

RED DEER RAGE FASTBALL ASSOCIATION



RAGE COACHES MANUAL

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This manual was put together by Red Deer Rage Fastball Association as a guideline to assist volunteers in addressing and carrying out the duties and responsibilities of a Red Deer Rage Fastball Coach.

The basic philosophy of Red Deer Rage Fastball Association is the development and promotion of a competitive fastball program. Included in this package is a wide variety of information and forms, which will be needed throughout the season to assist in attaining our goals and expectations.

Remember every player needs to have fun and develop skills. Each and every player deserves the opportunity to develop his or her talents to their optimum level. If players are not having fun and/or developing skills they won't remain in our program for long. It is your duty and responsibility as a coach to ensure this occurs.

Have a very successful and enjoyable season.

Success is not measured by wins and losses but by effort and hard work.

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With ordinary talent and extraordinary perseverance, all things are possible.

IMPORTANT DATES - 2023

Central Alberta League Scheduling Meeting

April 19th, 6:30-8:00 pm, Holiday Inn Gasoline Alley

Rage Coaches/Managers Meeting

April 20th, 6:30-8:30 pm, Holiday Inn Gasoline Alley

Competition Introduction Coaches Clinic

See www.softballalberta.ca for 2023 clinics

Provincial Entry Form (Softball AB)

May 15th

Post Provincial Letter of Intent (Softball AB)

May 15th

Provincial Rosters (Softball AB)

June 1st

GPLS A Division

May 12-14 – St. Albert/Edmonton, AB

May 19-22 – Calgary, AB

June 16-18 – Sherwood Park, AB

June 23-25 – Championship Weekend – Lloydminster, AB/SK

GPLS B Division

May 12-14 – St. Albert/Edmonton, AB

May 26-28 – Irma, AB

June 23-25 – Championship Weekend – Unity, SK

Red Deer Rage Tournament

TBD

Rage Family Fun Night

June 7th

Provincials

U11 – June 30-July 2 – Calgary (Bid pending)
U17A – June 30-July 2 – Edmonton
U19A – June 30-July 2 – Edmonton
U13D, U15D – July 7-9 – Grande Prairie
U17D, U19D – July 7-9 – Blackfalds
U13A, U15A – July 14-16 – Calgary
U15B – July 14-16 – Camrose
U13C, U15C, U17C – July 14-16 – Under review
U19C – July 14-16 – Bonnyville
U13B – July 21-23 – Calgary
U17B – July 21-23 – Lloydminster
U17AW – July 28-30 – Leduc (Bid pending)

Western Canadians

U19 – Aug 4-7 – Regina, SK
U15 – Aug 10-13 – Richmond, BC
U17 – Aug 17-20 – Winkler, MB

Canadians

U19A – Aug 2-6 – Langford, BC
U15A – Aug 9-13 – Brandon, MB
U17A – Aug 9-13 – Saskatoon, SK

IMPORTANT CONTACT INFORMATION

EXECUTIVE:

President	Christa Lawrence 587 679-5619
V.P.	Stephen Pottage 403 872-2262
Secretary	Laura Oster 403 392-4007
Treasurer	Tammy Scotvold 403 358-6924
Registrar	Kelly Sampson 780 803-1553

BOARD of DIRECTORS:

Diamonds & Facilities	Sheryl Funnell 403 304-0984
Diamond Maintenance	Vacant
Equipment	Teresa Soloway 403 358-9894
Uniforms/ Apparel	Crystal Zinken 403 588-8938
Website	Laura Oster 403 392-4007
Sponsorship	Angie McCrindle 403 396-1788
Fundraising Raffle/Casino	Amanda Jackson 403 598-4494

**Evaluation
Coordinator** Mike Gullett
403 596-8824

**Tournament
Coordinator** Danielle MacDonald
403 598-9825

**Timbits
Coordinator** Amy Sapp
403 318-8333

Softball Alberta Zone 4 Rep Sharon Falk Camrose
780 679-0581

Umpires Lisa LeMasurier
Cell 403 877-4708
assignor@casua.ca

Great Chief Park 403 342-8255

Westpark Diamond Setup

**If cancelling games remember to cancel umpires as early as possible. If the game is at Westpark, remember to cancel diamond set up before 4:00 p.m. or you will be responsible to go and put equipment away in the shed.

Diamond Set Up Person – TBD

COACH DEVELOPMENT AND CLINICS

NATIONAL COACHING CERTIFICATION PROGRAM

Softball Canada with the Coaches Association of Canada has developed a series of courses incorporating Theory and Technical information. The National Coaches Certification Program (NCCP) now has a community stream and a competition stream, with learning outcomes relevant to the athletes being coached.

All coaches wanting to coach at a Provincial Championship are required to be at least Level 1 Certified or have the Community Sport - On Going certification. If you are coaching a team that is playing in a provincial that leads to Post-Provincial play, such as a Western or Canadian Championship, you are required to be at least Level 2 Certified Softball Coach or to be certified in "Competition-Introduction."

- For information on how to get started please follow the link below:

<http://www.softball.ca/english/programs/coaching.html>

- For information on softball coaching certification courses in our area please follow the link below:

<http://www.softballalberta.ca/Coaches/coaches-certification-clinics.asp>

- For the latest information related to Softball Coaching please follow the link below to Softball Alberta's website:

<http://www.softballalberta.ca/Coaches/coaches-news.asp>

REIMBURSEMENT

Coaches will be reimbursed the costs associated with taking their coaching certification as per the Red Deer Rage "Coaching Clinic Reimbursement Policy".

REGISTRATION & FORMS

- Players must have registered and paid their fees to RD Rage prior to participating in any practices or games. Without registration players are not covered by our insurance.
- **Athlete Medical Data Record** – must be completed and kept on hand at all times in case of an emergency. Be aware of any medical problems that your players may have.



Athlete Medical
Data Record.docx

- Teams must designate their **Provincial Category** (i.e. U13B, U17C) by May 15th. The President or designate will contact each coach to obtain this information and to help them determine the proper Provincial Category to enter.
- Teams must complete the **Provincial Roster Form** (obtained from Softball Alberta Website under “Forms”) prior to June 1st and submit them to the Registrar.

UNIFORMS

- Please refer to the Uniform Policy that can be obtained from the Executive.

TEAM APPAREL ORDERING

- Teams must adhere to the Rage Association “Team Ordering Policy” that can be obtained from the Executive.

SPONSORSHIP RECOGNITION

- The Rage Association solicits funding from sponsors for each team. It is the responsibility of each team to ensure that sponsors are displayed at all league games and tournament play. The Rage Twitter account is another good way to recognize your sponsor or other donations to your team.

EQUIPMENT

- Basic practice equipment is distributed to each team, including balls – for practice and games, a tanner tee, and bownet.
- You are responsible to return all equipment to the Equipment Coordinator at the end of your season. Teams will be charged \$150 for lost first aid kits.

USE OF WESTPARK DIAMONDS

- If extra practices, exhibition games, or weekend bookings are required, outside of times allotted during the draft at the Coaches Meeting at the beginning of the season, and you see an open slot on the diamond schedule, please email Laura Oster at k.oster@shaw.ca so the diamond schedule can be updated, to avoid overlap.
- The batting cage and equipment is for the use of registered players of the Rage Association.

BATTING CAGE

- The batting cage is available by booking it separate this year as its own thing and will not be connected to practices booked on Westpark Diamonds #1 & #2.

GAME CANCELLATIONS

- Based on our unreliable weather, the Rage Association recommends that games **NOT** be cancelled before game time unless opposing teams are travelling from significant distances.
 - If games are cancelled prior to game time, please ensure that all parties are notified, including umpires.
 - If games are cancelled at Westpark, the Diamond Setup Worker should be notified prior to 4pm or **you are responsible for going to the diamond to put the bases away.**
-

DIVISION DUTIES

Each age division has been assigned responsibility for helping to contribute to our association.

- U13 – organize and run the Annual Family Fun Night, June 7th
- U15 – Annual maintenance and clean up at West park Diamonds, April/May and some clean up through the season as required

SOFTBALL ALBERTA CONSTITUTION, BYLAWS & OPERATING RULES

- Please refer to the Softball Alberta website or click on the link:
<http://www.softballalberta.ca/Resources/resources.asp>

POSTPROVINCIAL PLAY

- U15 A Division – Gold and Silver medalists qualify for Western Canadian Championships
- U17 A Division - Gold medalists qualify for Nationals; Silver medalists qualify for either Nationals without funding or Westerns with funding.
- U19 A Division – Gold and Silver medalists qualify for Nationals
- U19 B Division – Gold and Silver medalists qualify for Westerns
- Deadlines for filing a Letter of Intent and accompanying Bond payment can be found at:

<http://www.softballalberta.ca/Forms/forms-provincial.asp>

RAGE ASSOCIATION MEETINGS

- We strongly encourage all coaches to attend Rage Association meetings throughout the year. Meetings are usually held on the 3rd Monday of the month, please refer to our website for detailed dates, times and locations.
 - **During the season a representative of each team is required to attend the monthly association meetings.**
-

TEAM PHILOSOPHY

- It is the responsibility of the coach to develop and define the philosophy of their team using the framework as outlined by the association.
- Philosophy and Guiding Principles of Red Deer Rage Fastball Association:

We believe

- in certified coaches
- in skill development
- in individualized instruction
- in specialized instruction for pitchers and catchers
- in life-long activities

We also believe that

- all entry level players should play all positions
- practice is the place where skills are fostered
- low fees encourage participation

Guiding Principles

- To provide competitive fastball experiences for the youth of Red Deer and district
- To develop the skills of our athletes to the best of their potential
- To develop a life-long love of the game
- To develop players who will give back to the game when their playing days are over

GOALS, GOAL SETTING & STRATEGIES

- Once you have defined your philosophy you can share that with your team and work together to establish goals. Involving your players in the goal setting process means everyone has a responsibility in working together to realize those goals.
 - Have players set personal goals as well and help your players develop strategies to achieve their goals.
-

TEAM FINANCES

Each team is responsible for its own funding.

- It is suggested that each team have a treasurer who does a financial statement at the beginning, middle and end of each season.
- Some parents prefer to split the costs amongst themselves and simply write a cheque, others will want to fundraise to cover costs. Often a combination of both satisfies everyone.
- Things to cover in your budget: Equipment beyond what is supplied by the Rage Association, tournament fees, any extra team apparel, other incidentals.
- In the instance where a coach does not have a child playing on the team it must also be decided if coach expenses (travel, hotels, clothing, etc.), will be covered by the coach or the team.

TEAM FUNDRAISING

- Things to think about when planning a budget and fundraising activities:
 - What happens in the event of excess funds being realized at the end of a season? Will these monies be split evenly amongst families, spent on yearend activities or donated back to the association?
 - How will the team address those that don't wish to fundraise? If families don't sell tickets or participate in a fund raising event how you will handle that situation? Will profits only be split amongst those who participate? Do you place a minimum \$ figure on the amount of tickets sold and either collect that in ticket/product sales or donations from each family and then split the profits equally?
 - Please refer to the "Team Fund Raising Policy" available from the Executive if needed.
-

PARENT MEETING

An effective parent meeting is the best start to a successful season. It is at this meeting that team goals and expectations should be clearly outlined.

The date, time and location should be clearly noted and distributed, via email or other, in advance.

Following are some of the topics you may want to address:

Introduction

- Introduce yourself and your assistant coach(es) including your background, experience and any credentials.
- Have all parents introduce themselves and indicate who their child is.

Goals and Expectations

- Clearly define your expectations of your players and your parents as well as what they can expect of you.

Playing Time

- Clearly state your position on playing time; how it will be determined and if it will be the same for league play as well as tournament and provincial play.
- Will all players play all positions?

Team Parent Positions

- All team positions and responsibilities should be designated at this meeting. Please do not underestimate the importance of delegating responsibilities to your parents!
- Please refer to the Team Parent Positions information (p.16)

Team Rules

- Ensure your parents and players are aware of all team rules you may have for your players.

Commitment from Players

- Ensure that your parents are aware of dates and locations for provincial play as well as the possibility of playdowns prior to provincials. For older divisions this may include post-provincial play as well.

Tournaments

- Girls Prairie League Schedule (GPLS) – applies to U11A&B, U13A&B, U15A&B, U17A&B and U19A&B teams.
<http://gpls.ca/>
- Red Deer Tournament – TBD
- Out of town tournaments:
<http://www.softballalberta.ca/Tournaments/tournaments-listings.asp>
<http://www.softball.sk.ca/english/tournaments/in-province-minor.html>
<http://softball.bc.ca/tournaments/437/minor-girls>

Team Schedules

- Practice and game schedules will be determined at the League Scheduling meeting and Coaches Meeting
- Please ensure that your players and parents are aware of your expectations in arriving before games and practices for warm-up.

Raffle Commitment

- Please discuss the importance of our raffle fundraiser with your parents. This is our **major Association fundraiser** and this is the money that allows our girls to play ball. Each team must have a raffle coordinator.

Player Equipment

- RD Rage provides uniform jerseys, one pair of socks and a hat (to U9 Timbits only). **Hats are only provided once.** Lost or otherwise damaged hats must be replaced at the parent's cost - \$10. Parents will also be invoiced the replacement cost for lost jerseys.
 - Black ball pants are to be worn.
 - RD Rage provides bats, balls, batting helmets (for Timbits, U11 and U13), catcher's equipment and first aid kits.
 - Players at the U15 division and older must have their own batting helmet. These players often also have their own bats and catching equipment. ALL HELMETS MUST HAVE A FACE GUARD.
 - Players must provide their own batting gloves, sliders, athletic cups, cleats, equipment bags and water bottles.
-

TIPS FOR COACHES

While playing philosophy is the coach's responsibility, the following are some suggestions for making the season a success for everyone:

- At the younger age divisions league play is the ideal place to develop your players. Bat all players and give them experience at various suitable positions during league play. Strike a balance between giving the younger players a chance to play several positions versus learning to play a few well.
A more competitive stance can be adopted in tournament play.
- Keep track of playing time. You don't necessarily need to keep full stats but it is useful to at least track playing time at the younger divisions. Parents often focus only on their own child's playing time, creating a skewed account of each player's actual playing time. As the season progresses and children attend at different rates, innings played or sat becomes even more skewed. Percentage of playing time is a valuable number. It can reassure parents and give coaches peace of mind. An example of a form used to track percentage of playing time is included on page 32. Some other forms for tracking fair playing time are included on pages 33 - 36.
- At older age groups, stats can be a valuable tool when you get to tournaments, playoffs, playdowns and Provincials. If you choose not to have a fair play policy at these times, it helps to justify your choices when you have the information on paper. Your judgment will be challenged. The numbers usually put an end to the argument.
- Planning your practices is essential for getting value for the time spent. Do not show up at the park without a plan. Make sure you stick to your time frame. If you tell the players and parents the practice will end at 8pm make sure you stick to it. Other than special circumstances, practices should be no longer than 90 to 120 minutes.
- Know that if you take care of the process, the results will follow. If you take care of teaching the skills, building confidence, trust and team bonds, winning will follow. If you short cut the aforementioned and focus on winning before you have built the foundation, success can be illusive. Even as your players get older, process is always important.
- Always leave the lines of communication open and be honest with your players and parents. All players come with their own unique skill sets but they are not all equally good at the same skills. Using honest communication will make the season a lot smoother for

everyone.

- Don't forget the importance of team building activities and mental skills training.
- Expect that your athletes are probably good at more than one sport and will probably want to participate in more than one sport. Supporting their participation in other sports makes for better athletes, and therefore better ball players. If their commitment overlaps the ball season a general rule of thumb might be to let them prioritize the sport they are finishing at the beginning of the ball season. Using the concept that a championship trumps a game, a game beats a practice, etc. Once the other sport has ended then the commitment is to the ball team. If a new sport starts before the end of the ball season, the same priorities apply. You should expect the important dates at the end of your ball season should be given priority before the start-up activities of a second sport.
- Know that parents will question your decisions. Find a coaching "mentor" or a trusted friend to discuss difficult situations. Our association also has many experienced coaches that can act as sounding boards or resources.
- If situations arise on your team that you believe would benefit from intervention by the association please let someone from the executive know.

TEAM PARENT POSITIONS

Engaging parents in helping out allows our coaches to focus on coaching. Spreading the work amongst a group ensures that everyone feels a part of the team and no one feels overburdened. The following are parent roles with suggestions for role descriptions. These roles can be modified based on a team's needs, however, **the roles marked with an asterisk * are required for all teams U11 competitive to U19.** Teams that participate in GPLS may not require a tournament rep unless they are hosting a GPLS tournament.

Manager*

- often acts as a liaison between the coach and parents, facilitating communication with parents by phone or emails
- assist coaches with determining available tournaments and tournament registration
- facilitate accommodation listings or bookings for out of town tournaments

- prepare a parent contact list – coaches, parents and players names, phone numbers, cell numbers and email to distribute to each player
- coordinate clothing orders as determined by the team
- delegates/facilitates other parent positions as needed, i.e. tournament coordinator, treasurer, etc.
- notify players and parents of date for team photos

Treasurer*

- should be responsible for receiving/dispersing all funds related to fundraising. Coaches should NOT be receiving or dispersing funds.
- set up team account and have signing authority for cheques – need two people to sign. Banks often require a letter from the Association giving permission for an account. Letters can be obtained from the Association President.
- teams should be deciding as a group how to best use funds raised from tournaments or other fundraising activities

Raffle Coordinator*

- needs to ensure all tickets and money is accounted for
- all information will be in the raffle package

Tournament Coordinator*

- assist in preparations to host a division tournament
- concession – assist in determining concession sales and purchasing food and supplies
- gather volunteers (parents) to run the concession, cook, sell 50/50 tickets, etc.

Equipment Manager

- responsible for set up of equipment at each game/practice and take down at the end
- carry equipment to and from all events throughout the season
- allows coaches more time coaching the kids

Media Relations

- notify local media of your teams significant achievements, usually an email to local radio
- may set up and manage team twitter account in accordance with guidelines set out by the Association and in conjunction with the Association twitter account

Social Coordinator

- organize a function early in the season to solidify team spirit
- organize some sort of team windup at the end of the season

Team Photographer

- agrees to attend games and other team events to capture pictures and distribute to each player at the end of the season (on disc or usb stick)

ORGANIZING A TOURNAMENT

Dates and Fees

- Dates are predetermined by Red Deer Rage Fastball
- Tournament dates and contact person are sent to Softball Alberta and are placed on their website.
- Tournament dates are also posted on Red Deer Rage Fastball's website

Team and Draw

- Determine the number of teams in the tournament and the type of draw to be used
- Guarantee each team a minimum of 4 games

Tournament Sanction

- Each tournament must be sanctioned by Softball Alberta
- Sanction can be obtained on-line www.softballalberta.ca or by contacting:
 - Softball Alberta 780-461-7735
 - Softball Alberta District 4 Zone Rep Sharon Falk 780-679-0581

Umpires

- Contact Lisa LeMasurier
 - Cell 403-877-4708
 - Email assignor@casua.ca

Balls

- Game ball can be purchased from equipment coordinator for \$125 per dozen.

Medals

- Medals must be purchased from the association for \$10/medal. Medals are designed with our new RAGE logo and ribbons are already sewn on

Concession

- Teams can run their own concessions, both at West Park Diamonds and at Great Chief Park
- Key for West Park Shelter can be obtained by contacting the Westpark Community Association at 403-346-3033
- Key for Great Chief Park concession must be obtained from City of Red Deer Recreation Department
- Teams are responsible for purchasing the food and manning the concession

Raffles and Draws

- Raffles and 50/50 draws are excellent ways to raise money to offset tournament costs

Rules

- Make sure each team and the umpires are provided with a set of tournament rules
- **Sample of tournament rules:**

Red Deer Bantam Girls Tournament Rules

1. Unless otherwise stated all games will be played in accordance to the CASA and AASA rules.
2. No new inning to start after 1h 40min of play. Exception: Semi finals and finals will have a 2 hour time limit.

3. Home team will be decided by a coin toss
4. A team will be awarded 2 points for a win, 1 for a tie and 0 points for a loss. **Ties are allowed** in the round robin
5. No infield warm ups to be allowed.
6. If teams are tied after Round Robin play, we will use the AASA tiebreaker methods.
7. Home team shall act as the official scorekeeper and must hand in the score sheet immediately following the game.
8. No protests are allowed, umpires decision is final.
9. Coaches and players are encouraged to be courteous, and respect the umpires decisions and the opposing players talents
10. **HOSTS ARE NOT RESPONSIBLE FOR LOSS OF PROPERTY OR INJURY**
11. Any concerns should be expressed to _____

HAVE A GREAT TOURNAMENT

CONCESSION COMMITTEE

- If the team operates a concession they can use the Three Peaks Shelter at West Park or the concession at Great Chief Park
- RD Rage owns a barbeque which is available free of charge
- Make up a concession schedule with the involvement of as many people as possible
- Working supplies needed:
 - Grill pad or stones
 - Barbeque (Association has one for use)
 - Utensils such as spoons, flippers, tongs, etc

- Rags, paper towels, soap
 - Coffee maker and supplies
 - Extension cords
 - Concession price list
 - Purchase of supplies (suggestion only).
 - Bars (5 kinds, 4 boxes of each
 - Chips
 - Gum
 - Sunflower seeds
 - Hamburger patties 7 boxes of 60
 - Wieners (10 pounds)
 - Smokies
 - Hamburger and Hot dog buns
 - Condiments
 - Ice cream novelties
 - Coffee, sugar cubes, creamer
 - Straws
 - Pop (lots of diet pop)
 - Water, juices, Gatorade
-

ONLINE RESOURCES FOR COACHES

1.) Links to drills, training techniques, coaching assistance, tourney's, etc..

<http://www.fastq.com/~nlellis/sbtalk.links.html>

2.) Excerpts from drill books, available to purchase, ideas etc..

<http://coachnick0.tripod.com/sb2day/id31.html>

3.) Ohio Fastpitch Connection - many, drills, forum to send in your own to add to the data base

<http://www.game-ex.com/drills/index.shtml>

4.) Softball Man - Coaches tool book - ideas and opportunity to buy on line

<http://softballman.homestead.com/SMPLS.html>

5.) General Softball links for information

<http://kevdb.infospace.com/info.dogpl/kevdb?kcfg=webbound&otmpl=/webbound/wbdisplay.htm&kcfg=webbound&actnav=fun.spt&qcat=Softball&qj=0&qk=25>

<<http://kevdb.infospace.com/info.dogpl/kevdb?kcfg=webbound&otmpl=/webbound/wbdisplay.htm&kcfg=webbound&actnav=fun.spt&qcat=Softball&qj=0&qk=25>>

<http://www.internationalsoftball.com/>

6.) Coaches Resources

<http://softballsearch.eteamz.com/coach.html#top>

7.) General Softball Search

<http://softballsearch.eteamz.com/>

8.) Jeff Jansen – Peak Performance info, Team Building and Mental Skills Training

<http://www.jeffjanssen.com/coaching/freeresources.html>

9.) Stacey Mahoe – All about softball.com - e newsletter & free teleseminars

<http://www.allaboutfastpitch.com/>

10.) Marc Dagenais – Performance and training specialist - e newsletter

<http://www.softballperformance.com/>

11.) Tom Hanson – Mental Training Specialist - e newsletter
http://www.baseballconfidence.com/Dr_Tom_Hanson.html

12.) Patrick Cohn – Peak Performance Sports - Mental Training
Strategies for Athletes, Coaches, & Parents - e newsletter
<http://www.peaksports.com/index.php>

Athlete Medical Data Record

Players Name _____

Date of Birth(D/M/Y)_____ AB Health Care # _____

Parents Names _____

Player lives with _____

Address _____

Home Phone _____ Cell Phone _____

Work Phone _____

Other Emergency Contact _____

Relationship to Emergency Contact _____

Emergency Contact
Phone/Cell _____

List all existing medical conditions/allergies and reactions (including food): _____

List any medications required:

I hereby give permission for emergency medical treatment to be administered to my daughter, as may be determined in the reasonable discretion of her personal coach. It is understood that whenever reasonably possible, relatives/guardians will be contacted and informed of the problem, diagnosis, treatment required and anticipated medical results.

I understand that it is my responsibility to ensure that the information on this form is kept current and I will notify the coach of any changes immediately.

Signature of Parent/Guardian _____

Date(D/M/Y) _____