

BISMARCK LARKS HOST FAMILY HANDBOOK



WHERE FUN MAKES A DIFFERENCE!

WELCOME LARKS HOST FAMILIES



Welcome to the Flock!

We are so excited to have you join our team this season! Being a host family is a rewarding experience.

Over the course of the season you and your family will develop a unique and memorable relationship with a student-athlete working towards their dream of playing baseball. Since our inception in 2017, numerous families and individuals have opened their homes and welcomed players from across the country.

And now, it's your turn.

The Northwoods League considers host families the foundation of our league. A player's experience starts in your home and before you know it, they are part of your family.

Our host family coordinator, Alicia Uhde, has worked countless hours to select dedicated host families to help us achieve our mission of providing a positive, happy and fun life experience for each player as they transition from their colleges and hometowns to the city of Bismarck, the Northwoods League and the Bismarck Larks.

With the help of our field manager, Will Flynt, we've made it a priority to match you with a player suitable to you and your family's lifestyle. We require our players to respect your expectations and be dedicated to their performance on the field.

As the Bismarck Larks Owner and CEO, it is my goal to ensure your host family experience is the best. Our team is committed to building strong, lasting relationships with you, your family and your player(s).

You are an important part of our team. You are our teammate.

And as our teammate, we encourage you to share your thoughts, feedback and stories with us anytime. We are always here to listen and serve you. Cheers to a fun, successful and memorable season!

John Bollinger

Bismarck Larks
Owner and CEO

THE HOST FAMILY PROGRAM



THE HOST FAMILY MISSION

To serve as community ambassadors while providing a positive, happy and fun life experience in a family environment as student athletes transition from their colleges and hometowns to the city of Bismarck, the Northwoods League and the Bismarck Larks.

THE NORTHWOODS LEAGUE

The Northwoods League is the largest organized baseball league in the world with 23 teams. The NWL provides top college players from North America and beyond a summer collegiate baseball experience. All players in the league must have NCAA eligibility remaining in order to participate. Players are not paid, so as to maintain their college eligibility. Graduated senior pitchers are also eligible to play in the Northwoods League.

Teams are run similar to a professional minor league teams, providing players an opportunity to play under the same conditions, using wooden bats and minor league specification baseballs. Teams play 72 games scheduled from late May to mid-August.

A valuable training ground for coaches, umpires and front office staff, more than 300 Northwoods League players have advanced to Major League Baseball.

THE ROLE OF A HOST FAMILY

The role of the host family is to provide housing and meals to the players. Housing requirements include a bed, a private room if at all possible, and access to a bathroom and kitchen. Players also need access to laundry services to wash uniforms and personal items. Host families are not asked to do the players laundry.

Outside of room and board host families are simply asked to monitor the player and help with anything they need. Most players are new to the area and may need help with directions, finding restaurants and stores, and local amenities.

HOST FAMILY

TICKETS + PERKS

RESERVED TICKETS IN THE BLEACHER HOST FAMILY SECTION (VALUED AT \$820)

- (2) full-season reserved bleacher tickets per player hosted (ie: 1 player = 2 tickets, 2 players = 4 tickets) *(half-season options available if you do not plan on attending each game)*
- Option to purchase all inclusive meal vouchers
 - Vouchers include all you can eat ballpark food when gates open through the third inning.
 - Soda is also available with the voucher.
 - Vouchers must be purchased in multiples of 4 and must be purchased by May 1, 2023. Vouchers cannot be purchased after the start of the season.

To purchase vouchers please contact Larks Host Family Coordinator, Alicia Uhde at hostfamily@larksbaseball.com See below for pricing.

- (4) Vouchers = \$32 • (12) Vouchers = \$96
- (8) Vouchers = \$64 • More than (12) = Contact Alicia

LARKS FAMILY MEMBERSHIP

Host Families automatically receive a Larks Family Membership. Family members receive a jersey and hat, priority access to the hottest giveaway items, exclusive access to year round events, and monthly discounts at local stores and restaurants.

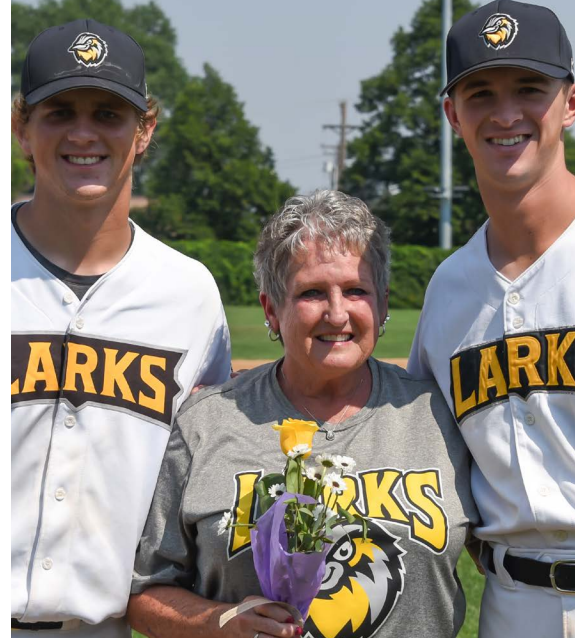
Each Host Family (one per family) will receive:

- A Larks Host Family Gold Card for 25% off Larks merchandise AND concession stand items, including beer with valid ID (exclusions apply to sales items and concession items with promotions)
- (2) FREE meal vouchers for one time use to the Suite Seats food
- (4) FREE Family Fun Zone vouchers OR Dippin' Dots vouchers
- FREE Admission (subject to availability) to any Northwoods League Ballpark all season
- FREE subscription to Northwoods League streaming service-catch all home and away games online or via mobile app
- Professional photo with player (photo sessions will be scheduled prior to season)
- **NEW Host Families receive a Larks bleacher back**
- **Each immediate family member will receive a 2023 Host Family t-shirt or woman's tank top** *(Host Family Coordinator will coordinate sizes by May 1)*

ADDITIONAL ACTIVITIES & EVENTS

- **PRE-SEASON SOCIALS.** Socials may be in person or virtual and will include team updates, educational components to learn about the athletes you are hosting and visits from special guests.
- **HOST FAMILY APPRECIATION.** Throughout the season, we will integrate host families into events, game day happenings, and more. We will host a Host Family Appreciation Day during the Sunday, July 9 game. Host families will receive free food and drink tickets. More details to be provided.

HOST FAMILY INFORMATION



REPORT DATE & PLAYER SCHEDULE

Players report to the Larks team approximately 1-2 days before the season starts and need housing through the middle of August. Exact dates for the season are released in December each year and will be passed along to the host family as they become available. The league does have a short playoff at the end of the season which may extend the players time through the middle of August. Please see the attached schedule for all home, away and playoff games.

HOME GAMES.

On a daily basis, the players report to practice in the early afternoon and play games in the evening when they are home.

AWAY GAMES.

For away games, players will leave the morning of their away game (very early depending the location) and will return home after their last game is played. This will result in players returning home very early in the morning.

OFF DAYS.

Players get very few days off during the season. On their days off, the team sometimes schedules local activities for the players. Families however are more than welcome to plan activities with their players if they wish.

The players will be leaving and arriving home many times while you are at work or are asleep. Therefore, they will require a key and any access codes for security systems you may have. We also advise that you notify neighbors that a new person will be coming and going from your house to not cause any confusion.

If you have events coming up or bedtimes that the player needs to be aware of please let the player know.

HOST FAMILY INFORMATION



FOOD & MEALS

The following meals are provided by the Bismarck Larks and/or away teams:

- Post-game meal after each home game
- Breakfast, lunch, and dinner after each away game

The player and host family are responsible for all additional meals. We recommend maintaining a reasonable amount of food stocked for your player. It's best to talk with your player when they arrive to get an idea of what they like to eat for meals and snacks.

Please note that many of the players will not be around the house for every meal. Players may arrive home late since games do not typically start on weeknights until after 6PM. Most families simply leave leftovers and teach the players how to use the stove.

HOW MUCH SHOULD I COOK?

Players are growing athletes and eat a lot. We recommend that you make an extra helping or two of your normal meal.

Most families do provide at least 1-2 meals per day. If you do not cook meals, please make sure to provide meal supplies for the player to cook their own meals.

Based on this we calculate that over the course of the season your total food bill may come to \$600.

HOST FAMILY INFORMATION



GUESTS AND HOUSE RULES

Players are not allowed to invite other players, friends or girlfriends to your home without your approval. All players must abide by any house rules you establish and are expected to maintain themselves in an adult manor at all times. If your player plans to have his girlfriend and/or family visit, please do not feel obligated to host unless you wish to. The Bismarck Larks offer a Friends and Family rate with the Ramada (Bismarck) and the Baymont (Mandan).

WHAT IF WE GO ON VACATION OR NEED TO GO OUT OF TOWN DURING THE SEASON?

Many families have vacations during the season. If you do not feel comfortable leaving the player at the house we can make arrangements to have them stay elsewhere during that period.

IS IT SAFE TO LEAVE TO PLAYERS AT THE HOUSE ALONE?

Yes, the players are responsible athletes and are screened prior to being offered a position on the team.

WHAT IF A PLAYER DOES NOT ABIDE BY OUR HOUSE/FAMILY RULES?

If a player does not follow house rules or relate to the family appropriately, then the issue will be addressed and handled accordingly or the player will be removed from the program.

TRANSPORTATION

It is not the responsibility of the host family to drive the players to the field or other places. Players will either arrive with their own vehicle or will be strategically placed near or with a player who has a vehicle.

DRUG & ALCOHOL POLICY

Providing a safe, family environment both on and off the field is our priority. Larks players under the age of 21 are not allowed to drink while playing for the team. Any drug use, unless prescribed, is not tolerated.

ADDITIONAL QUESTIONS



CAN I HOST MORE THAN ONE PLAYER?

Yes, if you have the space this is ideal for the players. In many cases we will pair up players from the same school or who already know each other.

DO WE NEED TO ATTEND GAMES?

We encourage you to attend as many games as you can but you are not required to attend every game. The players really do feel as though you are their second family so if you can make it to the games and provide encouragement that is helpful. All games are also posted live on the league website.

CAN WE CHOOSE WHICH PLAYER WE HOST?

No, we will try and match players with families as best we can. If you have specific requests please let us know.



HOST FAMILY CONTACT INFO

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