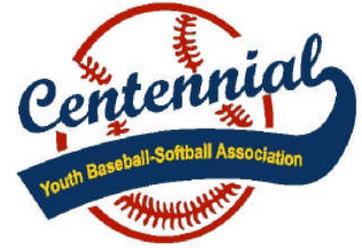


CYBSA NEWS

CENTENNIAL YOUTH BASEBALL-SOFTBALL ASSOCIATION

ON-LINE REGISTRATION

Have you registered yet for baseball or softball? Time is running out, registration closes on **April 18th**. Teams are filling up quickly, register now and reserve your spot on a team. Roster spots are first come first served. To register visit the CYBSA website at www.centennialbaseball.com and click on the Red "Online Registration" button. Registration is fast and easy, pay by using a credit card or by e-check.



Tell others about CYBSA and invite them to join for a summer of baseball, softball and fun.

VOLUME 2, ISSUE 4

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APRIL 1, 2008

Special points of interest:

- * Time is running out!
- * Opening Day Event May 31st
- * Think before you speak.
- * Importance of team-work.

CYBSA OPENING DAY EVENT

CYBSA is holding an opening day event. The festivities will begin at 9:00 a.m. with the playing of the National Anthem, followed by a parade of all CYBSA teams. Imagetek photography will set up three photography stations for team and individual photos. Four amusement areas from Fun World Party Rentals will be set up for the

enjoyment of the youth participants at no charge. These items are a 24 foot high slide, 75 foot long obstacle course, pitching tunnel with radar gun, and a dunk tank. Our opening day sponsor Chick-fil-A will provide a full meal to every player and coach at no charge. Advance purchase discounted meal tickets will be available to family members,

order forms may be obtained from team parent and must be turned in no later than **May 23rd**. Some of our other sponsors and vendors will also be present showing their wears. **Mark your calendar.**

**CENTENNIAL YOUTH
BASEBALL-SOFTBALL
ASSOCIATION**

CYBSA
P.O. Box 4913
Englewood, CO 80155

Baseball: 303-380-2505
Softball: 303-380-4004
Fax: 303-632-6346
E-mail: cybsa@msn.com

CYBSA

We're on the web
www.centennialbaseball.com



Just a little Boy!

**He stands at the plate with his heart pounding fast,
The bases are loaded, the die has been cast.
Mom and Dad cannot help him, he stands all alone.
A hit at this moment, would send the teams home.
The ball nears the plate, he swings and he misses,
There's a groan from the crowd,
with some boos and some hisses.
A thoughtless voice cries "strike out the bum!"
Tears fill his eyes, the game's no longer fun.
Remember, he's just a little boy who stands all alone.
So open our heart and give him a break,
For it's moments like this a man you can make.
Keep this in mind when you hear someone forget:
He's just a little boy and not a man yet.**

Team Building – The importance of teamwork

As a coach you have an amazing group of athletes on your team, but you are still losing games because they do not know how to play together as a team. How do you develop and encourage teamwork among your players?

Lack of communication is one of the most common problems associated with poor teamwork. Communication is extremely important in athletic competition. You have all heard that "if you think you are going to make a mistake, you probably will."

Communication between teammates promotes and improves performance by reducing individual errors. Here's how: it is hard to think about making a mistake when you are constantly encouraging and cheering on your teammates. Less worry means less anxiety and less anxiety means your body is more relaxed to perform at its best. Next you have less mental errors. Better communication helps players stay focused. More focus means less mental errors. If someone does have a mental lapse, everyone is talking and letting her know where the play should be which should prevent the mental lapse from

becoming a mental error. When teammates are communicating effectively, it increases the sense of a common goal and teamwork.

It should be made very clear that communication and teamwork is expected from your players. Everyone should be talking when the ball is hit. If a teammate is making a play the other players should be encouraging her and calling out the play as the ball is going to her. Once she makes the play she should hear either nice play, great throw or encouragement if she made an error; like, shake it off, nothing hurt. I don't care if players do not get along off the field. On the field they are a "team" with common goals. Bad attitudes and feelings off the field are to be left off the field.

Building a team isn't something worked on some of the time. Try to find some way to incorporate some kind of team building activity or drill at every practice.

"Team player: One who unites others toward a shared destiny through sharing information and ideas, empowering others and developing trust."-
Dennis Kinlaw