



Traveling Baseball Manual

www.lakesarearec.org

**This entire manual is meant to serve as a guideline. These guidelines are subject to change and the final discretion on baseball decisions is up to the entire 15 member LARA Board. Revised 1/29/2026

Table of Contents

LARA Traveling Baseball	2
SCOPE OF PROGRAM	2
PHILOSOPHY OF LARA TRAVELING BASEBALL	3
PLAYERS.....	4
2008 AGE Eligibility Rules.....	4
Playing on School Teams.....	5
LARA Residency Requirements.....	5
Player Attendance Expectations.....	7
Player Discipline/Removal.....	7
TEAMS.....	8
Team Selection Process	8
Size of Teams	9
Team Information	9
COACHES	9
Coach Selection	9
Coach Development.....	10
Coach Discipline/Removal	10
Grievance Procedure	10
GAMES/TOURNAMENTS.....	10
Duration of Playing Season.....	10
Number of Games Played	11
How to get Tournament Fees Paid.....	11
FEES AND FUNDING	11
Payment/Collection of Fees	11
Policy on Reduction of Fees.....	11
EQUIPMENT	11
FIELDS.....	12
UMPIRES.....	12
MEDICAL CONSENT FORM	12
BIRTH CERTIFICATE	12
2008 LARA Baseball Committee	12
CODES OF CONDUCT.....	13
* Code of Conduct for Coaches *	13
* Code of Conduct for Players *	13
* Code of Conduct for Parents *	14

LARA Traveling Baseball

Our goal is to develop competitive traveling teams to compete in the metro area and greater Minnesota. These teams also serve as a feeder program for Chisago Lakes High School Baseball.

SCOPE OF PROGRAM

LARA will offer a Traveling Baseball Programs for youth ages 9-19. We will provide opportunities for both league and tournament play. Given adequate numbers of skilled players in each age group the competition levels and number of teams are determined upon completion of try-outs.

PHILOSOPHY OF LARA TRAVELING BASEBALL

It is the philosophy of LARA to provide a program that provides a positive environment, develops a player's individual skills as well as the player's concept of team sports in the context of healthy competition. Winning is secondary to player development and playing the game the right way. At the younger ages, the emphasis will be on development of sound baseball skills, moving toward a more competitive program at the older ages. 10U-11U is considered "Developmental", 12U-13U "Transitional" and 14U and up "Competitive".

Some **general guidelines** for each group are as follows:

Developmental (9U-11U):

- Stress sound baseball skill development over competition.
- Players in 9U-11U should not sit for more than 2 innings/game for league games, unless the coach is enforcing a disciplinary action that they have discussed with the player and parent. Playing time for all tournaments shall be consistent with league play guidelines.
- Coaches should attempt to give players exposure to both infield and outfield positions in game situations (not necessarily in every game).
- There should be more emphasis on teaching fundamental skills and mechanics and less focus game strategy.
- Coaches/manager shall maintain records of player positions and playing time for each game (maintain a proper score book). An electronic scorebook is preferred. This may be reviewed periodically, by the coach and potentially the LARA Board, to ensure a developmental philosophy is being followed.

Transitional (ages 12 and under – 13 and under, 12U and 13U):

- Focus on skill development with increasing competition each year from 12 to 13.
- In general, players in 12U should not sit for more than 2 innings/game for league, unless the coach is enforcing a disciplinary action that they have discussed with the player and parent.
- In general, players in 13U should not sit for more than 3 innings/game for league, unless the coach is enforcing a disciplinary action that they have discussed with the player. Playing time for all tournaments shall be consistent with league play guidelines.
- Increasing position specialization.
- Game and tournament focus increasing from 12 to 13 but practices should still play a MAJOR role in overall season activities.
- Coaches/manager shall maintain records of player positions and playing time for each game (maintain a proper score book). This may be reviewed periodically,

by the coach and potentially by the LARA Board, to ensure transitional philosophy is being followed.

Competitive (ages 14-16, 14U, 15U,VFW and Legion):

- Players earn the right to get playing time.
- Playing time is solely up to the discretion of the coach. Consideration shall be given for attitude, effort, attendance, code of conduct and needs of team.
- Skill development focused on primary position(s).
- Finer points and refined skills taught in practices. Practice is still critical to player and team development!

*Commitment to Baseball (All ages):

- Traveling Baseball is a very serious commitment.
- Players are expected to be present at all practices and games.
- Traveling Baseball must take priority over other sports during the Baseball season.

PLAYERS

AGE Eligibility Rules

See League rules that you are playing in.

9-15 Year Old Teams:

In general, players will play with their grade level UNLESS they are too old under league rules. The MYAS age restrictions are:

9U – 9 or under on May 1st of the current year (3rd grade)

10U – 10 or under on May 1st of the current year (4th grade)

11U - 11 or under on May 1st of the current year (5th grade)

12U - 12 or under on May 1st of the current year (6th grade)

13U - 13 or under on May 1st of the current year (7th grade)

14U - 14 or under on May 1st of the current year (8th grade)

15U - 15 or under on May 1st of the current year (9th grade)

Players that are not age-eligible for their grade should register and tryout at the next higher age level. Players are **not eligible** to tryout at a higher age level, e.g. a 9U eligible 3rd grader cannot tryout for the 10U team.

New for 2026: 2nd grade players that would be 9U eligible next year can try out with the 9U traveling group. However, they will only be placed on the 9U rosters if the player scores in top 5 for the 9U group. Players that score lower than the top 5 will be allowed to play in the 3rd-4th grade in-house Rookies program if the tryout results warrant placement. They may also be invited to play on "tournament only" teams if those are formed at the 9U/10U level.)

Exceptions:

- Players may request approval to play below their grade level (if they meet league restrictions). This request must be made to the Baseball Committee prior to tryouts.

15-19 Year Old Teams

:

The high school level coaches will provide input on the players to place the team that best suits the player, as long as the player qualifies under league rules.

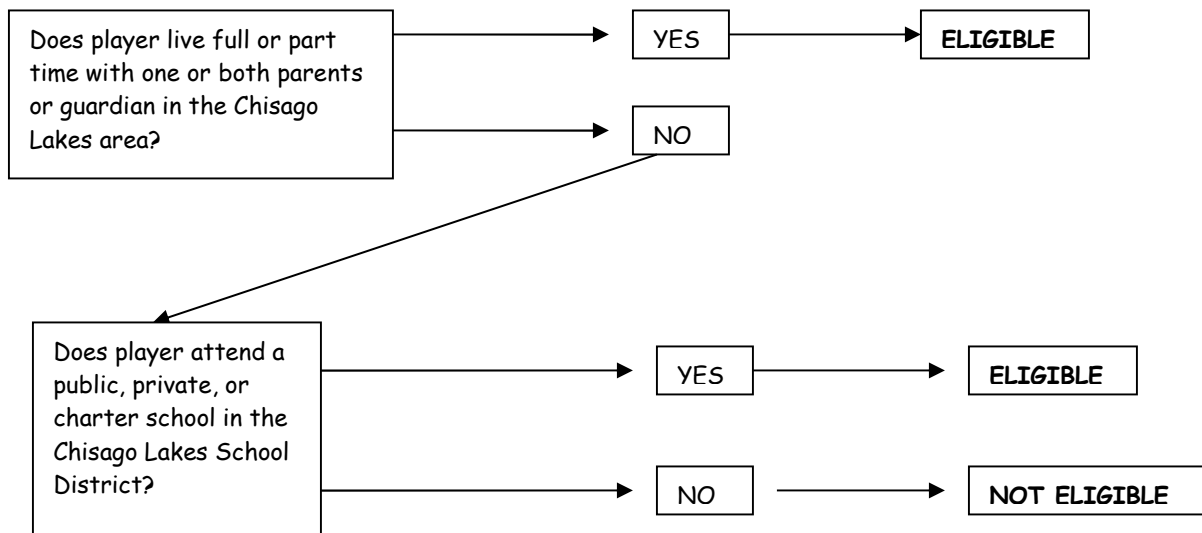
Playing on School Teams

Traveling baseball does not conflict with School baseball. 7th and 8th graders that make the 9th grade or high school baseball roster will automatically be eligible for the age-appropriate traveling team. 15U, VFW and Legion rosters will be formed from timely registered players and the school baseball tryout results.

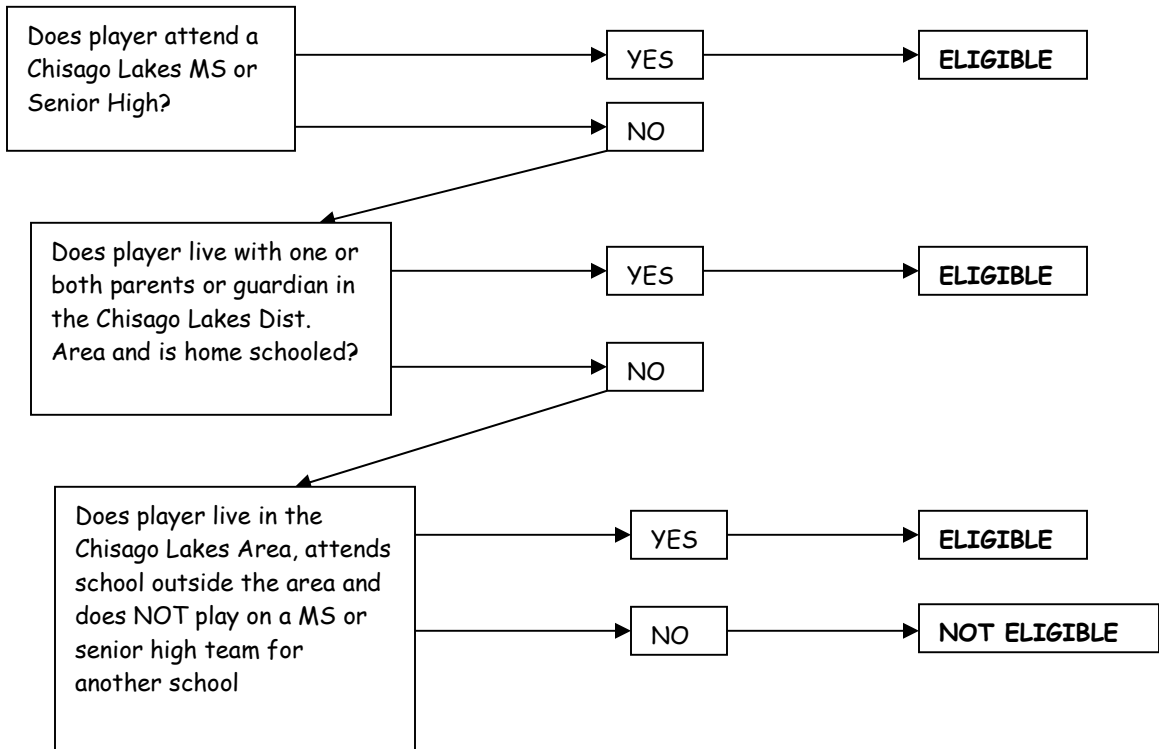
LARA Residency Requirements

For 9U-15U we follow the residency requirements of MYAS for summer baseball.

10-14 Year Old Teams



15-19 Year Old Teams



Player Attendance Expectations

Once assigned to a team, a player should be allowed to remain on that team UNTIL one of the following situations exist: (Remember, players are expected to be at all practices and games)

- a) A player has 3 unexcused absences from games or practices.
- b) A player has a combination of 6 excused and unexcused absences from games or practices.
- c) A player has a combination of 9 excused, unexcused and planned absences from games or practices

Attendance at any school baseball games or practice will be exempted from this policy. However, the player/parent must notify the coach in advance if an absence is necessary for junior high baseball.

The Head Coach is allowed to keep a player on his team if extenuating circumstances exist but may consider removal if these conditions are met.

Definitions:

- Unexcused absence: Player is missing and the HEAD COACH is not notified by the player (or his parent/guardian) prior to the game or practice.
- Excused absence: Player is missing and the head coach is notified by the player (or his parent/guardian) at least 1 hour prior to the game or practice
- Planned absence: Head Coach is notified of absence by the player (or his parent/guardian) at least 1 week prior to game or practice.

Player Discipline/Removal

Players may be disciplined or removed from a team following violations of the Players Code of Conduct or for violations of attendance expectations.

A player will be corrected immediately (1st warning) by the coach for:

- Throwing equipment (bat or helmet)
- Swearing
- Verbally or physically abusing an umpire, coach or any other player

Process for dealing with violations after 1st warning:

- 1st offense: the player is ejected for the remainder of the game (must remain on the bench). Coach will present a brief written report of the situation to the Traveling Baseball Director or.
- 2nd offense: the player is not allowed to participate further until the player, his parents, and the coach meet with the Baseball Director to discuss the player's behavior and develop a plan of correction. The Baseball Director, must be informed of the situation and the plan for correction.
- 3rd offense: removal from the team.

If removal from the team is warranted, the following must occur:

- 1) If a head coach determines that removal is warranted, he should discuss it with his full coaching staff before taking action.
- 2) If the full coaching staff determines that removal is the correct course of action, the head coach should discuss the circumstances of the situation with the LARA President and the Baseball Director before taking any action.
- 3) If removal is still agreed to as the best course of action, the head coach should contact the parents with the details of the situation (of course, the parents should be involved in the communication along the way as the player is missing games and practices or has conduct violations).

Once removed from an LARA team, the player MAY NOT join another LARA team under any circumstances and the full registration fee will be forfeited.

TEAMS

Team Selection Process

9-14 year olds

1. All players must be registered with LARA prior to tryouts.
2. "Tryout Team" will rate each player.
3. The top 9 players will be assigned to the "A" Team. **If you are a top 9 player, you must play on the "A" team.**
4. With input from the coach and the tryout committee, the director can pick an additional three players, or can strictly go by the top 12 point earners.
5. A "B" team will be formed if there are an adequate number of skilled players, and a willing coach. The A and B team will not play at the same competition level (AAA, AA, or A)
6. For the developmental age levels, two teams of equal skill level teams may be formed. This is at the Director discretion. This would be done if there is not a clear divergence in skill level between an A and a B team and it would be difficult to place an A and a B team at an appropriate level of competition.
7. Players are committing to play on the team that they are placed on. If a player withdraws from the team after they placed on the roster, registration fees will **not** be refunded, and LARA will **not** provide a release for that player to play in another MYAS traveling program.

15-16's and 19U

There will be no additional try-outs for 15U and above. This is based on school try-outs. A 14U players that have already been placed on the freshman roster do not need to try out for the 14U

Tryout Format

Players are rated on 4 skills areas. There are two raters at each station that independently score each player on the subcategories of the skill. Each subcategory is scored on a scale of 1 -10 with a 5 targeted as an average AA player for that age level. The scores are combined into a weighted score as follows:

Hitting – Form, Contact, Power and Bunting – 50% of the total score
Infield – Form, Range, Throwing, Catching – 20% of the total score
Outfield – Fielding, Throwing – 10% of the total score
Pitching – Mechanics, Accuracy, Velocity, Off Speed – 20% of the total score

In addition, a 60-yard time will be recorded with the outfield score.

This format may have to be altered if weather, availability of facilities or time constraints require a change in order to complete the tryout.

Coaches at a given age level do not participate in the tryout process/rating. Parents are not allowed to be present during the tryout.

Size of Teams

All teams will have a target roster size of 12 players unless the Traveling Baseball Director approves otherwise.

Team Information

Coaches/Team Manager is expected to provide information to the LARA Board prior to the start of the baseball season. The information should include the following:

- name and contact information for the team manager and assistant coaches
- planned tournaments and dates

COACHES

Coach Selection

Coaches need to apply each year for a head coaching position. Head coaches are assigned for one year only. There is no guaranteed right to the position in following years. A Coach Selection Committee will select a head coach for each team based on the following

- Information in the application,
- Past record with LARA,
- Parent evaluation,
- Interviews may occur when more than one qualified applicant exists.

The best qualified coach for each age group will be selected.

Assistant coaches will generally be selected by the head coach. However, the Coach Selection Committee reserves the right to assign an assistant coach when there are well qualified persons seeking coaching positions.

**Background Checks and Concussion training are mandatory.

Coach Development

It is mandatory that all traveling coaches attend the Chisago Lakes local clinic. It is recommended that all traveling coaches attend one or more coach training sessions put on by the MYAS, U of M, Bethel College, or other qualified organizations. Assistant coaches are encouraged, but not required, to attend coach development sessions. All coaches are expected to attend and assist at pre-season open gym training sessions. Coaches will not participate in the tryouts for the age group that they will be coaching.

Coach Discipline/Removal

Coaches are expected to adhere to the Coaches Code of Conduct as put out by LARA and the baseball leagues. They are also expected to follow the LARA rules and the rules of the league in which they play. Violations of the code and/or rules can result in discipline or removal of the coach. Parents, Assistant Coaches or others can file a grievance against the coach if there is noted conduct or other concerns. The process for reviewing and acting on grievances will be followed.

Grievance Procedure

Even the best of coaches, and or parent will occasionally have a parent or coach who disagrees with his/her actions or decisions. Usually these can be resolved with an honest discussion between the two. However, sometimes additional steps need to be taken. LARA has developed a step by step procedure for these situations. If differences cannot be resolved between the coach and the parent, an impartial grievance committee will review the situation and decide on a course of action.

Step #1: 48 Hour Rule-Wait 48 hours before acting. This "time out" should be taken to allow emotions to cool.

Step #2: Talk to your Team's Coach- Find an appropriate time, away from the team, to discuss the problem.

Step #3: File an Official Grievance-An official grievance form can be obtained on line at lakesarearec.org. E-mail completed form to LARA: lakesarearec@frontiernet.net where it will be reviewed by the Board of Directors.

Step #4: Grievance Committee Review-An impartial grievance committee of the Board will gather information and decide on a course of action to resolve the issue.

PRACTICES/GAMES/TOURNAMENTS

Duration of Playing Season

The official playing season for MYAS goes from April to the mid July each year. (Play may go longer if moving on to national competition.) Coaches and players are expected to plan for play during this entire time.

Practices

There should be a maximum of 4 contact days per week.

Contact days include, game days, team meetings or practices (1 per day).
Practice length should normally be 90 to 120 minutes long but should not exceed 135 minutes (2hours and 15 minutes) in length.
Coaches should schedule practice times and stick to these times to respect the commitments of players & families

Number of Games Played

The typical number of games is 14 league games, league play-offs, 3 tournaments and the potential for State and National Tournaments.

How to get Tournament Fees Paid

Requests for payment of tournament fees go to the Traveling Director:
Alex Turk 612-554-8448

Each request must have proper documentation including what tournament, dates and who to mail check to.

FEES AND FUNDING

Payment/Collection of Fees

Player fees are to be collected via the online registration process. **Players are not allowed to tryout until registration is completed**

Policy of Reduction of Fees

LARA intends to make traveling baseball opportunities available to all youth in the Chisago Lakes Area regardless of ability to pay the required fees. If an individual/family is unable to pay the required fee, LARA has a scholarship program to cover part of the fees.

Older players who are requesting a reduced fee may be asked to assist in field maintenance tasks. This would be negotiated prior to Board approval.

EQUIPMENT

- Equipment is usually handed out the same day as the coaches meeting. Equipment can be obtained earlier if requested.
- All equipment is inventoried before handing out. It is the Head Coach's responsibility to make sure all equipment is handed in at the end of the season.
- Equipment can be obtained for fall ball after turning in for inventory at the end of summer play.
- If equipment needs to be replaced or repaired, contact The Director Of Traveling Baseball.
- Turn in all unused game balls at the end of the season.
- At the end of the season we would like your opinion on what new equipment is needed for the program.

Contact Person: Alex Turk 612-554-8448 alexturk100@gmail.com

FIELDS

LARA Board member, Jay Brown (jbrown@isd2144.org) is the field schedule coordinator.

UMPIRES

LARA Board member, Brain Marquardt, is the umpire coordinator. 651-307-3435 bmarquardt@isd12.org

. If home games are canceled contact the umpire and the umpire coordinator (via text or email) immediately

MEDICAL CONSENT FORM

It is advisable that team managers keep a "Consent to Treat" form on each player in the event that medical care is needed for a child when parents are not available. Forms are available at lakesarearec.org and should be filled out by parents prior to the start of play.

BIRTH CERTIFICATE

Team Managers should keep a file with a copy of each player's birth certificate. These should always be taken to tournaments in the event that a player eligibility question comes up.

LARA Traveling Baseball Committee

LARA is managed by a Board of Directors who is assisted by many volunteers. The Board is responsible for the policy direction of the organization as well as implementing many of the tasks necessary to provide the program.

The LARA Board members who make up the Baseball Committee and their baseball responsibilities follow:

Alex Turk – Traveling Baseball Director
Jay Brown
Pete Lawrance
Brian Marquardt

**Chisago Lakes Varsity Baseball Coaches, serve as an advisor to the LARA Baseball Committee.

CODES OF CONDUCT

LARA adheres to the following Codes of Conduct. All coaches are expected to practice the Coach's code and share the Player's and Parent's Code with their team/parents.

* Code of Conduct for Coaches *

1. Be a consistent role model. Maintain personal and professional integrity both on and off the field.
2. Promote the emotional, physical, academic and athletic dimensions of the athlete.
3. Place the emotional and physical well being of the athlete ahead of any personal desire.
4. Win and lose with dignity and integrity.
5. Practice open communication with players and parents.
6. Keep the game and practices fun as well as challenging and provide a positive experience.
7. Practice good sportsmanship by demonstrating positive support for all the players, coaches, and officials and fans at every game.
8. Refrain from use of drugs, alcohol and tobacco when on the playing field or when with the players.
9. Remember that I am a youth coach, and that the game is for children, not adults.
10. Use safe play situations and use coaching techniques appropriate for each player.
11. Follow the guidelines defined in the traveling team manual.
12. Schedule practices and start and end on time to respect player and family time.

* Code of Conduct for Players *

1. Respect all aspects of the game: yourself, coaches, officials, teammates, opponents, fans and the rules, regardless of the behavior of others.
2. Support your teammates. Be a team player.
3. Recognize that you are representing Chisago Lakes Baseball and act accordingly.
4. Practice good sportsmanship by demonstrating positive support for all the players, coaches, and officials and fans at every game.
5. Do your best to learn and listen to the coaches.
6. Treat your coaches, teammates, opponents, officials and fans with respect regardless of race, sex, creed or ability.
7. Refrain from the use of alcohol, drugs and tobacco.
8. Take responsibility for your behavior.
9. Do your best in school.
10. Be humble in victory, gracious in defeat.

*Violations of these codes can result in discipline/removal from team.

* Code of Conduct for Parents *

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
2. Place the emotional and physical well being of my child ahead of any personal desire to win.
3. Insist that my child play in a safe and healthy environment.
4. Provide support for coaches and officials working with my child in order to provide a positive and enjoyable experience for all.
5. Discuss differences in opinion or philosophy with coaches, officials and other parents in a respectful manner and away from the field of play.
6. Demand a drug, tobacco, and alcohol free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
7. Remember that the game is for children not for adults.
8. Do my best to make youth sports best for my child.
9. Insist that my child treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
10. Assist in providing a positive team experience by volunteering to help with tasks as needed and as I am capable of doing.

**Violations of this code may result in officials asking parent/fan to leave the ball park.

**This entire manual is meant to serve as a guideline. These guidelines are subject to change and the final discretion on baseball decisions is up to the entire 15 member LARA Board.