



FORT DES MOINES

LITTLE LEAGUE

2026

PARENT HANDBOOK

Section 1: We Need Volunteers!!!

Fort Des Moines Little League is a volunteer based organization. We depend on volunteers to organize and conduct every aspect of our little league. These volunteers take time out of their busy schedules to make this little league a success. With that being said we need MORE HELP! Most of the Board members will be soon or have players that have aged out of our league. The future of FDMLL relies on volunteers to be able to offer a program in the future. Please consider volunteering and/or becoming a board member. Please email fdmlittleleague@gmail.com for more information.

All volunteers are required to register on our website, fill out a background check, and complete the Little League Abuse Awareness Training every year per Little League International's rules. The Abuse Training Awareness may be completed at <https://www.littleleague.org/university/training/>

The background check application will be emailed to you.

Section 2: Refunds

Our refund policy is as follows:

You must notify Fort Des Moines Little League prior to the draft to be refunded your registration in full, less a \$25 processing fee. If you notify Fort Des Moines Little League after the draft, we will not issue a refund. Extenuating circumstances will be considered by the President and Treasurer.

Section 3: Tryouts- Minor, Major and Junior/Senior ONLY

Tryouts will be held Saturday, February 21st at The Ridge on the south side of Southridge Mall.

Minors, Majors and Seniors are required to try out. Please have your child bring their glove, bat and helmet (if they have personal ones) as the tryout will consist of throwing, fielding, playing catch and hitting. Tryouts allow coaches to get to know the players in their league. If for some reason your player cannot attend tryouts they will be placed into a blind draft. ***Please arrive 15 minutes early to check in***

Major 9:30 AM Senior 12:00 AM Minor 1:30 PM

Section 4: USA Approved Bat Policy

Please go to the following link for more information regarding the USA bat policy:
<https://www.littleleague.org/playing-rules/bat-information/>

Section 5: Treat Tickets/Shair's Snack Shack

Due to the recent fire, we are having to change how Shari's Snack Shack operates this season. We are still planning to sell treat tickets, but they will be set up differently this year. How our entire concession stand runs will be different, but we are working hard to ensure that we can still offer food/snacks during games. Typically, each team purchases treat tickets to give to players after games. We usually sell them in the concession stand. Parents would purchase them or give money to coaches to buy tickets for the team. Once we have more information, we will update coaches and parents.

Section 6: PICTURE WEEK

Picture Week will be sometime in April at Fort Des Moines Little League. Your team's date and time, as well as a picture packet, will be handed out by your coach before picture week. Please arrive with your player in full uniform 15 minutes before your scheduled time so the coach can get the team lined up. You may bring your player's bat and glove for the picture as well.

Section 7: Parade Day

This year's FDMLL Parade will be Saturday, June 20th, 2026 at 10:00 A.M. The parade will take place rain or shine. This is a great tradition at FDMLL and something to be looked forward to by all! All teams Bam Bam through Seniors are required to participate by entering a float. Float decorations do not have to be expensive, although over the years some have been quite elaborate! Use your imagination and get creative, have FUN, and don't forget to thank your sponsor!

More information will be sent to your coaches closer to Parade Day; please work with your coaches and other parents from your team to coordinate ideas! Prizes will be awarded for Best Float and Most Creative Thank you to their Sponsor.

Section 8: Awards Day

2026 Awards day will be held on Saturday, June 20th, 2026 immediately following the conclusion of the parade.

Section 9: Tobacco/Alcohol/Controlled Substance/Pets

In compliance with the "Iowa Smokefree Air Act" and at recommendation of Little League International tobacco products, cigarettes (including e-cigarettes and vapes), controlled substances, and alcohol are prohibited at the Fort Des Moines Little League complex.

For safety reasons pets are not allowed in the park.

Section 10: Safety

Fort Des Moines Little League wants to provide a safe environment for all players and spectators. Each year, Little League International requires a comprehensive Safety Program to be developed and implemented.

In the event that an injury should occur, Little League requires a form to be filed with the Safety Officer.

No games or practices shall be held when weather or field conditions are unsafe, especially when it is lightning. If FDMLL cancels games due to weather teams **may not** practice outside. If games are cancelled due to field conditions FDMLL fields are closed but practice is allowed at other places.

Batters must wear approved protective helmets during batting practice and during games. Batter may not take warm up swings in the dugout or outside the fence of the field. He/she should not pick up a bat until he/she is ready to leave the dugout.

We require all players in the minor division and under to have protective face gear attached to their helmets.

Section 11: Game Cancellation Policy

The decision to delay or cancel a game due to weather/field conditions will be made by the Officer of the Day or President. If games have already started and lightning or inclement weather occurs the Officer of the Day or umpire may/will call a Delay of Game. If the lightning or inclement weather continues after that waiting period, the Officer of the Day will work with umpires and officials on whether to call the game. We will then decide if need be when the make-up games will be played.

Typically we will not make a decision about game play any earlier than ***1 hour before the first scheduled game for the day***. Games on Saturdays will be determined on a per game basis rather than canceling the entire day. Please do not contact board members to find out about game cancellations, once a decision has been made coaches will be notified immediately.

If games are delayed or cancelled we will post it on our website at www.fdmll.org, an email notification will be sent out, and we will post on our official Facebook page [FDMLL-Fort Des Moines Little League](#)/Instagram at FDM Little League.

Section 12: Officer of the Day

The Officer of the Day is a board member who has volunteered to be “in charge” for the shift. This person, along with all current board members, shall have the complete authority and responsibility to enforce the rules of the league, and shall have the authority to eject any person displaying unsportsmanlike conduct within the premises and immediate vicinity of Fort Des Moines Little League.

While they are there to handle disagreements and issues if they arise, they are also there to help do anything from grilling to answering questions. Typically the Officer of the Day can often be found around the concession stand, but if they are not there, they can be paged by the concession stand staff.

Look for the person in the PINK shirt on game days!

Section 13: Player Responsibilities

Know the rules and abide by them.

Respect the game officials and refrain from commenting on their decisions during the game. This could result in suspension (under Section 9 Unsportsmanlike Conduct).

Players are expected to arrive 30 minutes early for older leagues (rookie & above) & 15 minutes early for younger leagues (t-ball & bam bam) for games and on time for scheduled practices. Failure to do so and failure to notify the team coach in advance may result in forfeiture of playing time.

Players will not use abusive language or violence of any sort. This will result in suspension (under Section 15 Unsportsmanlike Conduct).

Players will respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship at the end of the game.

Players will follow all building rules and regulations, respecting at all times the property of others.

Players are responsible for cleaning up after themselves in the dugout at the end of the game.

Section 14: Parent and Spectator Responsibilities

All parents must know and abide by the Little League Sport Parent Code of Conduct. You will find it here: <https://www.littleleague.org/university/articles/local-league-parents-code-of-conduct-help-make-parents-families-and-fans-accountable-for-their-behavior/>

Respect the rules of the game.

Support your child playing baseball.

Respect the game officials and refrain from commenting on their decisions during the game. Failure to adhere to this requirement may result in corrective action and ejection from FDMLL property and all places FDMLL is playing at.

Parents are expected to have their child arrive early or on time for all scheduled practices and games. Failure to do so and failure to notify the team coach may result in forfeiture of playing time for your child.

Parents will respect umpires, board members, coaches, volunteers, and players at all times.

Parents will not use abusive language or violence of any sort. This will result in suspension (under Ground Rules Section 15 Unsportsmanlike Conduct).

Parents are expected to turn in their fundraiser money at the first practice no later than March 28th. Your child's uniform will not be released until fundraiser money is turned in.

Please help us keep the park clean. Pick up after yourself and your children.

Please follow the one way signs and do not park in the Skate South parking lot or in the street. Please only park in designated parking areas.

Demonstrate appropriate sportsmanship.

Please volunteer in any way.

Section 15: Unsportsmanlike Conduct

Fort Des Moines Little League has a zero tolerance policy for unsportsmanlike conduct on the part of the coaches, players, and spectators. All reported incidents regarding unsportsmanlike conduct will be reviewed by the Executive Board and League Commissioner associated with the reported incident. They will then review the incident and make a determination of any consequences. An email will be sent to the party or parties involved if any corrective action is needed. Please see our Ground Rules that are available on our website for more information.

Section 16: FDMLL Apparel

Fan gear will be available to purchase soon. Please go to our website for more info.

Section 17: Board Members and Communication

*Please note that all board members are volunteers. Please do not expect a reply immediately and please only call or text from 8AM-9PM unless it is an emergency.

The best way to communicate is via our email at fdmlittleleague@gmail.com

We send important communications through email and our Facebook page/Instagram Please create an account or add an additional user to your account for anyone who needs to be kept in the know on our website. We can only send emails to those who have created an account via our website.

Facebook: FDMLL-Fort Des Moines Little League

Instagram: FDM Little League

FDMLL Website: fdmll.org

2026 Board Members

ROLE/TITLE	NAME	PHONE #
President	Doug Foust	515-577-3983
Vice President	Nicole Foust	515-287-2624
Treasurer	Michael Drey	319-231-2689
Secretary	Sarah Swackhamer	515-371-7631
Shari's Snack Shack Manager	Sarah Swackhamer	515-371-7631
Umpire in Chief	Jordan Jenkins	515-421-5724
Safety Officer	Kumari Patel	515-344-6853
Junior/Senior Commissioner	John Carter	515-802-2256
Major Commissioner	Joe Swackhamer	515-371-7630
Minor Commissioner	Doug Foust	515-577-3983
Rookie Commissioner	Jordan Jenkins	515-421-5724
T-ball Commissioner	Andre Ginger	515-336-0225
Bam Bam Commissioner	Patrick Deal	515-442-3641
Equipment Manager	John Carter	515-802-2256
Tournament Director	Brianne Deal	515-402-8042
Sponsorship Director	Nicole Foust	515-287-2624
Parade/Awards Director	Doug Foust	515-577-3983
Officer of the Day Director	Stephaine Gomez	515-991-8779
Scheduling Director	John Carter	515-802-2256
Information Director	Andre Ginger	515-336-0225
Groundskeepers	Michael Drey	319-231-2689
Uniform Director	Andre Ginger	515-336-0225
At Large	Zac Oler	515-205-9025
At Large		

Section 18: 2026 League Calendar

Date/Time	Event	Where
January 24, 2026 10 a.m.- 12 p.m.	In Person Sign Ups	Christ the King
February 7, 2026 10 a.m.- 12 p.m.	In Person Sign Ups	Christ the King
TBD	In Person Sign Ups	TBD
February 14th, 2026 10 a.m. - 12 p.m.	Umpire Training Session	South Side Library
February 21, 2026	Tryouts	The Ridge st Southridge Mall

February 28, 2026	Draft – Coaches and Managers Only	Northern Warren Fire Dept
Every Saturday in March 8-noon	Field Day	Fort Des Moines Little League
TBD	Volunteer Appreciation Party	TBD
March 18, 2026 26:00 p.m.	Concession Stand Training	FDMLL
TBD	Garage Sale	TBD
March 21, 2026 noon	Concession Stand Training	FDMLL
April 04, 2026	Opening Day T-Ball – Seniors	Fort Des Moines Little League
Mid-Late April	Picture Week	Fort Des Moines Little League
April 18,2026	Opening Day Bam Bam	FDMLL Fields
May 23-May 25	NO GAMES – Memorial Day	
June 20, 2026 10:00 AM	Parade and Awards Day	Parade Route/Fort Des Moines Little League
TBD	Volunteer Appreciation Party	TBD