

# **Baldwinsville Bees Baseball**

**2010**

## **Parent/Player Handbook**

**Varsity Coach – Dave Penafeather**

**Varsity Asst. Coach – Mark Bader**

**Junior Varsity Coach – John Pallotta**

**Freshman Coach – Jamie Cuyler**

**7/8 Red – Luke Smith**

**7/8 White – Bob Paul**

## Mission Statement:

The mission of the Baldwinsville Baseball Program is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. As a participant in our baseball program we want each player to know that excellence in academics, good sportsmanship, and good citizenship are our main goals for each individual.

As coaches, it is our job to assist each player in our program in his development as a student, athlete, and person. We teach the values of hard work, teamwork, and unselfishness. It is our aim that the discipline our players learn as members of our baseball program will serve as a tool that will guide them well beyond their playing days.

## **BALDWINSVILLE BASEBALL HANDBOOK**

The primary purpose of this guide is to advise you of the rules policies and procedures of the Baldwinsville Baseball Program. Being an important part of a solid baseball program can only be accomplished when everything is outlined and understood by all members. This manual is designed with that in mind. It is your responsibility to read, know and understand the complete contents. If there is an area of concern or something you don't understand, please bring it to the attention of our coaches as soon as possible. The following pages describe the conduct we expect of you as a member of this team. If we are going to be successful as a team these rules must be adhered to. Common sense and respect for the program will accomplish this.

This handbook was not made to disrupt the lines of communication between you and your coaches, but to encourage it. Please communicate with your coaches as soon as needed. Problems occur when communication breaks down.

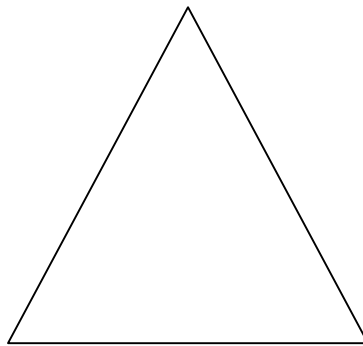
## **PLAYER RESPONSIBILITIES**

1. First and foremost all players must be in good standing academically.
2. Your second priority should be to develop into a quality high school baseball player. When it comes to the spring season, give your total effort to baseball. Playing other sports is essential and encouraged but concentrate on the sport in season. No one else or other sport programs should disrupt that.
3. Set high expectations for yourself in the classroom, on the field and out in our community. *Live up to them!*
4. Never put yourself in a situation that will cause embarrassment to yourself, team, family, and coaches or to your school. Always abide by the Athletic Code of Conduct (12 MONTHS) with respect and integrity. Any violation to the School Code or the Athletic Code of Conduct will be dealt with as outlined with in each document. Do the right thing; stay away from the wrong things.
5. Be on time (or early) for all team functions (games, practice and meetings,). Communicate with your coaches if there is a problem prior to scheduled event.
6. You will be pushed hard physically throughout the season. Proper diet and enough sleep are important factors in staying healthy, fit and able to compete. Take care of yourself this season for your own sake, as well as the team's.
7. **PRIDE IN THE PROGRAM! PROUD TO WEAR RED AND WHITE**
8. **HAVE FUN!**

## **ROLE OF THE PARENT/GUARDIAN**

As a parent of a ballplayer in our baseball program, you can play an integral part in your son's athletic experience. It is our feeling that the athlete, coach and parent make up what is called the athletic triangle. All three must communicate and give a cooperative effort to make the season a rewarding and enjoyable one for all involved.

## **THE ATHLETIC TRIANGLE**



Below we have put together some suggestions regarding your responsibilities toward your son (the player) and his friends on the team.

1. To realize that athletics are a part of the educational experience. It is an ideal opportunity to teach life skills. Baseball is a microcosm of life itself. Players learn to cope with many of the important realities of life. Cooperation/Teamwork, Success/Failure, Preparation/Persistence
2. To exhibit sportsmanship and self-control. Praise hustle and positive attitude, regardless of performance. Attitude is a choice, performance isn't. Humble in victory, gracious in defeat. Avoid Little League parent's syndrome.

- Little League Parent Syndrome: Incident where parent is an ex-player, spectator, coach, and umpire all in one. He has done it all ..... and knows it all.
3. To maintain a sense of dignity under all circumstances. “The greatest opportunities for sportsmanlike conduct arise when there are the greatest opportunities for unsportsmanlike conduct.”
  4. To step back and allow the player to become more independent and self reliant. Encourage and support his development from young boy to young man. An important part of young adulthood is speaking up for one’s own self, while accepting responsibility for one’s own behavior and decisions. Choices/Consequences allow us to teach cooperative values and acceptances of responsibility.
  5. To exhibit unconditional acceptance and support (individual and team). Love the player as a person and not a performer. Do not equate your son’s self worth and lovability with his performance. Support everyone involved with the team. Foster teamwork.
  6. To encourage the player to try his best. Emphasize and recognize effort, not performance.
  7. To learn and understand the basic rules of the game and respect the umpires and administer them.
  8. To respect the authority and efforts of the coaching staff....Publicly be positive, privately be more positive. Help to strengthen the player/coach relationship.
  9. To respect the opponent and appreciate their efforts. The opponent is not the enemy. They share the same enjoyment for the game. A worthy opponent helps to create a challenging competition, thus enhancing the athletic experience.
  10. Do not coach....Offer words of encouragement, not instruction. Public displays of parental advice are of little value to the player. Usually causing embarrassment and confusion. The last thing your son needs and wants to hear from you during a disappointing performance or loss is what he did mechanically wrong. Don’t coach at the game, when you’re suppose to be cheering. Don’t coach at home when you’re suppose to be parenting.

We want players who are coachable, and parents who allow us to coach!

Although we encourage a healthy dialogue between parents and coaches, there are certain topics of discussion that we feel are best left between the player and the coach. As a result, we will not respond to questions or comments from anyone other than the player himself regarding:

1. Playing time, lack of playing time
2. Practice sessions
3. Game strategy
4. Player personnel decisions within the program

We share a common interest in the athletes well-being. We must work together in the best interest of the athlete **WITHIN A TEAM FRAMEWORK.**

## **SCHEDULES**

1. Tryout times are subject to change due to weather and gym availability.
2. Any cancellations will be announced in school as well as placed on the Bees Booster Club Website ([www.bvillebaseball.com](http://www.bvillebaseball.com)) along with the Schools Athletic Website. Please bear with us as the weather is very unpredictable and changes without warning.

## **ABSENCES**

1. Absences must be reported to the coach before scheduled practice/game. A phone call/email must be made directly to the coach.
2. Students must attend a **FULL** day of school in order to participate in after school athletic games or practices. Exceptions:
  - Religious Reason
  - Family Death
  - College Visitation
  - Other legal excuses as cleared by the building principal or athletic director

- Consequences: no participation that day, continued problem will result in a suspension for up to 25% of the season

**NOTE:** We have **NO** rule that states “if you attend school for ½ day, you can participate”

If students leave school early for a medical reason (feeling sick, doctor’s app.), they are not allowed to return that evening to participate in a contest unless you have a medical release from a doctor prior to the contest/practice. The note should state the doctor’s knowledge of the student’s sickness that day and in his/her opinion the ability of that student to safely compete in his/her particular sport without harm.

## **VACATIONS, HOLIDAYS AND WEEKENDS**

JV/Varsity Level:

Baseball games and practices are held during vacation week and on weekends. If you plan on being away during the week of vacation please do not try out. And remember that your baseball season comes first before other athletic events.

Freshman and Modified Level:

We are a little more understanding at the lower levels but it is hard to develop players if they are not there. If a situation arises, please talk to your coach as soon as possible.

## **CUT PHILOSOPHY**

Players at all levels are chosen for their skills, work ethic, athletic ability and baseball potential. The purpose of the modified, freshman, and JV teams are to develop players for the Varsity level. All the players on these 3 levels will have an opportunity to have game experience.

The emphasis at the lower levels is not on winning or losing, but on skill and player development. While at the Varsity there is more of an emphasis on Winning (League, Sectional and State Titles).

## **EVALUATION**

1. **Athletic Ability:** speed, range, power, arm strength, bat speed reactions and quickness
2. **Conditioning:** endurance
3. **Academics:** grades, attendance, and teacher recommendations
4. **Characteristics:** hustle, mental toughness, loyalty, commitment, trust reliability, citizenship, desire, coach able, attitude
5. **Skills:** throwing, hitting, bunting, fielding, baserunning, pitching and catching

## **EQUIPMENT**

All players are expected to be ready to start practice at the designated starting time. Practice time will vary depending on level of play. Players are to be fully dressed before the starting time.

1. Baseball pants or sweats (no shorts allowed)
2. t-shirt, ¾ shirt or sweatshirt
3. baseball hat (worn correctly)
4. no jewelry will be allowed
5. sneakers in the gym or cleats outside
6. Athletic supports and athletic cups (Safety issue)

Tryouts/practices during March are very cold. We will go outside as much as possible. Be prepared with hats, gloves, sweatshirts and anything else you need to keep yourself warm. Pitchers must have long sleeves on all the time.

## **BUS RIDES**

Players are expected to ride to and from games with the team on the bus. Board Policy states that a player must ride the bus to the game in order to play. We like players to ride home with the team, but we understand circumstances do arise during the day. Please communicate with the coach on any problems. The only person you can ride home with after a game is your legal guardian if the coach allows for that situation.

## **BOOSTER CLUB**

Officers:

President: Greg Shelton  
Vice President: Ken Kaminski  
Treasurer: Linda Moehringer  
Secretary: Jodi Leo

1. The Baldwinsville Bees Baseball Booster Club is a support group for the student/athletes in the baseball program. There are no political agendas. Everything we do will impact the players in the program in some way
2. Remember, just because a parent/guardian supports/helps out with the booster club does not mean their child is going to start or even make a particular team. The coaches will decide the rosters.
3. Bees Baseball Booster Club Website – <http://www.bvillebaseball.com>
4. Baldwinsville Central School District Website – [www.bville.org](http://www.bville.org)
  - go to athletics
  - click on booster clubs (this will link you to the baseball website)
  - click on current announcements (will list any up to date changes)
  - click on View My Schedule (will allow you to find daily practice schedules and season game schedules)
  - you may also sign up for schedule changes for your son's team

## **DIRECTIONS**

1. [www.viewmyschedule.com](http://www.viewmyschedule.com)
2. You can purchase books containing directions to all Section 3 schools in the Athletic Office. Books cost \$5

## **INJURIES**

1. All injuries, no matter how minor, must be reported to the coach immediately. There are no exceptions!
2. Please see trainer before you take your child to your own doctor.
  - if you see your doctor for any reason during the season please have doctor sign a note allowing for participation
3. Inhalers and Epipens
  - \* must be labeled and kept in med. Kit
4. Staff Infection (MRSA)
  - \* keep yourself and equipment clean
  - \* all players in our program will have there own helmet
5. Concussions - New Procedures to follow

## **SUMMER LEAGUES/TRAVEL TEAMS**

Connie Mack (18 under):

For returning Varsity players and some JV players

Mickey Mantle (16 under):

For JV and 8<sup>th</sup>/9<sup>th</sup> graders on the Freshman Team

\* All summer leagues for older players will start after the school season is finished. We do understand that many players are playing on other teams which may or may not start until the end of the school season. Please put the school season first when making any decisions. Players may practice or play in games as long as it does not interfere with the school season. Pitchers need to respect their school team first when making decisions on whether or not to pitch on a team different from their school team. Any questions or concerns should be brought to the attention of the head coach.

### **3 BELIEVE'S IN OUR PROGRAM**

- 1. Do what's right**
- 2. Do the best you can**
- 3. Treat other people the way you want to be treated**

### **3 QUESTIONS ANSWERED**

- 1. Can your teammates and I trust you?**
- 2. Are you committed to excellence?**
- 3. Do you respect others and yourself?**