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*Christopher High Baseball*

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PARENT/PLAYER HANDBOOK  
CHS COACHING STAFF

## **Christopher High School**

### **Mission Statement:**

**Dedicated to the development of athletes who are committed to achieving excellence academically and athletically**

#### **Daily Goals:**

- Develop self-confidence in the individual and faith in your teammates
- Practice to achieve perfection
- Play with enthusiasm and passion

#### **Season Goals:**

- Compete to win in every game
- Leave a mark in Christopher High School Baseball History as a team and an individual

#### **Program Goals:**

- Ensure each athlete graduates from high school
- Help athletes learn the qualities that will lead to success in life through baseball
- Provide each athlete with the opportunity to learn, develop, and improve their baseball skills in order to prepare for individual and team success during competition
- Provide each player with an atmosphere that encourages mental, social, and emotional maturity

## **Christopher High School**

### **EXPECTATIONS:**

An athlete in the Christopher High School Baseball Program is expected to:

1. Show up on time
2. Work hard. Make yourself better every day
3. Maintain a positive attitude
4. Be dedicated to improvement every day. Be coachable
5. Put the TEAM ahead of personal goals
6. Respect your coaches, teammates, opposing teams, and officials
7. Encourage your teammates
8. Discuss questions or concerns with your coach in a positive, mature manner
9. Represent the program appropriately on the field and in the community

Players can expect the following from the coaching staff:

1. The coaching staff will base all decisions on what is best for the team, and then what is best for the individual.
2. The coaching staff will be loyal to all players in all areas
3. The coaching staff will be honest
4. The coaching staff will be consistently fair to all players
5. The coaching staff will put you in a position to help you reach your goals

## Christopher High School

### CRITERIA FOR PLAYING TIME:

We feel it is most important that you understand how we decide on our team. The following four criteria will be used.

1. Knowledge of assignments. We cannot and will not play people who do not know their assignments. We will spend extra time with you if you so desire. Everyone can and should know their assignments.
2. Hustle. We expect everyone to hustle in all phases of the game. Hustling is one thing that you can control.
3. Contribution to the overall team. Baseball is a team game played through individual battles. The individual who can win each battle, lead by example, and help the team succeed in all phases is very valuable to the team. Individuals who can play more than one position well are also very valuable. Everyone can be a team player.
4. Talent. If the above criteria are equal, then the individual who has the most talent and plays the most consistently will earn a spot. However, having talent alone without the first three qualities will not guarantee a starting position. Talent is the last of the criteria.

Everyone has the same opportunity to earn a position on the team. The above was written out so you know how we evaluate you. An individual who is strong in the first three qualities will help the team be more successful than an individual who just has talent. Deciding the team roster is very difficult. Our main concern is to be honest and fair with each of you. Remember, we are here for the same reasons:

1. See that you graduate from Christopher High School.
2. See that you mature and grow as a man.
3. See that we have a baseball team that can consistently compete for championships.

## Christopher High School

### CHS BASEBALL COMMUNICATION PROCESS:

When a player or parent has questions or concerns regarding the program or a player's individual role on the team, it is important to keep in mind the following communication process that has been adopted by the baseball program. This process provides an effective and efficient progression, focused on solving any problem that may develop throughout the season. **Please note that there will be NO discussions about any student-athlete other than your child.** Playing time is earned with hard work during practice and knowing the individual's role on the field. A player must prove to coaches he is able to carry out his duties in all aspects of the game so we can find the best opportunity for him to succeed and help our program. If you have a question regarding this, please follow the two step process.

#### **Two Step Action Plan**

##### *Step 1:*

The concerned player should approach the head coach to discuss his questions or concerns during an appropriate time (before practice, after practice, etc.). If the player does not feel comfortable and satisfied with the outcome of this meeting, he should move forward with Step 2.

##### *Step 2:*

A meeting involving the player, the CHS baseball coaches, and parents(s)/guardian(s) should be requested via email or phone. The email or phone message should include a brief explanation of the player/parent concerns.

#### **Additional Information**

1. All discussions should focus on INDIVIDUAL questions or concerns.
2. The performance and ability of other players will NOT be a subject of discussion. This is contrary to our team values of mutual respect and support.
3. Before leaving any meeting, be sure to clarify and summarize your thoughts and feelings. This will ensure that everyone involved has a clear understanding of the meeting's outcome.
4. There will be no discussions with coaches regarding concerns before, during, or after games/practice unless set up beforehand by the head coach
5. Please do not contact the assistant coaches. They will direct you to the head coach for all concerns.

## Christopher High School

### COUGAR BASEBALL RESPONSIBILITIES:

#### ***Sportsmanship:***

Cougar players and families need to take pride in being good sports. Our objectives are to maintain a reputation of hard-nosed competitive players with a great amount of respect for the game, our opponents, their families, and the officials. No one outside of ourselves controls or inhibits the development or ability to reach our goals. During and after every contest, we will show respect for all parties involved.

#### ***Poise:***

Cougar players and families need to have the ability to maintain their poise in the heat of the game. They do not demonstrate anger or disgust when they strike out, make an error, or get a bad call. Such demonstrations only distract us from the game. Baseball is a game of failure. We need to understand that it is not what happened to us, but what we do about it that makes the difference between success and failure. Play the game with enthusiasm and passion.

#### ***Discipline:***

Cougar players and families should understand the importance of self-discipline. Self-discipline is a characteristic of successful individuals in all aspects of life including sports. The ability to make sacrifices necessary to achieve greatness is only possible through self-motivation and the discipline to achieve even the smallest goal. The ability to maintain your focus on the objective regardless of the distractions takes a self-disciplined individual.

#### ***Attendance:***

Cougar players are expected to attend and participate in all team events. Two team events for an unexcused reason is cause for dismissal. Please alert the coaching staff in advance if you have to miss a team event.

#### ***Appearance:***

Cougar players need to understand that many people, whether right or wrong, make a first impression on your appearance and never give you a second chance. Because of that, you need to look neat and presentable at all times. If your uniform is on, it will be tucked in. Cougar baseball hats will NEVER be worn backwards, never worn in the classroom, or when eating in the dining commons.

#### ***Academics:***

Cougar players will be students first. Baseball is secondary to your academics. Poor performances (discipline or grade) in the classroom will lead to severe consequences within the baseball program. The first question college coaches ask in the recruiting process is, "How are his grades". Those who wish to go on to the next level must take their academics seriously. Do not do just enough to get by; strive to be the best in all aspects of your life.

## Christopher High School

### THE COUGAR PARENT:

You have a life-long involvement in all aspects of the development of your son. The hours you have spent with your son have put him in the position to have an opportunity to meet so many of the goals he now desires. Your part in the growing process, along with the teachers, coaches, and the other influences, has played an immense role in helping your son to be in the position he is today to reach his goals.

As with any program, it is important to reaffirm the critical role parents play in a successful program. Success is only possible because of the support of the parents in the program that allows coaches to work on the field. The following is a list of characteristics of past parents that have been essential in making baseball teams successful. Remember, your son needs you to be a parent first, and a coach second.

#### ***Team Play:***

As team sports go, baseball is one of the most intensely team-conscious. Teams consist of players who are unique in their individual capabilities and yet single-minded in their combined delivery of fundamental skills. Errors are present every game, although no one is trying to make a mistake. The team and individual performances will improve if parents and players realize no one is deliberately performing poorly. Errant throws, missed plays, strikeouts, walks, etc. are unintentional. Players must be taught this aspect of the game if they are to ever excel at the sport. Athletes must be taught hopeful anticipation instead of focusing on the preceding error. Acceptance of the inevitable errors is vital components of playing the game of baseball, but it is difficult for these traits to take root in young players when the adults around them fail to set the example. We ask the parents to refrain from criticizing the opposing players, other parents, and especially a teammate of their own child. Be respectful of others and you will help produce a better athlete.

#### ***Parents Coaching:***

In our infinite spectator enthusiasm, we are often prone to issue several instructions to our players that are contrary to those of the coach and may cause confusion to the players. Please let the athletes listen to their coach. This is not meant to squelch spectator enthusiasm, as your child will love your encouragement. Please refrain from shouting instructions during the game. This information can be discussed between you and your player later that evening.

#### ***Parents in the Dugout:***

Make sure your son has everything he needs before he gets to the field so there is no reason to visit the inside of the dugout before or during the games. Our team needs full concentration on the game; your presence often becomes a distraction for your son. In urgent situations where you must get something to your son, please make it quick.

## **Christopher High School**

### ***Parent/Coach Relationship:***

The learning curve for the athlete to develop into the player he desires is steep and difficult at times to understand. The parent of the athlete may have an even more difficult task in adjusting to the learning curve.

The strength of many programs has been the trust that the coaches will make the right decisions to develop each player to his potential. If the coaches spend all of their time talking to parents to reassure them of the basic premises we agreed upon in the beginning of the relationship, it cuts into the time that could be spent developing our players. If a situation develops that needs to be addressed, it has to be handled in a professional manner, and not in the grandstands. Please refer back to the adopted communication process above.

# Christopher High School

## PRACTICE:

### *Expectations:*

1. Hustle everywhere you go, we can get more done in less time.
2. Always make sure the baseballs are put away.
3. Don't throw equipment at any time, show respect to the game.
4. See the coach with any problems or complaints. Communication is vital.
5. Address teammates and coaches in a respectful manner.
6. Wear a hat, baseball pants, and shirts with sleeves to all practices unless instructed otherwise
7. For the time we are at the field, focus on baseball only. Let go of all your other worries and use the game as an escape.
8. Do your field work assignments after practice.

### *Field Maintenance:*

Do not be afraid to get your hands dirty. If you arrive early at the field, start setting up for practice. This will allow practice to start sooner.

Take pride in the way our field looks. It is your responsibility to make it look great every day. Some things that you can do every day:

- Pick up rocks
- Pick up trash
- Pick up weeds
- Make sure that all screens and nets get put back neatly.
- Get out any field maintenance equipment that needs to be done.
- Play catch and do drills in different areas in the outfield.
- Rake your area to keep it playing well.

### *Missing Practice:*

1. Athletes who miss practice the day before a game will not be eligible to play in the next day's game.
  - a. Exceptions will be made for school related functions, family emergencies, or religious reasons.
    - i. This must be discussed with the head coach before missing (if possible).

## **Christopher High School**

### **INJURIES AND SICKNESS:**

All injuries that occur during practice or a game should be reported to the coach immediately. This will insure that the proper treatment can be initiated as soon as possible. If you are unable to attend practice because of an injury, personally let the coach know during the school day. If you have an injury that requires you to miss time you are still expected to be at the field and supporting your teammates unless other arrangements are made by you and your coaching staff.

If a player is sick on a game day, please let the coach know before noon. This will allow the team to prepare for the game knowing that they will not have that player available.

If a player needs treatment for an injury or taping prior to a practice or a game, get it done. This is not to be used as an excuse for being late. Allow yourself the time to get the treatment.

# Christopher High School

## TEAM RULES AND POLICIES:

### *Conduct:*

1. Athletes are representatives of the Christopher High School Baseball team and should present themselves in a proper manner at all times.
2. Athletes should show proper respect to opponents, coaches, officials, and fellow students.
3. All conduct manners will be handled on a case by case basis and the consequences will be decided by the coaching staff.
4. If a players' conduct at practice or games becomes an issue and is detrimental to the team, that player will be suspended indefinitely and/or removed altogether.

### *Tardies:*

1. Students are expected to attend all classes and be on time to each one.
2. On game days, athletes who show up late to school or ANY class will not be eligible to start that game.
3. To be eligible for practice or games, athletes must attend class 4 out of 6 periods on traditional days and 2 of 3 periods on block days (exceptions for excused absences = doctor's appointments, funerals, etc.).

### *Game Days:*

1. Anybody unable to attend games should contact the coach directly. Do not send a message with another athlete. It is your responsibility.
2. For away games, the team will travel together
  - a. No one will leave early without the coach's approval in advance.
  - b. If you arrive early to the off-campus site, wait for the rest of the team and walk in together.
  - c. Players will only be released to parent(s) or guardian(s) who have submitted the appropriate forms on time.
    - i. Players will return to school with the same person they went up with
3. Athletes should be aware of their duties and carry them through to the best of their abilities. Players who are not directly in the game should be supporting their teammates and staying positive.

### *Jewelry:*

No Jewelry will be worn for either practice or games. It should be taken off before walking on the field. This is a league rule and must be followed.

# Christopher High School

## TEAM PHILOSOPHIES:

If our team shows the ability to follow these basic philosophies, we will always be in a position to be successful.

### Team:

1. Play hard! **You never know who is watching.**
2. Practice harder!! **It takes no ability to hustle. Anything less is unacceptable.**
3. Trust/Believe in one another.
4. Respect the game.
5. Win the first two innings, win the last two innings, control the big inning in the middle.

### Pitchers:

1. Challenge hitters
2. Throw strikes
3. Work ahead of hitters
4. Minimize damage
5. 1 pitch at a time, 1 batter at a time, 1 out at a time, 1 inning at a time

### Defense:

1. Make the routine play (Great plays happen, routine plays win ballgames)
2. Deny the big inning (3+ runs= big inning)
3. There is **ALWAYS** somewhere to be on every play (Cover/Back up each base)
4. 1 play at a time, 1 out at a time, 1 inning at a time

### Offense

1. Disciplined approach. Be aggressive on strikes, Not balls out of the zone.
2. Know what type of hitter you are and do not try to do too much. Concentrate on hitting the ball solidly every at bat.
3. Be able to handle the bat. (Situational hitting/bunting) Be a team player.
4. Run EVERYTHING out. Run the bases aggressively with the intent to take the extra base.  
Pressure the defense to make every play.
5. Do not miss signs.
6. 1 pitch at a time, 1 at bat at a time

# Christopher High School

## ACADEMIC ELIGIBILITY:

1. Students must maintain a G.P.A. of 2.0 on a 4 point scale, with no grade of "F", "No Mark", or more than 2 "N" Citizenship grades during a grading period.
2. Eligibility will be determined quarterly.

## INELIGIBILITY DUE TO DISCIPLINE:

Any student who is suspended 3 or more days, or that accumulates 3 or more days of suspension is ineligible during a six week period and may NOT participate in any games or scrimmages. Students MAY participate in tryouts, practices, meetings, events, or any other activities associated with the team at the discretion of the coaching staff.

An appeal may be filed by the student resulting in a review and meeting facilitated by the principal or admin designee. The panel will also include the head coach, athletic director, or any other pertinent staff member. The purpose of the appeal is to determine whether the student may participate in any activities (tryouts, practices, meetings, etc.) associated with their sport EXCEPT for games.

## SPORTSMANSHIP:

All Players in the program are expected to conduct themselves in a mature, disciplined, and professional manner. It is important to remember the significance and responsibility of participating as a member of the Christopher High School Baseball team. Every time you step on the field, you not only represent yourself, but you also represent your parents, your friends, your coaches and your community. ACT APPROPRIATELY!!

UNSPORTSMANLIKE BEHAVIOR WILL NOT BE TOLERATED BY PLAYERS, THE COACHES, THE PARENTS, OR OUR OPPONENTS.

# CHS Baseball Athlete/Parent Contract

I, \_\_\_\_\_, \_\_\_\_\_ understand  
(Athlete's Name, Print) (Parent's Name, Print)  
the importance of the CHS Baseball Team Handbook  
and the values that are stated within.

My signature below shows that I have read the  
entire handbook and understand my role as either  
an athlete or a parent and how essential it is that I  
follow the guidelines that are set forth.

I also understand the consequences that are  
discussed in the handbook (if team rules,  
communication process and policies are not  
followed).

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_