



# Goulds Recreation

## 2025

Hello and a huge welcome to those interested in our Minor Softball Program! We are excited to be able to offer this program again this summer! Our priority is to provide a safe and fun environment for our participants, while offering quality programming. If you have any questions, do not hesitate to contact us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or by phone at 709-745-7575. If your questions revolve around a confidential nature, please contact our Recreation Coordinator, Nicole, through email at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or by phone at 709-745-7504.

### INTEREST REGISTRATION:

Opened on May 7th. We thank those who completed this registration for us to be able to gauge interest. Those who completed that will be considered registered (if your child is still interest). Anyone who has not yet registered, but would like to, you can find the link here:

[www.gouldsrecreation.com](http://www.gouldsrecreation.com) and click on ***Goulds Rec 2025 Summer Sports & Programs Registration***

Please ensure that when you register on-line, you put in the correct contact information. Under the contact information section is where the parent or legal guardian puts their information. Under child registration is where you put the required information on your child. Please note that email under child registration will be the parent/guardians email again. We are unable to bypass this request. We will not be sending emails to the participants email addresses.

### TENTATIVE SCHEDULE:

Our Minor Softball program schedule is TENTATIVE. The schedule is based on current registration and can change based on registration numbers.

Age groups will have 1 day time session and 1 evening session. There may be opportunity for skill specific extra sessions, including access to our batting cage (for u11 and u17 age groups). The program will start the week of June 30<sup>th</sup> and run until August 21<sup>st</sup>.

**U5: turning 4 or 5 in 2025**

Mondays 10:30-11:30am Thursdays 5-6pm

**U7-U9: turning 6, 7, 8 or 9 in 2025**

Mondays 2:30-3:30pm Thursdays 6:10-7:10pm

**11U: turning 10 or 11 in 2025**

Wednesdays 2-3pm Thursdays 7:20-8:20pm

**U17: turning 16 or 17 in 2025**

Tuesdays 3:45-4:45pm Thursdays 11:15am-12:15pm

## **COST:**

**U5 age group:** \$50/child

**U7- U17 age group:** \$100 (first child); \$95 (each additional child in same family).

This cost includes the Softball NL affiliation (insurance) fee that is required for all participants that fall in the U7-U17 age groups

Fee must be paid by June 16<sup>th</sup> (two weeks prior to program start time). Fees are preferably paid through e-transfer to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Please ensure you place your child's name and SOFTBALL in the message section of the transfer. Refunds will not be issued passed June 16<sup>th</sup>. All refunds for Goulds Rec programs will be subject to a \$15 administration fee. Full refunds will only be issued if Goulds Rec cancels a program/event.

## **PROGRAM ACTIVITIES**

- U5 program will be fundamental movement based. At this age, the focus is for fun, while engaging in fundamental movements such as running, catching, and swinging a bat (using t's and larger balls). Please understand that at this age, most children are not developmentally capable of understanding the rules of softball and specific technique.
- U7 and U9 will be slo-pitch focused. This age group will be game play focus and skill development while playing. The sessions will include a warm-up, quick practice drills, game and cool down. Teams will be made at each session based on numbers in attendance. Game play will be modified based on attendance. T's and counselor pitching will be incorporated into this program.
- U11 will have fast-pitch as main focus, with the possibility of some slo-pitch (in preparation of possible slo-pitch tournaments). Based on registration numbers, and tryout selections, these sessions will be practice base to help develop skill level for the game of fast-pitch
- U17 will be fast-pitch focus. Based on registration numbers, and tryout selections, these sessions will be practice base to help develop skill level for the game of fast-pitch
- Only counselors/staff, registered athletes and Goulds Rec approved volunteers are permitted on the fields. We kindly ask that parents and others refrain from entering the fields. This is a safety procedure that we follow.
- During sessions and game play, it is very important that the athletes and everyone watching know that our program is fun based and meant to be learning opportunities to increase skill development. ***Our counselors/coaches/umpires will not tolerate taunting, name calling, or anyone devaluing them as counselors/ coaches/ umpires.*** Athletes or spectators engaged in this inappropriate behaviour will be asked to leave the premises. The inappropriate actions of spectators (ie. Parents) may play a factor in determining if your child will be permitted to continue on with the program. Please do not put your child in that situation.

## DROP-OFF/PICK-UP:

- Drop-off is NOT an option for the U5 age group. A parent/guardian MUST stay on site for the entirety of the program session.
- U7/U9, U11 and U17 are drop-off programs. Parents/Guardians do not need to stay. The drop off will be at Helena Sullivan Softball Field (directly behind fire hall) for U7/U9 and U11. U17 will be on the Joe Peddle Field (middle field).
- Participants who require supervision (U7,U9 and U11) cannot be dropped off or arrive early for their session with the assumption that our counselors are now responsible for them. Our counselors are not responsible for your child until the start time of their session and responsibility is finished at the end of their session. If your child is being picked up, please ensure you are there on time. If your child is allowed to walk home, please ensure our counselors are aware.

## WHAT TO BRING

- A small (pocket size) labelled bottle of HAND SANITIZER (at least 60% alcohol based). Hand sanitizer will also be available on site
- Glove (correct size), helmet with attached face mask. Participants can bring their own bats. ***U5 age group will be using our bats. It is best for this age group to not bring their own bat, as they may not be permitted to use them for safety reasons. Also, U5 may do fielding activities in which they will not be using a glove.*** Bats should be the appropriate weight and length for your child. If you are unsure if the bat your child uses is suitable for them, please feel free to speak to one of our softball counselors. If our softball counselors notice that a personal bat may not be the best option for your child, they will discuss that with you.
- Water bottle, properly labelled with the athlete's name. Please ensure your child has enough water to get them through their session. There is nowhere on site to refill their water bottles.
- Each athlete must be wearing appropriate gym clothes (don't have to be softball pants) and appropriate footwear. Non-Metal Cleats are highly recommended, however, properly fitted sneakers are fine to wear as well. Metal cleats are not permitted in u5, u7, u9 or u11.
- Every athlete should be wearing sunscreen upon arrival to their session and if need be, have sunscreen with them to reapply. Our staff cannot assist with the application of sunscreen
- A ball cap is recommended (properly labelled)
- Ensure all personal items are marked with your child's name

## **SAFETY MEASURES**

- Participant information will be confirmed prior to the first day of the softball program through follow-up email if needed. If there are any medical concerns or issues that counselors need to be aware of, please contact us prior to the start of the program.
- All our counselors are trained in the High Five Principles of Healthy Child Development ([www.highfive.org](http://www.highfive.org)), policies and procedures, supervision, safety/cleaning protocols and first aid.
- For the safety of participants, Goulds Recreation, as advised by the Royal Newfoundland Constabulary, will follow specific procedures should a parent/guardian arrive on site appearing to be under the influence. Counselor/volunteer will immediately contact their supervisor, as well as the RNC.
- it is recommended that those considered vulnerable to the effects of COVID-19 or other respiratory illnesses, or who have family members considered vulnerable to use discretion in availing of our softball program.
- Equipment will be cleaned in accordance with public health recommendations.

## **UNEXPECTED CLOSURES:**

In the event of poor weather, our minor program will be cancelled. Refunds will not be issued for unexpected closures. Make-up sessions will not occur based on time frame for our regular program. Our Facebook page: Goulds Recreation Association will be updated to provide you with the information. We will give as much notice as possible, however, due to our fast-changing weather, a decision may not be made until a half hour before program start time.

## **MANAGING ILLNESS:**

Children/Youth MUST stay home if they feel sick (fever, sore throat, cold symptoms, headache, diarrhea, vomiting).

- Parents/Guardians must ensure that you list your child's underlying health conditions and/or symptoms due to allergies
- Counselor/Staff/volunteers who present with symptoms will be removed from the program area and follow recommendations put forth by Public Health
- If a child displays symptoms of concern during the program the following will be adhered to:
  - Guardian on site will immediately have to remove their child from the program area.
  - If guardian not on site, a counselor/volunteer will immediately remove them from the site
    - The child will be isolated
    - Good handwashing for child and counselor/staff/volunteers
    - Both the counselor/staff/volunteer and child will wear mask and gloves and guardian will immediately come to the site to pick up their child
    - Materials used by the child will be removed and area will be sanitized according to sanitization guidelines

## **MEDICATIONS/ALLERGY/ BEHAVIOURAL/DISABILITIES/NEURODIVERSE INFORMATION:**

Please do not bring nuts or nut products, fish products, kiwi or avocado on site. We are also scent aware.

It is very important that you disclose to use information on your child in regards to medical, allergies, behavioural, disabilities, neurodiversity, etc. Your information is kept confidential! We do our best to provide an inclusive environment for all participants. With this disclosure, we are able to take the necessary steps to ensure your child and all children in the program have the best experience. We want to work with you and your child. The key is OPEN COMMUNICATION.

## **COUNSELOR/STAFF CONTACT INFORMATION:**

If you have any questions or concerns on our softball program, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or call 709-745-7575 (please leave voicemail). Once a sports head counselor has been assigned, an email will be sent out to all participants on how to contact our sports head counselor directly. If your questions or concerns are of a confidential matter, please email Recreation Coordinator, Nicole at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or call her direct line at 709-745-7504 (please leave voicemail). ***We kindly ask that you respect our staff and that you do not send them private messages on their personal accounts.***

***\*\*This Outdoor Basketball Package may be updated at any time***

***Please review following behavioural guidelines.***

***Goulds Recreation Association is committed to providing quality programs that promote positive social, cognitive, physical and emotional development. Based on this, we want to ensure that there is a mutual understanding of what is acceptable behaviour and unacceptable behaviour. Our staff/volunteers will take every reasonable effort to ensure meaningful participation. Please read the following guidelines for acceptable and unacceptable behaviours.***

**ACCEPTABLE BEHAVIOURS:** Goulds Recreation counselors/staff/volunteers, patrons, participants and guardians are expected to exhibit the following behaviour while participating/observing in programs and services:

- respect                      - kindness                      - safety
- honesty                      - responsibility                      - healthy choices

**UNACCEPTABLE BEHAVIOR:** behaviour with the intent to harm others, property or which would otherwise negatively impact program quality is unacceptable and will not be tolerated. Counselors/volunteers will use discretion to take appropriate action if unacceptable behaviour occurs. Our general process of addressing unacceptable behaviour is as follows:

- Unacceptable behaviour will be discussed with the participant
- Depending on behaviour, parent/guardian of the participant will be notified of the unacceptable behaviour and may be asked to arrange immediate pick-up of the participant.

***First occurrence:*** Counselors/Volunteers and/or Rec Coordinator will work with the participants and Parent/Guardian (if applicable) to identify solutions to assist the participant in displaying expected behaviours in the future.

***Second occurrence:*** The participant may be re-introduced to the program following a meeting, with parents/guardians (if applicable) to establish an individualized plan to prevent further unacceptable behaviour and encourage positive behaviour

***Third occurrence:*** The participant may be removed from the program/facility on a part-time or full-time basis.

With parents/guardians who will be in attendance to watch their child, we expect the same positive behaviour. If not, on the first occurrence, our counselors/volunteers/rec coordinator will address their concerns and work with you to find a solution.

On the second occurrence, you will be asked to leave the premises (in which your child may need to leave as well) and discussion will take place between you and counselors/volunteers and/or Recreation Coordinator at a later time away from the group to come up with a solution. On third occurrence, you will not be permitted on the premises during your child's session/game. Another parent/guardian will have to be identified as being on-site for your child.

**If Goulds Recreation is unable to ensure the safety and well-being of patrons, participants, other, the security of property or program quality, we reserve the right to remove the patron/participant displaying unacceptable behaviour from the program or facility.**

***Softball NL Policy. Every athlete in the 15U and below age groups will need their own face mask & helmet combo in order to participate in our program. Most sport stores will carry these. We do not recommend that you wait until last minute to purchase one. They tend to sell out fast! U5 will be using soft balls. Helmets with Facemasks are not necessary for this age group and may be difficult to find a size that fits properly. We will take extra precaution during this sessions to ensure the safety of all.***



Mizuno MBH250



Easton Prowess



Rawlings Youth Velo



Demarini Paradox



Schutt



All Star



Worth



Rip-It