for assistance in facilitating further discussion.

Step 3

If the issue involves Association policy, safety, conduct, or cannot be resolved at the team level, it may be referred to the CMBA Administrator or the appropriate Board Director in accordance with CMBA policies.

The objective is always to resolve concerns fairly, respectfully, and in the best interests of the athletes.

A Real-World Example

A parent is concerned about their child's playing time after a tournament.

Instead of approaching the coach immediately after the final game, the parent waits until the following day, requests a meeting through the Team Manager, and has a calm conversation with the coach.

During the discussion, the coach explains the tournament strategy, player development goals, and future opportunities.

Although not every answer is what the parent hoped to hear, the respectful conversation builds understanding and preserves a positive working relationship.

8.8 Communication During Travel

Tournament weekends often require frequent communication.

Families should monitor the RAMP Team App and email regularly for updates regarding:

- Game schedule changes
- Weather delays
- Field changes
- Team meals
- Hotel information
- Departure times
- Emergency updates

Prompt responses help coaches and Team Managers make informed decisions quickly.

8.9 Communication Between Players

Players are encouraged to build friendships and communicate respectfully with teammates.

Whether communicating in person or through digital platforms:

- Include teammates rather than excluding others.
- Encourage one another.
- Avoid gossip.
- Never bully or harass another player.
- Resolve misunderstandings respectfully.
- Speak to teammates the same way you would face-to-face.

Healthy communication strengthens team chemistry and creates an environment where everyone feels welcome.

8.10 Confidentiality and Privacy

Throughout the season, families may become aware of personal information about teammates, coaches, or volunteers.

CMBA expects everyone to respect privacy.

This includes:

- Medical information.
- Family circumstances.

- Financial matters.
- Player evaluations.
- Discipline matters.
- Team discussions intended to remain private.

Respecting confidentiality builds trust and protects everyone involved in the program.

Communication Checklist

Before sending a message or raising a concern, ask yourself:

- Is this the appropriate time?
- Am I speaking to the right person?
- Is my message respectful?
- Am I seeking a solution rather than assigning blame?
- Would I be comfortable receiving this message myself?

If the answer is "yes" to all of these questions, you're likely approaching the conversation in a positive and productive way.

Common Mistake

Using social media or group chats to discuss concerns about coaching decisions, playing time, teammates, or officials.

These conversations rarely solve problems and often create unnecessary misunderstandings or conflict.

When concerns arise, communicate directly and respectfully with the appropriate individual using the established communication process.

Chapter Reflection

As a family, discuss the following:

- How can we stay organized and informed throughout the season?
- How will we communicate if we are running late or unable to attend an event?
- If we have a concern, how will we approach it respectfully?
- How can we model positive communication for our athlete?

- What role does trust play in building a successful team?

Open, respectful communication is one of the strongest foundations for a successful All-Star season.

Key Takeaways

By the end of this chapter, you should understand that:

- Clear communication helps every member of the team stay informed and prepared.
 - RAMP Team App and email are CMBA's official communication platforms.
 - Social media should be used to celebrate the team, not manage team business or address concerns.
 - The Team Manager is the primary coordinator for team communications.
 - The 24-Hour Rule encourages respectful and productive conversations.
 - Concerns should follow the appropriate communication pathway and focus on finding solutions.
 - Respectful communication builds trust, strengthens relationships, and contributes to a positive All-Star experience.
-

Looking Ahead

In **Chapter 9 – Team Culture**, we'll explore what makes great teams more than just talented athletes. We'll discuss inclusion, accountability, resilience, leadership, respect, and the shared values that create an environment where every player feels supported, every family feels welcome, and every member of the team contributes to something greater than themselves. By establishing a positive team culture, CMBA All-Star teams can create lasting memories and experiences that extend far beyond the final score.

Chapter 9

Team Culture

Building More Than a Team

"The strongest teams are not always the most talented. They are the ones that trust one another, support one another, and choose to succeed together."

9.1 What Is Team Culture?

Team culture is the environment that players, coaches, Team Managers, parents, and volunteers create together throughout the season.

It is reflected in:

- How teammates treat one another.
- How players respond to adversity.
- How families support one another.
- How coaches teach and lead.
- How volunteers contribute.
- How everyone represents CMBA.

A positive team culture doesn't happen by accident. It is built intentionally through everyday actions, conversations, and decisions.

Every member of the team plays a role in shaping that culture.

9.2 Every Person Matters

One of the greatest strengths of any All-Star team is recognizing that every individual contributes to the team's success.

Every player has a role.

Every coach brings experience.

Every Team Manager keeps the season organized.

Every volunteer makes the experience possible.

Every parent helps create the atmosphere surrounding the team.

No role is more important than another.

When everyone feels valued, respected, and included, the team becomes stronger.

Great teams understand that success belongs to everyone—not just those on the field at a particular moment.

9.3 Trust Is Built Daily

Trust is one of the most valuable qualities a team can develop.

Trust grows when teammates know they can rely on one another.

Players build trust by:

- Working hard every practice.
- Arriving prepared.
- Supporting teammates.
- Being honest.
- Following through on commitments.
- Accepting responsibility for mistakes.
- Encouraging one another.

Parents build trust by:

- Supporting the entire team.
- Respecting coaches and volunteers.
- Following team expectations.
- Communicating openly and respectfully.
- Volunteering when needed.

Trust cannot be demanded.

It must be earned through consistent actions over time.

Team Tip

Ask yourself each day:

"What can I do today to make our team better?"

Sometimes the answer is making a great play.

Sometimes it's helping pick up equipment.

Sometimes it's encouraging a teammate who needs support.

Every positive action strengthens the team.

9.4 Inclusion Makes Teams Stronger

Every athlete deserves to feel welcome, respected, and valued.

Great teams make sure no one feels left out.

Players should:

- Include everyone in conversations.
- Encourage teammates.
- Celebrate every player's success.
- Welcome new players.
- Avoid cliques.
- Respect differences.
- Support teammates during difficult moments.

Parents should also be mindful of creating an inclusive environment by welcoming every family, introducing themselves to new parents, and helping everyone feel part of the team community.

The strongest teams are those where every individual knows they belong.

9.5 Handling Success Together

Winning is exciting.

Championships create lasting memories.

However, how a team celebrates success says a great deal about its character.

Great teams:

- Celebrate together.
- Thank opponents.
- Thank officials.
- Recognize volunteers.
- Remain humble.
- Appreciate the opportunity to compete.

Humility earns respect.

Respect creates lasting relationships.

9.6 Responding to Adversity

Every team experiences challenges.

Bad weather.

Injuries.

Close losses.

Unexpected setbacks.

Disagreements.

Championship games that don't go as planned.

These moments often define a team's character more than victories ever could.

When adversity occurs:

- Stay positive.
- Support one another.
- Learn from mistakes.
- Avoid blaming teammates.
- Focus on solutions.
- Move forward together.

Resilience is one of the greatest lessons youth sports can teach.

A Real-World Example

A team loses its first two games of a tournament and finds itself one loss away from elimination.

Instead of focusing on disappointment, the players encourage one another, coaches reinforce the team's strengths, and parents maintain a positive atmosphere.

The team rallies together, wins its next several games, and earns a place in the championship.

Even if they had not reached the final, the way they supported one another throughout the weekend would still have been a success.

True team culture is measured by how people respond when things become difficult.

9.7 Leadership Is Everyone's Responsibility

Leadership isn't limited to captains or older players.

Every athlete can lead.

Leadership includes:

- Arriving early.
- Working hard.
- Helping with equipment.
- Encouraging teammates.
- Listening to coaches.
- Setting a positive example.
- Treating others with respect.

Parents lead by:

- Supporting coaches.
- Volunteering.
- Welcoming new families.
- Demonstrating sportsmanship.
- Encouraging every athlete.

Leadership is demonstrated through actions, not titles.

9.8 Creating Lifelong Friendships

One of the greatest rewards of the All-Star experience is the friendships that develop along the way.

Long bus rides.

Hotel stays.

Shared meals.

Tournament weekends.

Celebrating victories.

Supporting each other after difficult losses.

These experiences create bonds that often last for many years.

Many former All-Star athletes remember their teammates long after they forget tournament scores.

The friendships built through sport are often among life's most meaningful.

9.9 Having Fun While Competing

Competition is an important part of the All-Star Program.

So is enjoyment.

Athletes perform their best when they enjoy being part of the team.

Families create lasting memories when they enjoy the journey together.

Winning is exciting.

Having fun while working hard is even better.

Remember to celebrate the little moments:

- A teammate's first home run.
- A great defensive play.
- A team dinner.
- A successful fundraiser.
- A long road trip filled with laughter.
- A comeback after adversity.

These are often the memories that remain long after the season ends.

Family Focus

At the end of each tournament, ask your athlete:

- What made you smile this weekend?
- What did you learn?
- Who helped you this weekend?
- Who did you encourage?
- What was your favourite memory?

These conversations help keep the focus on personal growth, relationships, and enjoyment rather than just the scoreboard.

9.10 Leaving the Jersey Better Than You Found It

Every All-Star player becomes part of CMBA's history.
Future players will wear the same colours.
Future families will follow the example set by today's teams.
Your responsibility is not simply to wear the jersey.
Your responsibility is to honour it.
Leave the program stronger than you found it.
Support younger athletes.
Thank volunteers.
Respect opponents.
Represent Cranbrook with pride.
When your season ends, people may not remember every score.
They will remember your character.
That is the legacy every CMBA All-Star should strive to leave.

Common Mistake

Believing that team culture is the responsibility of the coaches.
In reality, culture is created by everyone.
Players.
Parents.
Coaches.
Team Managers.
Volunteers.
Board members.
Every interaction either strengthens or weakens the culture of the team.
Choose to make it stronger every day.

Chapter Reflection

As a family, take a few moments to discuss:

- What kind of teammate do we hope our athlete becomes?

- How can our family help every player feel included?
- What does good sportsmanship look like during both wins and losses?
- How can we build trust with other families?
- What legacy do we hope to leave within the CMBA All-Star Program?

Remember that the most successful teams are remembered not just for the games they won, but for the positive impact they had on one another and on their community.

Key Takeaways

By the end of this chapter, you should understand that:

- Team culture is created by every player, parent, coach, Team Manager, volunteer, and supporter.
 - Trust, respect, inclusion, and accountability are the foundation of successful teams.
 - Leadership is demonstrated through everyday actions rather than titles.
 - Adversity provides opportunities to strengthen relationships and build resilience.
 - The friendships and memories created through the All-Star experience often last far longer than tournament results.
 - Every member of the team has a responsibility to leave the CMBA All-Star Program stronger than they found it.
-

Looking Ahead

In **Chapter 10 – Safety & Well-Being**, we'll explore how CMBA is committed to providing a safe, respectful, and supportive environment for every participant. We'll cover physical safety, injury prevention, concussion awareness, Safe Sport principles, bullying and harassment prevention, mental well-being, and the shared responsibility of players, parents, coaches, and volunteers to ensure that every athlete can participate in baseball and softball with confidence, dignity, and enjoyment. This chapter reinforces that the health and well-being of our athletes will always come before the outcome of any game.

Chapter 10

Safety & Well-Being

Putting Athletes First

"Success is never measured by the final score if it comes at the expense of a player's health, safety, or well-being. At CMBA, people will always come before the game."

10.1 Our Commitment to Safety

The Cranbrook Minor Ball Association is committed to providing a safe, respectful, inclusive, and supportive environment for every participant.

Every decision made within the All-Star Program should place the well-being of athletes first.

Safety extends beyond preventing injuries. It also includes creating an environment where every player feels respected, valued, included, and supported both on and off the field.

Everyone involved in the All-Star Program shares responsibility for creating this environment, including:

- Players
- Parents and guardians
- Coaches
- Team Managers
- Umpires
- Board Members
- Volunteers
- Tournament organizers

Working together helps ensure every athlete has the opportunity to learn, compete, and enjoy the game in a safe and positive environment.

10.2 Physical Safety

Baseball and softball are active sports that involve running, throwing, batting, sliding, and fielding. While injuries cannot always be prevented, many risks can be reduced through proper preparation and safe habits.

Players are expected to:

- Wear all required protective equipment.

- Use equipment that fits properly and is in good condition.
- Follow coaching instruction during practices and games.
- Warm up and stretch before participating.
- Stay hydrated throughout the day.
- Notify coaches immediately if they are injured or feeling unwell.
- Never intentionally place another participant at risk.

Parents should help ensure athletes arrive prepared with the appropriate equipment, clothing, sunscreen, water, and any required medications.

Safety begins long before the first pitch.

Player Tip

If something hurts, speak up.

Trying to "play through" an injury may make it worse and could keep you out of the game much longer.

Strong athletes know when to ask for help.

10.3 Injury Reporting

Injuries should always be reported immediately to a coach or Team Manager.

Even minor injuries should be monitored to ensure they do not become more serious.

When an injury occurs:

- Play should stop if necessary.
- The athlete should be assessed.
- Parents or guardians will be informed as soon as practical.
- Medical attention should be sought whenever appropriate.
- Return-to-play decisions should always prioritize the athlete's health.

No game or practice is more important than an athlete's well-being.

10.4 Concussion Awareness

Concussions are serious injuries and should never be ignored.

A concussion may occur after a hit to the head or body that causes the brain to move rapidly inside the skull.

Signs and symptoms may include:

- Headache
- Dizziness
- Confusion
- Blurred vision
- Sensitivity to light or noise
- Nausea
- Difficulty concentrating
- Balance problems
- Unusual fatigue

If a concussion is suspected:

- The athlete must be removed from play immediately.
- The athlete should not return to play that day.
- Medical evaluation should be obtained as soon as possible.
- Return to participation must follow applicable medical guidance and CMBA, BC Minor Baseball, or Softball BC return-to-play requirements.

When in doubt, sit it out.

No championship is worth risking an athlete's long-term health.

10.5 Mental Well-Being

Athletes experience many emotions throughout a season.

Excitement.

Confidence.

Disappointment.

Frustration.

Nervousness.

Pride.

These emotions are a normal part of sport.

CMBA encourages an environment where athletes feel comfortable asking for support when needed.

Parents and coaches should encourage open conversations and remind athletes that their value is never determined by a score, a statistic, or a single performance.

The goal is to develop healthy, confident young people—not simply successful athletes.

Parent Perspective

Sometimes the most important conversation happens during the drive home.

Instead of focusing on errors or results, ask questions like:

- What did you enjoy today?
- What did you learn?
- What are you proud of?
- What would you like to improve next time?

These conversations help athletes develop confidence and resilience while keeping the game enjoyable.

10.6 Safe Sport

CMBA supports the principles of Safe Sport and is committed to creating an environment free from abuse, bullying, harassment, discrimination, and misconduct.

Every participant has the right to:

- Feel physically safe.
- Feel emotionally safe.
- Be treated with dignity and respect.
- Participate without fear of bullying or harassment.
- Be included regardless of ability, background, culture, gender, or personal identity.
- Raise concerns without fear of retaliation.

Safe Sport is everyone's responsibility.

If you witness behaviour that places another participant at risk, speak to a coach, Team Manager, or CMBA representative as soon as possible.

10.7 Bullying, Harassment, and Discrimination

CMBA has zero tolerance for bullying, harassment, discrimination, hazing, or abusive behaviour.

Examples include:

- Name-calling
- Intimidation
- Exclusion
- Threats
- Online harassment
- Disrespectful comments
- Physical aggression
- Humiliation
- Retaliation

These behaviours have no place in youth sport.

Players should support teammates who may be struggling and report concerns to a trusted adult.

Parents should encourage respectful behaviour and help reinforce the importance of kindness, empathy, and inclusion.

Creating a welcoming environment is everyone's responsibility.

10.8 Respecting Officials, Facilities, and Equipment

Safety includes caring for the environment in which we play.

Players and families should:

- Respect field rules.
- Use equipment appropriately.
- Keep dugouts clean.
- Dispose of garbage properly.
- Follow facility guidelines.
- Respect tournament volunteers and staff.
- Report damaged equipment promptly.

Taking care of facilities and equipment ensures future athletes can enjoy the same opportunities.

10.9 Weather and Environmental Safety

Weather conditions can change quickly during the baseball and softball season.

CMBA and tournament organizers may delay, suspend, or cancel activities due to:

- Lightning
- Heavy rain
- Poor air quality or wildfire smoke
- Extreme heat
- Unsafe field conditions

These decisions are made with athlete safety as the highest priority.

Families are expected to respect these decisions and follow the direction of coaches, officials, and event organizers.

Real-World Example

During a tournament, smoke from nearby wildfires causes the air quality to worsen throughout the day. Although players are eager to continue competing, tournament officials suspend play until conditions improve.

While disappointing, the decision protects the health of every athlete, coach, official, and volunteer.

Safety always comes before competition.

10.10 Looking After One Another

The strongest teams care about more than baseball or softball.

They care about people.

If a teammate is injured...

Help them.

If someone is discouraged...

Encourage them.

If someone is struggling...

Include them.

If someone needs help...

Offer it.

Every player deserves to know that they belong.

Small acts of kindness often have the greatest impact.

Family Focus

At the beginning of the season, talk as a family about what safety means.

Ask:

- Who can I talk to if something doesn't feel right?
- How do we know when it's time to stop playing because of an injury?
- How can we support teammates who may be struggling?
- What does respect look like in stressful situations?

These conversations build confidence and help athletes understand that asking for help is always encouraged.

Common Mistake

Believing that being "tough" means ignoring injuries or hiding concerns.

True toughness means making responsible decisions, speaking honestly, and putting long-term health ahead of short-term competition.

Athletes who report injuries, ask questions, and support teammates demonstrate maturity and leadership.

Chapter Reflection

As a family, discuss the following:

- What does a safe team environment look like?
- How can we help create that environment?
- How should we respond if someone is injured or being treated unfairly?
- How can we encourage teammates who are having a difficult day?
- What can we do to ensure every player feels welcomed and respected?

Remember that every member of the All-Star Program has a role in protecting the health, safety, and well-being of others.

Key Takeaways

By the end of this chapter, you should understand that:

- Athlete health, safety, and well-being always come before competition.
 - Players should report injuries, illnesses, and concerns immediately.
 - Suspected concussions must be treated seriously, and athletes should not return to play until medically cleared in accordance with applicable return-to-play requirements.
 - Safe Sport principles require an environment free from bullying, harassment, abuse, and discrimination.
 - Mental well-being is just as important as physical health.
 - Respecting facilities, equipment, officials, and fellow participants contributes to a safe and positive experience.
 - Every player, parent, coach, volunteer, and official shares responsibility for creating a culture where everyone feels safe, respected, and supported.
-

Looking Ahead

In **Chapter 11 – Financial Expectations & Team Fundraising**, we'll explain how team finances are managed throughout the All-Star season. Families will learn about team fees, fundraising opportunities, travel expenses, sponsorships, budgeting, reimbursements, and the importance of financial transparency. By understanding how team finances are planned and managed, everyone can contribute to a fair, organized, and successful All-Star experience.

Chapter 11

Financial Expectations & Team Fundraising

Working Together to Support the Team

"The success of an All-Star season depends not only on commitment on the field, but also on responsible planning and teamwork off the field. Good financial stewardship allows every athlete to have the best possible experience."

11.1 Understanding the Cost of an All-Star Season

The CMBA All-Star Program provides athletes with opportunities to compete at a higher level, attend tournaments, travel, and continue developing their skills. These opportunities also bring additional costs beyond those of the regular season.

While CMBA works hard to keep participation affordable, families should expect some expenses throughout the season.

These may include:

- Team participation fees
- Tournament entry fees
- Travel expenses
- Accommodation
- Meals while travelling
- Team apparel
- Optional team activities
- Additional equipment if required

Each team's schedule and financial needs may differ depending on age division, travel requirements, and tournament participation.

The Team Manager will provide families with information about anticipated costs early in the season whenever possible.

Planning ahead helps reduce stress and allows families to prepare for the season.

11.2 Financial Transparency

CMBA believes that transparency builds trust.

Every family has the right to understand how team funds are collected, managed, and spent.

Throughout the season, the Team Manager or designated team treasurer will provide updates on:

- Team income
- Fundraising proceeds
- Team expenses
- Outstanding balances
- Budget status

Whenever possible, major expenses should be communicated before they occur.

Questions regarding team finances are always welcome and should be directed respectfully to the Team Manager.

Open communication helps maintain confidence and accountability.

11.3 Team Fees

Depending on the team's season plan, families may be asked to contribute team fees.

These fees help offset costs that may not be covered by CMBA, including:

- Tournament registrations
- Team equipment
- Practice facilities
- Team supplies
- Training opportunities
- Team events
- Other approved expenses

Team fees should be established as early as possible so families can budget accordingly.

Any changes to anticipated costs should be communicated promptly.

Parent Tip

Budget for the All-Star season early.

Setting aside a small amount each month before the season begins can make tournament travel and unexpected expenses much easier to manage.

11.4 Fundraising

Fundraising plays an important role in making the All-Star experience more affordable for all families.

Fundraising allows teams to reduce individual costs while providing additional opportunities for athletes.

Fundraising may support:

- Tournament entry fees
- Travel costs
- Team equipment
- Training opportunities
- Team activities
- Other CMBA-approved expenses

Participation in fundraising is encouraged and, in some cases, may be expected of all families.

When everyone contributes, the workload is shared fairly, and the benefits are enjoyed by the entire team.

11.5 Gaming Funds and Licensed Fundraising

Some All-Star teams may participate in fundraising activities conducted under a BC Gaming Event Licence or other approved fundraising programs.

All gaming fundraising activities must comply with:

- BC Gaming Policy and Enforcement Branch requirements
- CMBA financial policies
- CMBA Gaming Licence procedures

This includes:

- All gaming applications and approvals being coordinated through CMBA.
- All gaming revenues being deposited and managed through CMBA.
- All receipts and supporting documentation being submitted to CMBA for reimbursement.
- Complete financial records being maintained.
- Gaming proceeds being used only for approved purposes.
- Required reports being submitted within the prescribed timelines.

These procedures protect both the team and the Association while ensuring compliance with provincial regulations.

11.6 Sponsorship and Community Support

Many All-Star teams receive generous support from local businesses and community organizations.

Sponsors play an important role in helping athletes participate in tournaments, purchase equipment, and reduce team costs.

Players and families are encouraged to:

- Thank sponsors whenever possible.
- Represent sponsors positively.
- Participate in sponsor recognition activities.
- Respect any sponsorship commitments made by the team.

Community support is a privilege that should never be taken for granted.

11.7 Travel Expenses

Tournament travel often represents one of the largest expenses during the season.

Typical travel expenses may include:

- Fuel
- Accommodation
- Meals
- Parking
- Team meals
- Ferry or transportation costs (if applicable)

Families are encouraged to:

- Book accommodations promptly.
- Share rides where practical.
- Coordinate with other families.
- Plan travel well in advance.

Working together often reduces costs while strengthening relationships within the team.

11.8 Reimbursements

From time to time, approved team volunteers may purchase items on behalf of the team.

To ensure accurate financial records:

- Purchases should be approved in advance whenever practical.
- Original receipts must be submitted promptly.
- Reimbursement requests should follow CMBA procedures.
- Expenses must align with the approved team budget.

Maintaining complete records protects both volunteers and the Association.

Real-World Example

A parent purchases additional practice balls without discussing the purchase first. Although the equipment is appreciated, the team had already budgeted for equipment through CMBA, resulting in duplicate purchases.

Before making purchases on behalf of the team, it is always best to check with the Team Manager or coaching staff. Good communication helps avoid unnecessary expenses and ensures team funds are used wisely.

11.9 Financial Responsibility

Every dollar raised by the team has been earned through the hard work of athletes, families, volunteers, sponsors, and the community.

For that reason:

- Team funds should be used responsibly.
- Purchases should support the team's approved goals.
- Spending decisions should be fair and transparent.
- Records should be maintained accurately.
- Questions should be welcomed.

Responsible financial management reflects the integrity and professionalism of the CMBA All-Star Program.

11.10 Appreciating Community Support

Every fundraiser, sponsorship, raffle ticket sold, donation received, or volunteer hour contributed represents someone investing in the success of our athletes.

Take time to say thank you.

A handwritten note.

A team photograph.

A social media recognition (where appropriate).

A personal conversation.

Simple gestures of appreciation strengthen relationships and help ensure continued community support for future All-Star teams.

Family Focus

At the beginning of the season, sit down as a family and discuss the financial commitment involved in participating in the All-Star Program.

Talk about:

- Creating a budget.
- Planning for travel.
- Choosing fundraising opportunities.
- Volunteering together.
- Showing appreciation to sponsors and supporters.

These conversations help families prepare for the season while teaching athletes valuable lessons about responsibility, planning, and gratitude.

Common Mistake

Assuming fundraising is someone else's responsibility.

Every family's participation—whether through volunteering, selling tickets, helping at an event, or thanking sponsors—contributes to the success of the team. When everyone shares the workload, the financial burden is reduced, and the team becomes stronger.

Chapter Reflection

As a family, discuss the following:

- What financial commitments should we plan for this season?

- How can we contribute to fundraising efforts?
- What volunteer opportunities fit our family's schedule and skills?
- How can we show appreciation to our sponsors and community supporters?
- What lessons about budgeting, responsibility, and gratitude can our athlete learn through the All-Star experience?

Remember that financial responsibility is not just about managing money—it is about respecting the time, effort, and generosity of everyone who helps make the All-Star Program possible.

Key Takeaways

By the end of this chapter, you should understand that:

- Participation in the All-Star Program involves financial planning and shared responsibility.
 - Team finances should be managed with transparency, accountability, and open communication.
 - Fundraising helps reduce costs and creates opportunities for athletes.
 - Gaming fundraisers and licensed gaming activities must comply with CMBA policies and provincial requirements.
 - Community sponsors and volunteers are essential partners in the success of the All-Star Program.
 - Responsible financial stewardship reflects the values of integrity, accountability, and respect that define CMBA.
-

Looking Ahead

In **Chapter 12 – Celebrating the Journey**, we'll conclude the handbook by reflecting on what makes the All-Star experience truly meaningful. We'll look beyond wins and losses to celebrate personal growth, lifelong friendships, community pride, leadership, and the memories created throughout the season. As families prepare to close one chapter of their All-Star journey, they'll be encouraged to reflect on the impact they have had on their teammates, the Association, and the future of CMBA. This final chapter serves as both a celebration of the season and an inspiration to continue giving back to the game for years to come.

Chapter 12

Celebrating the Journey

The Memories That Last a Lifetime

"The final score fades with time, but the friendships, lessons, and memories made through sport become part of who we are."

12.1 More Than Wins and Losses

As the All-Star season comes to an end, it is natural to reflect on tournament results, championships, and memorable games.

Those moments are certainly worth celebrating.

But when athletes and families look back years from now, they often remember something different.

They remember:

- The teammates who became lifelong friends.
- The road trips filled with laughter.
- The excitement of wearing the CMBA jersey for the first time.
- The encouragement after a difficult game.
- The conversations in the hotel lobby.
- The team meals.
- The bus rides.
- The celebrations.
- The challenges overcome together.

The greatest rewards of the All-Star experience cannot be measured by medals or trophies.

They are measured by the people we become.

12.2 Celebrating Growth

Every athlete grows throughout the All-Star season.

Some improve their hitting.

Some become stronger pitchers.

Others develop confidence, resilience, leadership, or communication skills.

Not every improvement appears on a scoresheet.

Sometimes the greatest growth is seen in:

- Greater self-confidence.
- Improved teamwork.
- Better sportsmanship.
- Stronger leadership.
- Increased responsibility.
- Greater resilience after setbacks.

These lessons remain valuable long after an athlete's final season.

Success should always be measured by progress, not perfection.

Player Reflection

Think back to the beginning of the season.

Ask yourself:

- What have I learned?
- How have I improved?
- What challenge did I overcome?
- How did I help my teammates?
- What am I most proud of?

The answers to these questions often tell a much bigger story than your statistics.

12.3 The Friendships That Last

One of the greatest gifts of youth sports is friendship.

Sharing victories.

Supporting each other after losses.

Travelling together.

Laughing together.

Working toward common goals.

These experiences create bonds that often last for many years.

Many former All-Star athletes cannot remember every championship they played in.

They can, however, remember the teammates who stood beside them.

Those friendships become one of the greatest rewards of participating in the All-Star Program.

12.4 Thanking Those Who Made It Possible

Every All-Star season is supported by countless individuals working behind the scenes.

Take time to thank:

- Parents and guardians.
- Coaches.
- Assistant Coaches.
- Team Managers.
- Board Members.
- Umpires.
- Tournament organizers.
- Volunteers.
- Sponsors.
- Host communities.
- Scorekeepers.
- Field maintenance crews.
- Family members who travelled and cheered from the stands.

Their time, energy, and dedication make every opportunity possible.

Gratitude is one of the simplest ways to strengthen our community.

A Real-World Example

At the end of the season, one team gathered after its final game. Rather than talking about wins and losses, each player shared one thing they appreciated about another teammate, coach, volunteer, or parent.

There were smiles, laughter, and even a few tears.

It became one of the most meaningful moments of the season—not because of a trophy, but because of the appreciation shown for one another.

Sometimes the most memorable victories happen away from the field.

12.5 Carrying the Lessons Forward

The lessons learned through the All-Star Program extend far beyond baseball and softball.

Athletes learn to:

- Work as part of a team.
- Communicate respectfully.
- Accept responsibility.
- Lead by example.
- Handle success with humility.
- Respond to disappointment with resilience.
- Respect others.
- Commit to continuous improvement.

These qualities help prepare young people for success in school, work, family life, and their communities.

The game teaches much more than athletic skills.

It teaches life.

12.6 Giving Back to the Game

Every athlete eventually reaches the end of their All-Star playing career.

That doesn't mean the journey ends.

Many former players become:

- Coaches.
- Umpires.
- Team Managers.
- Board Members.
- Volunteers.

- Sponsors.
- Mentors.

CMBA grows stronger when former athletes choose to give back.

The next generation of players will benefit from the knowledge, encouragement, and leadership you provide.

Every great volunteer was once a young athlete inspired by someone else.

12.7 Representing CMBA Beyond the Season

Although the final tournament may end, you will always be part of the CMBA family.

The reputation you built during the season continues long afterward.

Continue to:

- Demonstrate sportsmanship.
- Respect others.
- Support youth sports.
- Encourage younger athletes.
- Represent Cranbrook with pride.
- Be an ambassador for the game.

The All-Star jersey may eventually be returned.

The values it represents remain with you.

12.8 Looking Ahead

For some athletes, another All-Star season awaits next year.

For others, new opportunities will come through higher levels of baseball or softball, school athletics, coaching, officiating, or community leadership.

Whatever path you choose, remember the lessons learned through the All-Star Program.

Work hard.

Support others.

Respect the game.

Lead with integrity.

Never stop learning.

These principles will continue serving you long after your playing days have ended.

Family Focus

Before packing away your uniform for the season, take time together to reflect.

Talk about:

- Your favourite memories.
- Your biggest challenges.
- Your proudest moments.
- The people who made the greatest impact.
- What you hope to remember years from now.

These conversations help preserve the memories that make youth sports so meaningful.

Common Mistake

Thinking the value of the season depends entirely on championships or tournament results.

In reality, a successful All-Star season is measured by the growth of the athletes, the strength of the friendships formed, the character demonstrated, and the positive impact made on teammates, families, and the community.

Every season leaves a legacy.

Choose to make yours a positive one.

Final Reflection

As you finish reading this handbook, consider these questions as a family:

- What did this experience teach us?
- How did we grow together?
- Who helped make this season special?
- How did we represent CMBA?
- How can we give back to the game in the future?

Remember that every All-Star season is one chapter in a much larger story.

The values you have practiced—respect, teamwork, integrity, commitment, sportsmanship, and community—will continue to guide you wherever life takes you.

A Final Message to Our Players and Families

To every player who proudly wore the CMBA All-Star jersey:

Thank you for your dedication, your effort, and the pride with which you represented our Association.

To every parent and guardian:

Thank you for the countless hours spent driving to practices, cheering from the stands, volunteering at events, fundraising, travelling to tournaments, and supporting not only your own athlete but the entire team.

To every coach, Team Manager, volunteer, umpire, Board member, and sponsor:

Thank you for believing in the power of youth sports to shape confident, respectful, and resilient young people.

Together, you have created memories that will last a lifetime.

Whether this was your first All-Star season or your last, you are now part of the proud tradition of the Cranbrook Minor Ball Association.

Wear that experience with pride.

Continue to support your teammates.

Continue to lead by example.

Continue to give back to the game.

Most importantly, never forget why we play.

We play for the joy of the game.

We play for our teammates.

We play for our community.

We play to learn, to grow, and to create memories that will stay with us forever.

Thank you for representing the **Cranbrook Minor Ball Association**.

We look forward to seeing you on the field again.

End of Handbook

"The jersey may eventually be folded and put away, but the friendships, lessons, and pride of representing CMBA will remain with you for a lifetime."

Play with Pride. Lead with Character. Represent Cranbrook.

Appendix A

Parent Frequently Asked Questions (FAQ)

Answers to Common Questions Throughout the All-Star Season

The All-Star season is exciting, but it often brings new experiences for both players and parents. This section answers some of the questions families ask most often. If you have additional questions, please contact your Team Manager or coach—they are always happy to help.

Selection & Commitment

Why are All-Star practices more frequent than the regular season?

The All-Star Program is designed to provide additional opportunities for player development and competitive play. With tournaments often scheduled over a relatively short period, regular practices help athletes continue developing their skills while building team chemistry and preparing for competition.

Can my child participate in other sports during the All-Star season?

CMBA encourages young athletes to enjoy a variety of activities. However, by accepting a position on an All-Star team, players are making a commitment to their teammates. Families should discuss any scheduling conflicts with the coaching staff as early as possible so expectations can be managed fairly.

What happens if we already have a vacation planned?

Families should communicate any known scheduling conflicts before accepting a roster position or as soon as possible after becoming aware of them. Early communication allows coaches to plan appropriately and minimizes the impact on the team.

Practices & Games

What happens if my child misses a practice?

Occasional absences due to illness, family emergencies, school commitments, or unavoidable conflicts are understandable. Parents should notify the coach or Team Manager as early as possible.

Frequent unexcused absences may affect team preparation and could influence playing opportunities, depending on the team's expectations and applicable CMBA policies.

Why isn't every practice the same?

Each practice has different objectives.

Some focus on individual skills.

Others focus on team strategy, game situations, conditioning, or tournament preparation.

Every practice contributes to the team's overall development.

Should my child attend practice if they are injured?

If the injury prevents safe participation, the athlete should not practice. However, when appropriate and approved by the coach, attending practice to observe, support teammates, and remain involved with the team may still be beneficial.

Playing Time

Will everyone receive the same amount of playing time?

Playing time during the All-Star season may differ from regular-season play.

Factors that may influence playing time include:

- Attendance
- Effort
- Preparation
- Tournament format
- Player safety
- Team strategy
- Positional needs
- Competitive circumstances

Coaches strive to balance player development with competitive objectives while acting in the best interests of both the athletes and the team.

Why does my child play different positions?

Developing versatility is an important part of athlete development.

Learning multiple positions helps athletes become more complete players and allows coaches to respond to injuries, tournament schedules, and team needs.

Communication

Who should I contact if we're going to be late?

Notify your Team Manager or coach as soon as possible using the team's designated communication platform, typically the RAMP Team App or email.

Early communication allows coaches to adjust practice plans or lineups if necessary.

Who should I contact if I have a concern?

Most questions can be addressed directly with the appropriate coach after following the CMBA 24-Hour Rule.

Administrative questions may be directed to the Team Manager.

Association-related concerns may be referred to the CMBA Administrator or appropriate Board representative in accordance with CMBA policies.

Why shouldn't concerns be discussed immediately after games?

Emotions are often heightened immediately following competition.

Waiting at least 24 hours allows everyone to reflect calmly and encourages more respectful, productive conversations.

Tournaments

What should we expect during a tournament weekend?

Tournament schedules can change quickly due to weather, game results, or field availability.

Families should expect:

- Early mornings
- Multiple games per day
- Schedule adjustments
- Waiting between games
- Team meals
- Long days at the ballpark

Flexibility and patience help create a positive experience for everyone.

Do families have to stay at the team hotel?

Whenever possible, families are encouraged to stay at the designated team hotel. Staying together strengthens team culture, makes communication easier, and allows athletes and families to participate fully in team activities.

If alternative accommodations are necessary, please discuss them with the Team Manager in advance.

Can siblings attend tournaments?

Absolutely.

Many families make tournament weekends a family experience.

Parents remain responsible for supervising siblings while ensuring they do not interfere with team activities.

Fundraising & Finances**Why do teams fundraise?**

Fundraising helps reduce the financial impact of tournament participation while supporting team activities, equipment, and travel.

When everyone participates, the benefits are shared by the entire team.

How are team funds managed?

Team finances are managed in accordance with CMBA policies and are communicated transparently throughout the season. Families are encouraged to ask questions if clarification is needed.

Safety**What happens if my child gets injured during a game?**

The athlete will be removed from play and assessed. Parents or guardians will be notified as soon as practical, and medical attention will be sought if necessary.

Athlete safety always comes before competition.

What if my child thinks they have a concussion?

Players should immediately tell a coach, Team Manager, parent, or another trusted adult.

The athlete will be removed from play and should not return until they have been medically assessed and have met the applicable return-to-play requirements.

When in doubt, sit it out.

Team Culture

How can I help create a positive team environment?

Simple actions make a big difference:

- Encourage every player.
- Thank volunteers.
- Respect officials.
- Support coaches.
- Volunteer when possible.
- Welcome new families.
- Celebrate effort and improvement.

Positive attitudes are contagious.

What if my child is struggling emotionally?

Every athlete experiences challenges during the season.

Encourage open conversations, remind your athlete that one game or one mistake does not define them, and speak with the coaching staff if additional support may be helpful.

The well-being of every player is a shared priority.

End of Season

What happens after the final tournament?

Teams typically:

- Return uniforms and equipment.
- Complete any outstanding financial matters.
- Celebrate the season with a year-end event or gathering.

- Reflect on accomplishments and growth.
- Thank volunteers, coaches, sponsors, and supporters.

Although the season ends, the friendships, lessons, and memories continue.

Still Have Questions?

No handbook can answer every question, and every team's season is unique.

If you're ever unsure about something, please reach out to your Team Manager or coach. Open communication helps ensure concerns are addressed early and that everyone enjoys a positive All-Star experience.

Remember: There is no such thing as a bad question when it comes to supporting your athlete. Asking questions early often prevents misunderstandings and helps keep the focus where it belongs—on providing every player with a safe, positive, and rewarding All-Star season.

Appendix B

Tournament Packing Guide

Be Prepared, Play Your Best

"Successful tournament weekends begin long before the first pitch. Good preparation reduces stress, builds confidence, and allows players and families to focus on enjoying the experience."

Tournament weekends are exciting, but they often involve early mornings, long days at the ballpark, changing weather conditions, and travel away from home. Packing ahead of time helps ensure athletes arrive prepared and ready to compete.

Use this checklist before every tournament and adjust it based on the season, weather, and destination.

Player Equipment Checklist

Before leaving home, confirm you have:

Uniform

- ☐ Game jersey(s)
- ☐ Baseball/softball pants
- ☐ Belt (if applicable)
- ☐ Team socks
- ☐ Sliding shorts (if used)
- ☐ Undershirt or compression shirt
- ☐ Warm-up jacket
- ☐ Team hoodie
- ☐ Hat or visor

Footwear

- ☐ Cleats
 - ☐ Running shoes
 - ☐ Sandals or slides
 - ☐ Extra shoelaces
-

Playing Equipment

- ☐ Glove
 - ☐ Bat
 - ☐ Batting gloves
 - ☐ Batting helmet
 - ☐ Protective face mask (if used)
 - ☐ Catcher's equipment (if applicable)
 - ☐ Pitching accessories (if applicable)
 - ☐ Arm care bands or resistance bands
 - ☐ Sunglasses
 - ☐ Equipment bag
-

Personal Items

- ☐ Water bottle
 - ☐ Healthy snacks
 - ☐ Electrolyte drinks (if desired)
 - ☐ Sunscreen
 - ☐ Lip balm
 - ☐ Bug spray
 - ☐ Towel
 - ☐ Extra socks
 - ☐ Extra underwear
 - ☐ Hair ties (if needed)
 - ☐ Prescription glasses
 - ☐ Contact lenses and solution
 - ☐ Medications
 - ☐ Personal hygiene items
-

Weather Preparation

British Columbia weather can change quickly.

Pack for all conditions.

Hot Weather

- ☐ Extra water
 - ☐ Cooling towel
 - ☐ Sunscreen
 - ☐ Light clothing
 - ☐ Hat
 - ☐ Sunglasses
-

Cold Weather

- ☐ Hoodie
 - ☐ Jacket
 - ☐ Gloves
 - ☐ Toque
 - ☐ Blanket
 - ☐ Hand warmers
-

Rain

- ☐ Rain jacket
 - ☐ Umbrella
 - ☐ Waterproof bag
 - ☐ Extra towels
 - ☐ Dry change of clothes
-

Family Tournament Essentials

Seating & Comfort

- ☐ Folding chairs
- ☐ Blanket

- ☐ Shade tent (where permitted)
 - ☐ Cooler
 - ☐ Ice packs
 - ☐ Water
 - ☐ Coffee or drinks
-

Electronics

- ☐ Cell phone
 - ☐ Phone charger
 - ☐ Portable battery pack
 - ☐ Camera
 - ☐ Extension cord for hotel
-

Documents

- ☐ Tournament schedule
 - ☐ Hotel confirmation
 - ☐ Directions
 - ☐ Emergency contacts
 - ☐ Insurance information
 - ☐ Medical information
 - ☐ Team contact list
-

Food

Tournament days can be long.

Pack nutritious options.

Suggested items:

- Fruit
- Granola bars
- Sandwiches

- Yogurt
- Cheese
- Trail mix
- Crackers
- Vegetables
- Protein snacks

Limit sugary snacks between games whenever possible.

Hydration is just as important as nutrition.

Hotel Packing Checklist

If staying overnight:

Clothing

- ☐ Casual clothes
 - ☐ Pajamas
 - ☐ Extra socks
 - ☐ Extra shoes
 - ☐ Laundry bag
-

Toiletries

- ☐ Toothbrush
 - ☐ Toothpaste
 - ☐ Shampoo
 - ☐ Conditioner
 - ☐ Soap
 - ☐ Deodorant
 - ☐ Hairbrush
 - ☐ Medications
-

Electronics

- ☐ Chargers
 - ☐ Headphones
 - ☐ Alarm clock (or phone)
-

Extras

- ☐ Refillable water bottle
 - ☐ Healthy bedtime snack
 - ☐ Book or cards
 - ☐ Team apparel
-

Before Leaving Home

Take a few minutes to complete this checklist.

Player

- ☐ Uniform packed
 - ☐ Equipment packed
 - ☐ Water bottle filled
 - ☐ Snacks packed
 - ☐ Weather checked
 - ☐ Alarm set
 - ☐ Good night's sleep
-

Parents

- ☐ Hotel booked
- ☐ Fuel in vehicle
- ☐ Schedule confirmed
- ☐ Team communication checked
- ☐ Emergency contacts available
- ☐ Cooler packed
- ☐ Camera charged

Before Leaving the Hotel

Each morning, ask yourself:

- ☐ Did I eat breakfast?
- ☐ Did I drink enough water?
- ☐ Do I have my glove?
- ☐ Bat?
- ☐ Helmet?
- ☐ Uniform?
- ☐ Water bottle?
- ☐ Snacks?
- ☐ Room key returned?
- ☐ Hotel room cleaned?

After Every Game

Before leaving the field:

- ☐ Collect all equipment
- ☐ Pick up garbage
- ☐ Fill water bottle
- ☐ Eat something healthy
- ☐ Stretch
- ☐ Thank officials
- ☐ Thank tournament volunteers
- ☐ Cheer on teammates

Heading Home

Before leaving the tournament:

- ☐ Hotel room checked
- ☐ Equipment counted

- ☐ Chargers packed
 - ☐ Team photo taken
 - ☐ Thank coaches
 - ☐ Thank Team Manager
 - ☐ Thank volunteers
 - ☐ Thank tournament hosts
-

Player Tip

Pack your equipment bag the night before—not the morning of the tournament.

Preparing early gives you time to replace anything that may be missing and helps you arrive relaxed and ready to compete.

Parent Tip

Keep a "tournament bin" at home with items such as sunscreen, bug spray, extra socks, towels, phone chargers, first aid supplies, and reusable ice packs.

Having these items packed and ready throughout the season makes preparing for tournaments much easier and helps reduce last-minute stress.

Commonly Forgotten Items

Even experienced families occasionally forget something. Before leaving, double-check for these commonly missed items:

- Batting gloves
- Belt
- Team socks
- Water bottle
- Chargers
- Medications
- Hair ties
- Sunglasses
- Hotel room key

- Phone charger
- Wallet
- Team hoodie
- Extra socks
- Cleats

Final Reminder

Tournament weekends are about much more than baseball and softball.

Enjoy the road trips.

Support your teammates.

Meet new people.

Represent CMBA with pride.

Create memories that will last a lifetime.

Being prepared allows you to spend less time worrying about what you forgot and more time enjoying the incredible All-Star experience.

Appendix C

Tournament Weekend Guide

Making the Most of Your All-Star Experience

"Tournament weekends are about more than the games. They are opportunities to compete, learn, build friendships, and represent CMBA with pride."

For many families, an All-Star tournament is unlike a regular season game day. There may be multiple games in one day, changing schedules, travel, overnight stays, and long hours at the ballpark.

This guide provides an overview of what to expect and how to prepare for a successful tournament weekend.

Before You Leave

Preparation is the key to a successful weekend.

Before departing:

- Review the tournament schedule.
- Confirm game times and field locations.
- Check the weather forecast.
- Pack all equipment and personal items.
- Ensure uniforms are clean and ready.
- Fill water bottles and prepare healthy snacks.
- Review any team communications from the coach or Team Manager.
- Allow extra travel time to account for traffic or unexpected delays.

A little planning before you leave helps everyone arrive relaxed and ready to enjoy the weekend.

Arriving at the Tournament

Plan to arrive early.

Unless instructed otherwise by the coaching staff:

- Arrive at least **60 minutes before the first scheduled game.**
- Locate your field and tournament headquarters.
- Find washrooms, concession areas, and parking.

- Meet your team at the designated location.
- Allow players time to prepare mentally and physically before warm-ups begin.

Being early helps reduce stress and allows the team to begin each day together.

A Typical Tournament Day

While every tournament is different, many weekends follow a similar routine.

Morning

- Healthy breakfast.
 - Travel to the park.
 - Team arrival.
 - Warm-up.
 - Coaches' meeting.
 - First game.
-

Between Games

Players should:

- Eat nutritious food.
- Stay hydrated.
- Rest in the shade when possible.
- Stretch and stay loose.
- Support teammates.
- Listen for schedule updates.

Families should remember that game times often change depending on tournament results and weather conditions.

Afternoon

- Additional games.
- Team discussions.
- Recovery between games.

- Continue hydrating and eating well.

Long tournament days require athletes to manage their energy, not just their effort.

Evening

If staying overnight:

- Team meal (if scheduled).
- Shower and relax.
- Prepare equipment for the next day.
- Get plenty of sleep.

Avoid staying up late or engaging in activities that may affect performance the following day.

Nutrition and Hydration

Tournament weekends place extra demands on athletes.

Players should:

- Eat breakfast every morning.
- Drink water throughout the day.
- Choose nutritious meals and snacks.
- Avoid excessive sugary drinks.
- Eat after games to help recovery.

Good nutrition supports energy, concentration, and recovery.

Supporting Your Teammates

Not every player will be on the field at every moment.

Great teammates:

- Cheer from the dugout.
- Encourage one another.
- Celebrate team success.
- Support teammates after mistakes.
- Stay engaged throughout every game.

Every player contributes to the team's success, whether on the field, in the dugout, or by encouraging others.

Hotel Expectations

When teams stay together, everyone represents CMBA both on and off the field.

Players are expected to:

- Respect hotel staff and guests.
- Keep noise to a minimum.
- Follow curfews established by the coaching staff.
- Remain in designated areas unless accompanied by a parent or guardian.
- Treat hotel property with care.

Parents are responsible for supervising their own children throughout the stay unless specific team activities are taking place.

Weather Delays

Weather can affect tournament schedules.

If games are delayed:

- Remain patient.
- Stay close to your team.
- Continue checking official tournament communications.
- Follow instructions from tournament organizers and coaches.

Schedule changes are a normal part of tournament play.

Championship Day

If your team advances to playoff or championship games:

Remember:

- Stay focused.
- Follow your normal routine.
- Support your teammates.

- Play one pitch at a time.

Championship games are exciting, but they are still just another opportunity to play the game you love.

When the Tournament Ends

Regardless of the results:

- Shake hands respectfully.
- Thank tournament organizers.
- Thank officials.
- Thank volunteers.
- Congratulate opponents.
- Celebrate your team's effort.

How you finish is just as important as how you compete.

Player Tips for a Great Tournament

- Be ready before your coach asks.
 - Stay positive, even after mistakes.
 - Keep your equipment organized.
 - Drink water regularly.
 - Cheer loudly for your teammates.
 - Listen during team meetings.
 - Respect every opponent.
 - Enjoy every opportunity to play.
-

Parent Tips for a Great Tournament

- Arrive early.
- Encourage every player.
- Let coaches coach.
- Be flexible with changing schedules.

- Help new families feel welcome.
 - Volunteer when needed.
 - Celebrate effort and improvement.
 - Remember that your attitude influences your athlete's experience.
-

A Real-World Example

During a tournament, heavy rain delayed games for several hours. Rather than becoming frustrated, the team gathered under a covered area, played card games, shared snacks, and kept everyone's spirits high.

When play resumed, the team was refreshed, focused, and ready to compete.

The players later said that the rain delay became one of their favourite memories of the season.

Sometimes the moments between games become the memories that last the longest.

Tournament Weekend Checklist

Before heading home, ask yourself:

- ✓ Did I give my best effort?
- ✓ Was I a supportive teammate?
- ✓ Did I show respect to officials and opponents?
- ✓ Did I thank the volunteers?
- ✓ Did I represent CMBA with pride?
- ✓ Did I have fun?

If you can answer "yes" to these questions, you've had a successful tournament—regardless of the final score.

Final Thought

Every tournament is another opportunity to learn, compete, and grow.

Some weekends will end with medals and championships.

Others will end with valuable lessons and renewed determination.

Both are important.

The true success of an All-Star tournament is measured not only by the outcome on the scoreboard but by the character displayed, the friendships strengthened, and the memories created along the way.

Enjoy every inning, every road trip, and every moment of the journey. They pass more quickly than you realize.

Appendix D

Being a Great Team Parent

Helping Every Player Have a Positive All-Star Experience

"The greatest gift a parent can give an athlete is the freedom to enjoy the game, learn from every experience, and know they are loved regardless of the final score."

Parents are one of the most important parts of the All-Star experience. Your encouragement, commitment, and positive attitude help create an environment where young athletes can learn, compete, and enjoy the game.

No parent is expected to be perfect. Every family experiences exciting moments, stressful situations, and emotional games. The goal is simply to work together to provide every player with the best possible All-Star experience.

Support Your Athlete First

Every athlete experiences highs and lows throughout the season.

Some games will be exciting.

Others may be disappointing.

Your child needs to know that your support never changes.

Celebrate:

- Hard work
- Improvement
- Good sportsmanship
- Positive attitudes
- Teamwork
- Perseverance

Winning is exciting, but character lasts much longer.

Let Coaches Coach

One of the greatest gifts parents can give their athlete is allowing the coaching staff to do their job.

During games:

- Avoid giving technical instruction from the stands.

- Allow coaches to make decisions.
- Encourage your athlete to listen to their coaches.
- Trust the development process.

Hearing multiple voices can be confusing for young athletes. Consistent instruction helps players develop confidence and focus.

Be Positive in the Stands

Players hear much more than parents often realize.

Positive cheering creates a welcoming environment for everyone.

Cheer for:

- Great effort
- Hustle
- Teamwork
- Sportsmanship
- Positive attitudes

Avoid:

- Criticizing players
- Questioning officials
- Arguing with opposing spectators
- Negative comments about coaches
- Coaching from the stands

The best fan is often the one who encourages everyone.

Respect Every Official

Officials play an essential role in youth sports.

Like players and coaches, they are continually learning and developing.

Treat every official with courtesy and respect, regardless of whether you agree with every decision.

Respect shown toward officials teaches athletes valuable lessons about integrity, sportsmanship, and handling adversity.

Be a Great Teammate as a Parent

The All-Star experience is about more than supporting your own child.

Strong teams are built when families support one another.

Look for opportunities to:

- Welcome new families.
- Offer assistance when needed.
- Celebrate every player's success.
- Encourage athletes after difficult games.
- Help create a positive team atmosphere.

A supportive parent group often becomes one of the team's greatest strengths.

Volunteer Whenever You Can

Successful All-Star programs rely on volunteers.

You may be asked to help with:

- Scorekeeping
- Pitch count
- GameChanger
- Team meals
- Fundraising
- Tournament setup
- Equipment
- Photography
- Team celebrations
- Travel coordination

Every contribution, large or small, helps the team succeed.

Keep Competition in Perspective

The All-Star season is competitive, but it is still youth sport.

Remember:

- Mistakes are part of learning.
- Every athlete develops at a different pace.
- Confidence grows through encouragement.
- One game never defines a player.

The memories your child carries forward are often shaped more by your reactions than by the outcome of the game.

Model the Behaviour You Want to See

Children learn by watching adults.

Demonstrate:

- Respect
- Patience
- Gratitude
- Humility
- Kindness
- Sportsmanship

Your actions become powerful lessons for every young athlete watching.

Celebrate the Entire Journey

Some of the best memories happen away from the diamond.

Celebrate:

- Road trips
- Team dinners
- Hotel stays
- Tournament adventures
- Team photos
- New friendships
- Shared laughs

- Small victories

Years from now, these are often the moments families remember most.

Parent Tips for a Successful Season

- ✓ Encourage effort before results.
 - ✓ Ask your athlete if they had fun.
 - ✓ Celebrate improvement.
 - ✓ Thank volunteers.
 - ✓ Thank coaches.
 - ✓ Respect officials.
 - ✓ Welcome new families.
 - ✓ Stay flexible during tournaments.
 - ✓ Pack patience along with the equipment.
 - ✓ Remember that every player deserves encouragement.
-

A Real-World Example

After a difficult tournament loss, one parent gathered several players and simply said, "I'm proud of how hard you worked this weekend."

There was no discussion about errors, missed opportunities, or the final score.

Instead, the focus was on effort, teamwork, and growth.

Years later, the athlete remembered those words far more clearly than the score of the game.

Parents have the ability to shape how athletes remember their experiences.

Common Mistakes to Avoid

Even the most supportive parents can occasionally fall into habits that unintentionally add pressure. Be mindful of these common pitfalls:

- Coaching from the stands.
- Comparing players.
- Focusing only on statistics or wins.

- Criticizing officials.
- Discussing playing time immediately after games.
- Reliving every mistake on the drive home.
- Allowing emotions to overshadow the enjoyment of the game.

Remember, your athlete has likely already replayed the game in their mind. Often, what they need most is encouragement, perspective, and reassurance.

The Ride Home

One of the most important conversations of the day often happens in the car after the game.

Instead of asking:

- "Why did you strike out?"
- "Why weren't you playing more?"
- "Why didn't you catch that ball?"

Try asking:

- "What was your favourite part of today?"
- "What did you learn?"
- "What are you most proud of?"
- "What did your team do well?"
- "Did you have fun?"

Sometimes, your athlete may not want to talk right away—and that's okay. Give them time to process the day and let them know you're proud of their effort, regardless of the result.

Family Challenge

As a family, make it a goal to:

- Thank at least one volunteer at every tournament.
- Introduce yourself to one new family during the season.
- Cheer for a great play by either team.
- Celebrate a teammate's success as enthusiastically as your own athlete's.
- End every tournament by sharing one favourite memory from the weekend.

These small actions help build the kind of team culture that makes the All-Star experience special.

Final Thought

The All-Star years pass quickly.

The trophies may eventually collect dust.

The uniforms will be returned.

The scores will fade from memory.

But your encouragement, your support, and the memories you help create will stay with your child for a lifetime.

Thank you for investing your time, energy, and heart into the CMBA All-Star Program. Together, we can create an environment where every athlete has the opportunity to grow—not only as a baseball or softball player, but as a confident, respectful, and resilient young person.

The best Team Parents aren't measured by how loudly they cheer or how much they know about the game. They are remembered for the positive environment they help create, the encouragement they give freely, and the lasting memories they help build for every child on the team.

Appendix E

Player Goal & Season Reflection Workbook

Growing as a Player, Teammate, and Person

"Goals give us direction. Reflection helps us appreciate how far we've come."

Every All-Star season is an opportunity to improve—not only as a baseball or softball player, but as a teammate, leader, and person.

This workbook is designed to help players set meaningful goals before the season begins and reflect on their growth once the season is complete.

There are no right or wrong answers. Be honest with yourself, work hard toward your goals, and celebrate your progress throughout the journey.

Part 1 – Before the Season Begins

My All-Star Season

Player Name: _____

Team: _____

Season: _____

Coach(es): _____

Why I Play

Take a moment to think about why you love baseball or softball.

I play because...

My Goals for This Season

Choose three goals that are important to you.

Goal #1

This season I want to:

How will I achieve this?

Goal #2

This season I want to:

How will I achieve this?

Goal #3

This season I want to:

How will I achieve this?

My Baseball/Softball Skills

Circle the skills you want to improve most this season.

- ☐ Throwing
- ☐ Catching
- ☐ Fielding
- ☐ Hitting
- ☐ Bunting
- ☐ Base Running
- ☐ Pitching
- ☐ Catching (Position)

☐ Game Awareness

☐ Communication

☐ Confidence

☐ Leadership

☐ Mental Toughness

☐ Other:

My Team Goals

This season I will:

☐ Encourage my teammates.

☐ Hustle every play.

☐ Listen to my coaches.

☐ Respect officials.

☐ Be a positive teammate.

☐ Never give up.

☐ Represent CMBA with pride.

☐ Have fun.

My Personal Commitment

This season I promise to:

Player Signature:

Date:

Part 2 – Mid-Season Check-In

Take a few minutes halfway through the season to see how you're doing.

What am I doing well?

What is still challenging?

What can I improve during the rest of the season?

One teammate I would like to encourage more is:

One thing I'm proud of so far is:

Part 3 – End of Season Reflection

Congratulations on completing another All-Star season!

Take some time to think about everything you've experienced.

Looking Back

My favourite memory was:

The biggest thing I learned was:

One challenge I overcame was:

Something I improved this season was:

A teammate who inspired me was:

Because:

A coach who helped me grow was:

Because:

Looking Ahead

Next season I want to continue improving by:

One thing I never want to forget about this season is:

My Season Highlights

Fill in your favourite memories.

Favourite Tournament

Favourite Game

Funniest Team Moment

Best Team Meal

Favourite Road Trip Memory

Favourite Team Tradition

Best Play I Made

Best Play by a Teammate

Something That Made Me Laugh

Thank You

Think about the people who helped make your season possible.

I would like to thank:

- ☐ My Parents
- ☐ My Coaches
- ☐ My Team Manager
- ☐ My Teammates
- ☐ Umpires
- ☐ Volunteers
- ☐ Sponsors
- ☐ Tournament Organizers
- ☐ My Family
- ☐ Others

Words to Remember

Write one sentence that describes your All-Star season.

Coach's Note *(Optional)*

A coach, Team Manager, or parent may wish to write a short message for the player at the end of the season.

Signature:

Final Reflection

Success isn't measured only by championships, medals, or statistics.

Success is found in:

- The confidence you gained.
- The friendships you built.
- The challenges you overcame.
- The respect you showed.
- The effort you gave.
- The memories you created.

Every All-Star season is one chapter in your story.

Be proud of how far you've come, keep learning, and continue representing yourself, your teammates, and the Cranbrook Minor Ball Association with pride wherever the game takes you.

"The best players never stop learning. The best teammates never stop encouraging others. The best memories come from giving your best every single day."

Appendix F

Family Season Reflection

Celebrating the Journey Together

"The greatest victories are often measured not by trophies, but by the memories created, the lessons learned, and the people we became along the way."

Every All-Star season tells a unique story.

There are exciting victories, challenging losses, long road trips, early mornings, rainy tournaments, new friendships, and countless moments that become lasting memories.

Before moving on to the next season, take some time as a family to reflect on your All-Star experience together.

This activity is meant to celebrate growth, encourage meaningful conversations, and preserve memories that you will treasure for years to come.

There are no right or wrong answers.

Simply enjoy remembering the journey.

Our All-Star Season

Player Name: _____

Team: _____

Season: _____

Family Members Completing This Reflection:

Looking Back

Our Favourite Memory

What moment from this season will our family remember most?

Favourite Tournament

Which tournament was your favourite?

Why?

Biggest Surprise

What surprised us the most about the All-Star season?

Proudest Moment

When were we most proud of our athlete?

Greatest Growth

How did our athlete grow during the season?

Consider:

- Confidence
- Leadership
- Teamwork
- Sportsmanship
- Independence
- Resilience
- Skill Development

Family Growth

How did this experience help our family grow?

The People Who Made a Difference

Who had the greatest positive impact on our season?

Coach

Why?

Teammate

Why?

Volunteer

Why?

Another Family

Why?

Our Favourite Moments

Complete these together.

Best Game

Best Road Trip

Favourite Team Meal

Favourite Team Tradition

Funniest Moment

Best Team Celebration

Favourite Hotel Memory

Favourite Practice

Favourite Team Photo

Lessons We Learned

As a family, what lessons will we carry forward?

- ☐ Teamwork
- ☐ Respect
- ☐ Commitment
- ☐ Patience
- ☐ Leadership
- ☐ Responsibility
- ☐ Sportsmanship

☐ Communication

☐ Confidence

☐ Gratitude

☐ Resilience

☐ Community

☐ Kindness

☐ Perseverance

☐ Humility

☐ Other:

Thank You

Who would we like to thank?

Why?

Looking Ahead

If we participate again next season...

What do we hope to do differently?

What do we hope stays exactly the same?

How would we welcome a family joining the All-Star Program for the first time?

Advice for Future All-Star Families

If another family asked for advice before their first season, what would we tell them?

Our CMBA Memories

Finish these sentences together.

The funniest moment was...

The biggest challenge was...

The best lesson we learned was...

One person we'll never forget is...

The thing we'll miss the most is...

A Letter to Our Future Selves

Imagine opening this handbook five years from now.

Write a short message to yourselves about this season.

Giving Back

The All-Star experience is made possible by volunteers, coaches, officials, sponsors, and families who invest their time in future generations.

How can our family continue supporting CMBA?

- ☐ Volunteer
- ☐ Coach
- ☐ Team Manager
- ☐ Scorekeeper
- ☐ Tournament Volunteer
- ☐ Sponsor
- ☐ Umpire
- ☐ Board Member
- ☐ Help New Families
- ☐ Other

Even small acts of service help strengthen our Association and create opportunities for the players who follow.

Family Photo

Place your favourite team or family photo from this season here.

(Leave space for a printed photograph or add a digital photo before printing.)

Final Family Reflection

Every All-Star season eventually comes to an end.

The uniforms are washed and returned.

The equipment is put away.

The fields grow quiet.

Yet the experiences shared throughout the season remain with us.

As a family, you have celebrated victories, overcome challenges, travelled together, volunteered, encouraged teammates, and proudly represented the Cranbrook Minor Ball Association.

Those moments become part of your family's story.

Whether your athlete returns next season or this chapter has come to a close, remember that the true value of the All-Star experience lies not in championships or medals, but in the character developed, the friendships built, and the memories shared together.

Thank you for being an important part of the CMBA community.

We hope this handbook becomes more than just a guide—we hope it becomes a keepsake that reminds your family of an incredible journey.

"One day the equipment will be packed away, but the laughter, friendships, life lessons, and memories made as a family will always remain. Thank you for being part of the CMBA All-Star tradition."