



# 2024 SCHOOL DAY PREP COURSE



Montefiore



# WELCOME

Welcome to the New York Boulders "Prep Course." We look forward to having you join us for our annual School Day game!

To help you get ready for the game, we have put together this guide to give you all the information you will need to enjoy the day.

Inside you will find information on the NY Boulders, the basics of a baseball game, as well as some important messaging tied to the theme of the day: Anti-Bullying & Anti-Drug Use.

Our friends at RCADD, Rockland Council on Alcoholism and Other Drug Dependence have also provided us with some information to help your kids stay away from drugs and alcohol and live a healthy lifestyle! This additional link can be found at our school day page ([www.nyboulders.com/schooldays](http://www.nyboulders.com/schooldays)).

At the end of this guide, there is a certificate of completion. Snap a picture of your class holding them up and we'll put it up on the video board during the game! Email pictures to [teach@nyboulders.com](mailto:teach@nyboulders.com).

Thanks and we will see you at the game! Go Boulders!





The New York Boulders and Clover Stadium provide classic American Baseball in an affordable, family setting - fun for the whole family!

## **ABOUT THE BOULDERS:**

**FOUNDED:** 2011

**WEBSITE:** [www.NYBoulders.com](http://www.NYBoulders.com)

**BALLPARK:** Clover Stadium

**PHONE:** (845)-364-0009

**SEASON LENGTH:** 96 games (50+ home games)

**LEAGUE:** Frontier League

**LEVEL OF PLAY:** Professional Independent

**MASCOT:** BoulderBird

**COLORS:** Red, White & Blue





# BASEBALL BASICS

- GAME IS 9 INNINGS (INCLUDES TOP + BOTTOM)
- EXTRA INNINGS PLAYED IF TIED AFTER 9, UNTIL  
SOMEONE WINS!
- TOP OF THE INNING: BOULDERS ON THE FIELD
- BOTTOM OF THE INNING: BOULDERS ARE BATTING
- 3 OUTS END HALF AN INNING
- OUTS CAN BE MADE BY:
  1. BATTER STRIKING OUT (3 STRIKES).
  2. A BATTED BALL CAUGHT BEFORE TOUCHING  
THE GROUND.
  3. A BATTED BALL THROWN TO BASE BEFORE  
PLAYER ARRIVES.
  4. A RUNNER TAGGED OUT BY FIELDER.



# BASEBALL BASICS

HERE'S A LOOK AT THE PLAYERS ON THE FIELD!



1. HOW MANY POSITIONS ARE THERE?
2. IS THAT AN EVEN OR ODD NUMBER?
3. HOW MANY BASES ARE ON THE FIELD?
4. WHAT SHAPE IS THE INFIELD?
5. AT WHAT DEGREE ANGLE DO THE BASELINES INTERSECT?



# BASEBALL BASICS



Each position in the field is numbered. If you hear that the Boulders turned a 5,4,3 double play, that means the third baseman threw to the second baseman, and he threw to first to get 2 runners out!





# STATISTICS & GAME INFO.

## LINE SCORE:

**R:** RUNS SCORED FOR THE GAME  
FOR EACH TEAM

**H:** EACH TEAM'S TOTAL HITS  
FOR THE GAME

**E:** TOTAL ERRORS MADE FOR THE GAME  
FOR EACH TEAM.

AT BAT	4	BALL	3	STRIKE	2	OUT	2	H/E	H				
	1	2	3	4	5	6	7	8	9	10	R	H	E
GUEST	0	0	2	0	1	0					3	7	2
HOME	0	1	0	3	0	0					4	9	1



# STATISTICS & GAME INFO.

AT BAT	4	BALL	3	STRIKE	2	OUT	2	H/E	H				
	1	2	3	4	5	6	7	8	9	10	R	H	E
GUEST	0	0	2	0	1	0					3	7	2
HOME	0	1	0	3	0	0					4	9	1

## PITCH COUNT:

**B:** NUMBER OF BALLS - 4 BALLS PUTS A MAN ON BASE!

**S:** NUMBER OF STRIKES - 3 STRIKES & YOU'RE OUT! FOUL BALLS COUNT AS STRIKES UP TO 2. IF 2 STRIKES ALREADY, FOUL BALL DOESN'T COUNT.

**O:** NUMBER OF OUTS - 3 OUTS & TEAMS SWITCH PLACES.



# STATISTICS & GAME INFO.

## Batting Average (AVG):

-Calculated by dividing hits by number of at-bats.

-Ex: 3 hits in 10 at bats = .300 avg.

## HR: HOME RUNS

## RBI: RUNS BATTED IN

## On Base Percentage (OBP):

-Measures how often a batter reaches base by calculating (hits + walks + hit by pitch) / (at bats + walks + hit by pitch + sacrifice flies)

Ex: If a batter has been at bat 127 times and in that time, has made: 32 hits, 7 walks, been hit by a pitch 2x, and 3 sacrifice flies, then:

32 hits + 7 walks + 2 hit by pitch is 41

127 at bats + 7 walks + 2 hit by pitch + 3 sacrifice flies is 139  
41 divided by 139 = 0.295 = Players batting average!



## STATISTICS & GAME INFO.

Now let's see if you can calculate!

Batting Average:

A player has 72 hits in 243 at-bats.

What is his batting average for the season?

On Base Percentage:

A batter has been at bat 333 times and in that time has made: 93 hits, 36 walks, been hit by a pitch 5 times and 6 sacrifice flies.

What is his on base percentage?





# Tobacco

## CAUSE & EFFECT

### SHORT TERM EFFECTS

#### Brain

Strokes

#### Appearance

Foul smelling breath, hair and clothes, stained teeth

#### Dental Hygiene

Yellowish stained teeth, bad breath

#### Heart

Increased heart rate and blood pressure

#### Lungs

Trouble catching your breath, coughing, bronchitis

#### Money

The average pack of cigarettes is \$6. Two packs a week would cost \$48/month and \$624/year.

### LONG TERM EFFECTS

#### Brain

Strokes, Blood Clots

#### Appearance

Wrinkly, dry skin, lip cancer

#### Dental Hygiene

Oral cancer, gum disease, tooth loss

#### Throat/Esophagus

Cancer

#### Heart

Heart disease, heart attack

#### Lungs

Cancer, asthma, emphysema

#### Stomach

Peptic ulcer

#### Organ Cancer

Cancer of Lungs, Bladder and pancreas

#### Money

2 packs a day would cost \$336/month and \$4368/year

### DIFFERENT FORMS OF TOBACCO:

Cigarettes, Cigars, Chewing Tobacco, Snuff and Snus

### WELL KNOWN DEADLY CHEMICALS IN TOBACCO PRODUCTS

- Ammonia, used in cleaning fluids
- Arsenic, a poison used to kill rats
- Butane, the main ingredient in lighter fluid
- Formaldehyde, used to embalm dead bodies
- Hydrogen Cyanide poison

## FACTS ABOUT TOBACCO:



- Cigarettes contain over 7,000 chemicals.
- Dip and chew contains DDT, a poison used to kill insects.
- Just one cigar can contain as much nicotine as an entire pack of cigarettes.
- It is illegal for anyone under a certain age to buy, use or possess tobacco items of any kind. Tobacco laws vary by state.
- Tobacco contains a drug called nicotine, which is as addictive as heroin or cocaine.
- One study shows that the smoke inhaled in a one-hour hookah session is equivalent to smoking 100 cigarettes.
- Cigars and chewing tobacco contain some of the same cancer causing chemicals as cigarettes.
- 33% of all new smokers will eventually die from a smoking-related illness.

### Refusal Tips

You might have a few friends who think using tobacco is fun or cool, but don't let them influence you. It's not that hard to say "no" after a little practice. Try one of these lines the next time someone offers you tobacco:

- "No thanks. My parents would kill me if they found out."
- "Gross! I don't want bad breath and smelly hair."
- "Don't you know tobacco gives you cancer?"

**rcadd** Rockland Council on Alcoholism & Other Drug Dependence, Inc.

25 Smith Street, Suite 101

Nanuet, NY 10954

Tel: (845) 215-9788

Fax: (845) 215-9793

[www.rcadd.org](http://www.rcadd.org)

### cause and effect

© 2014 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084  
985-359-7848 • [www.primoprevention.com](http://www.primoprevention.com) • PSS-CE-01





## Break the CYCLE



## STAYING SOBER

Being happy—truly happy with your life—may seem impossible at first. Maybe that's the reason you started drinking in the first place. Or why you feel that alcohol is the only thing that makes life seem better. Studies show, however, that people who are happier tend to stay sober longer.

### Don't Worry - Be Happy

Here are some things that will strengthen your chances for remaining sober:

- **Meaningful Relationships and Commitment.** Having hundreds of friends doesn't matter as much as having close, personal, deep relationships with other people.
- **Giving and Serving Others.** Make time to give back and do things for others with nothing expected in return.
- **Staying Healthy.** Regular exercise, eating healthier food and sleeping better all contribute to a healthier lifestyle, which is great for your sobriety.
- **Reaching for a Goal or Trying a New Hobby.** Find something that you can work at and try to master. Whether it is a creative outlet like learning to play an instrument, or it's a physical activity like riding a horse, it should be something that challenges you but doesn't overwhelm you.
- **Spirituality, Religion or a Higher Power.** There have been studies that show people who are a part of an organized religion or show commitment to a higher power consider themselves to be happier than people who don't have any spiritual connection.
- **Sharing Your Strengths and Best Qualities.** Happiness is strongly linked to self-knowledge, not self-criticism. Don't be your harshest critic.



### It happened ... Time to Move On

As with any chronic illness like asthma or diabetes, a relapse just means it's time to get back to treatment—whether that's back to seeing your doctor for a different prescription or (more likely) returning to therapy sessions. If you've avoided going to a support group, ask a friend or family member to come with you to hold you accountable. Talk to someone about what you think caused your relapse so you can learn how to resist it better next time.

### Here are a few tips for Staying Sober

- **Live in the now.** You can't change what happened in the past or control what will happen in the future. Just do your best right now.
- **Don't test your willpower.** Get rid of all of the alcohol, even the special occasion bottles or those reserved for guests.
- **Embrace change.** Change can be good, especially when you're becoming a better person because of it.
- **Let go of resentment.** This includes resentment of yourself and of anyone else. Forgive.
- **Don't live in fear of relapsing.** Worrying about slipping into bad habits is just as dangerous for your sobriety as actually relapsing.



**rcadd** Rockland Council on Alcoholism  
& Other Drug Dependence, Inc.

25 Smith Street, Suite 101  
Nanuet, NY 10954  
Tel: (845) 215-9788  
Fax: (845) 215-9793  
[www.rcadd.org](http://www.rcadd.org)

Break the CYCLE

© 2019 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084  
985-359-7848 • [www.primoprevention.com](http://www.primoprevention.com) • RACK-BTC-02





# marijuana

## CAUSE & EFFECT

### SHORT TERM EFFECTS

#### Brain

Impaired motor skills, damage to short term memory, inability to concentrate, insomnia

#### Physical

Red eyes, dry mouth, loss of consciousness, weakened muscles

#### Lungs

Difficulty breathing, chest colds

#### Heart

Increased heart rate and blood pressure

#### Stomach

Increased appetite

#### Coordination

Clumsy, accident prone

### LONG TERM EFFECTS

#### Brain

Memory loss, reduced motivation, delusions

#### Systemic

Weakened immune system

#### Throat

Increased risk of cancer

#### Heart

Heart disease, risk of heart attack

#### Lungs

Bronchitis, emphysema, lung cancer

#### Stomach

Increased appetite

### STREET NAMES FOR MARIJUANA:

Weed, Pot, Boom, Cannabis, Chronic, Dope, Ganja, Grass, Hemp, Herb, Mary Jane, Reefer, Skunk.

### BEHAVIORAL HEALTH EFFECTS:

Depression, problems getting or keeping a job, problems at school, loss of interest in hobbies, psychological dependence



## FACTS ABOUT MARIJUANA:



- Just having marijuana in your possession is enough to get you arrested.
- Marijuana use can actually shrink parts of your brain including your hippocampus (the part of your brain that controls memory) and your amygdala (the part that helps with emotions and memory).
- Teens who smoke marijuana are more likely to try other drugs.
- Marijuana contains over 400 chemicals, including delta-9-tetrahydrocannabinol (THC), which is the drug's main mind-altering ingredient.
- Driving while high on marijuana is just as dangerous as driving drunk.
- The risk of heart attack is four times higher in the first hour after smoking marijuana.
- Marijuana has some of the same cancer-causing chemicals that are in tobacco products.

### Refusal Tips

People might talk as if smoking pot is the cool thing to do, but it's really not. The truth is, not everybody's doing it. Most teens don't use marijuana and neither should you. If someone offers you marijuana, just say "no," or try one of these lines:

- "No way! I need to keep my concentration on the big game."
- "No thanks. I'm applying to colleges and need to stay straight."
- "Weed makes you fat. No thanks."

**rcadd**

Rockland Council on Alcoholism  
& Other Drug Dependence, Inc.

25 Smith Street, Suite 101

Nanuet, NY 10954

Tel: (845) 215-9788

Fax: (845) 215-9793

[www.rcadd.org](http://www.rcadd.org)

### CAUSE AND EFFECT

© 2014 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084  
985-359-7848 • [www.primoprevention.com](http://www.primoprevention.com) • PSS-CE-03





## energy drinks

### CAUSE & EFFECT

#### SHORT-TERM EFFECTS

**Brain**  
 Impaired motor skills, short-term memory loss, headaches

**Psychological**  
 Major mood swings, violent behavior, anxiety, insomnia

**Vision**  
 Dizziness, blurred vision

**Heart**  
 Increased heart rate & blood pressure, chest pains

**Stomach**  
 Nausea, vomiting, diarrhea, indigestion

**Bladder**  
 Increased urination

**Physical**  
 Dehydration, tingling of the skin, tremors, shaking

#### LONG-TERM EFFECTS

**Brain**  
 Long-term memory loss

**Psychological**  
 Depression, Addiction, withdrawal symptoms

**Teeth**  
 Cavities, tooth loss

**Heart**  
 High blood pressure, diabetes, heart palpitations

**Kidneys**  
 Kidney failure

**Physical**  
 Weight gain, numbing of the skin, overdose, death

### WHAT IS AN ENERGY DRINK?

Energy drinks are beverages that claim to provide users with extra energy. The most common ingredients in energy drinks are caffeine, sugar, taurine, guarana, ginseng and B vitamins. They can be purchased over the counter at most stores or gas stations.

### WHAT DO THEY DO?

Energy drinks have added caffeine that blocks the effects of adenosine, a brain chemical involved in sleep. They also increase the dopamine levels in the brain. These physical responses make you feel as though you have more energy.

### FACTS ABOUT ENERGY DRINKS:

- Energy drinks mixed with alcohol are popular beverages among young adults, creating a dangerous mixture.
- The typical energy drink contains about 80 mg. of caffeine per can, which is twice the amount of caffeine in a single can of soda.
- In November 2010, due to being linked to many hospitalizations and deaths, the FDA banned the sale of energy drinks that already contained alcohol.
- In 2010, a study that was done found that teens who regularly drank energy drinks were more likely to become dependent on alcohol.
- Some energy drinks contain 10 times the amount of caffeine as others, which can result in caffeine overdose, which can lead to many health problems including death.
- Frequent consumers of energy drinks are more likely to engage in dangerous, risky behavior, such as fighting, drinking alcohol, abusing drugs and having unprotected sex.

### Refusal Tips

Most people believe that energy drinks are harmless, but that's simply not true. Energy drinks can be very dangerous, especially when they are mixed with alcohol. If someone offers you an energy drink, just say "No", or try one of these:

- "No thanks that stuff gives me headaches."
- "I'm just not in the mood to feel jittery tonight."
- "I hear that alcohol and caffeine can really mess you up."

**rcadd** Rockland Council on Alcoholism & Other Drug Dependence, Inc.

25 Smith Street, Suite 101  
 Nanuet, NY 10954  
 Tel: (845) 215-9788  
 Fax: (845) 215-9793  
[www.rcadd.org](http://www.rcadd.org)

### cause and effect

© 2015 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084  
 985-359-7848 • [www.primoprevention.com](http://www.primoprevention.com) • PSS-CE-13





# alcohol

## CAUSE & EFFECT



### SHORT TERM EFFECTS

#### Brain

Impaired motor skills and judgement, damage to short term memory, stroke, head aches

#### Psychological

Major mood swings, violent behavior, depression

#### Vision

Dizziness, blurred vision, blood shot eyes

#### Heart

Increased blood pressure

#### Stomach

Nausea, vomiting, alcohol poisoning, possible death

#### Coordination

Unable to walk or talk clearly, accident prone

### LONG TERM EFFECTS

#### Brain

Brain damage and memory loss, addiction

#### Nervous System

Break down of the nervous system supplying limbs

#### Throat

Risk of hemorrhage, increased risk of cancer

#### Muscles

Weakening and pain

#### Heart

Heart attacks, heart disease, anemia

#### Liver

Liver damage, cirrhosis of the liver, possible death

#### Stomach

Peptic ulcer, gastritis

#### Pancreas

Early diabetes, bad digestion

#### Bones

Degeneration and risk of fracture

**BEHAVIORAL HEALTH:** Relationship & family problems, problems getting or keeping a job, problems at school, loss of interest in hobbies

**STREET NAMES FOR ALCOHOL:** Booze, liquor, cocktail, highball, nightcap, moonshine, forty, spirits, brew, juice.

**FORMS OF ALCOHOL:** Beer, liquor (like whiskey, vodka, rum, gin, tequila, etc.), wine, malt liquor and liqueurs.



## FACTS ABOUT ALCOHOL:



- Statistics show that drinking and driving is the leading cause of teen deaths in the U.S.
- Binge drinking is when someone drinks multiple drinks in a short period of time (For guys, five drinks and for girls, four drinks).
- It is illegal for a teen to drink alcohol. The age limit to drink varies by state.
- The CDC reports that alcohol-related car accidents kill 32 people a day.
- Teens who start drinking before the age of 15, are five times more likely to become alcoholics than those who begin drinking after they are 21.
- Drinking coffee does not help you sober up.
- According to the CDC, nearly 79,000 people die from alcohol poisoning each year.
- Even consuming just one alcoholic drink can impair your ability to drive. Buzzed driving is still drunk driving.

### Refusal Tips

If you find yourself in a situation where someone is encouraging or pressuring you to drink alcohol, try one of these lines:

- "Sorry, I have to drive tonight."
- "No thanks. I don't like beer."
- "No way. My mom will kill me if I come home smelling like alcohol."

**rcadd** Rockland Council on Alcoholism & Other Drug Dependence, Inc.

25 Smith Street, Suite 101

Nanuet, NY 10954

Tel: (845) 215-9788

Fax: (845) 215-9793

[www.rcadd.org](http://www.rcadd.org)

### cause and effect

© 2014 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084  
985-359-7848 • [www.primoprevention.com](http://www.primoprevention.com) • PSS-CE-02



# CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

---

NAME

FOR OUTSTANDING PARTICIPATION IN  
THE NY BOULDERS PREP COURSE!

---

SCHOOL

---

DATE