

ARCHBISHOP WOOD

BASEBALL



PROGRAM GUIDE

2019

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Table of Contents

- I. Sportsmanship
- II. Program Goals
- III. Expectations/Accountability of Players
- IV. Selection Process
- V. Communication Process
- VI. Expectations of Parents/Guardians
- VII. Expectations of Coaches
- VIII. Keys to a Successful Program
- IX. Tips for Successful College Visits



I. Sportsmanship

All players in the Archbishop Wood Baseball Program are expected to conduct themselves in a mature and disciplined manner. It is important to remember the significance and responsibility of participating as a member of the baseball program. Each time you step onto the field, remember that you represent our school, our baseball program, your family and most importantly yourself.

II. Program Goals

- ✓ Develop student-athletes who are committed to achieving excellence in the classroom, on the field and in the community.
- ✓ Provide opportunities to learn, develop, and improve baseball skills and knowledge.
- ✓ Foster a culture of excellence, integrity and social responsibility.

III. Expectations/Accountability of Players

- ✓ Observe the rules and regulations as outlined in the Archbishop Wood student handbook.
- ✓ Remember your priorities:
 - 1) Academics
 - 2) Athletics
- ✓ The Archbishop Wood Baseball Program must be your first athletic priority when we are in-season. The high school baseball program is for those players who are fully committed to the game of baseball and our teams. The amount of time and effort it takes to be a part of this program is deep. We are looking for those who are committed to making themselves and the program the best possible.
- ✓ A player must prove that he is one of the best players whenever he is given the opportunity - practice counts. This should be something that every player thinks about each time he takes to the field.
- ✓ Work schedules, vacations, doctor's appointments, etc. must be scheduled around high school baseball games, practices and team events.
- ✓ Anyone who pitches for the AWHHS program is not to pitch for any other team at all until the high school season is over. This is for the safety of the players and in the best interest of the AWHHS team.
- ✓ Maintain a positive attitude with a solid work ethic.
- ✓ Dedicate yourself to daily improvement as a student-athlete.
- ✓ Know your role and understand it. Be a good teammate.
- ✓ Put the team ahead of personal goals. Encourage your teammates.
- ✓ Exercise the "Grandma Rule" for Instagram, Snapchat and other social media.
- ✓ Take responsibility for own actions.

PRACTICE & GAMES

- ✓ Be on time and attend all practices, games and other team events. Any player that has a valid reason to miss a practice, game or team event must personally contact his direct head coach.
- ✓ Be prepared with proper attire and equipment.
 - Practice: a baseball t-shirt, baseball pants with belt, pullover fleece/sweat shirt, hat, socks, spikes/turfs, glove and protective gear.
 - Game Day: a clean uniform (jersey, baseball pants with belt), hat, socks, spikes, glove and protective gear. Standard AWHHS apparel only. If a player arrives without the above they will not play in the game. Be prepared.
- ✓ All injuries should be reported to the head coach and trainer **immediately**.
- ✓ Be coachable; must be willing to listen and learn.
- ✓ Every player is responsible maintaining his own baseball equipment.
- ✓ Before, during and after all practices and games each player will be assigned a responsibility. Players are expected to carry out their responsibility to the best of their ability.

THE CLASSROOM

Strive for excellence. Do not be satisfied with “just getting by.” Poor grades may affect your athletic eligibility or your admittance into the college of your choice. Your classroom behavior reflects the type of student-athlete we keep in this program.

Detentions and/or other related offenses can result in suspension and/or dismissal from the program at the discretion of the head coach.

IV. Selection Process

- ✓ An athlete must be academically eligible to tryout.
- ✓ Must have school issued “Green” card to tryout (*give to head coach at 1st tryout*).
- ✓ Must have signed “Program Guide” form to tryout (*give to head coach at 1st tryout*).
- ✓ Must have signed “Student Transportation” form to tryout (*give to head coach at 1st tryout*).
- ✓ Players may tryout at primary position and secondary position.

Freshman Baseball

The Freshman Team will consist of ninth graders. The number of players we roster may vary from season-to-season but, typically, in the range of 14-16 or as deemed necessary by the head coach. A player’s projected role will be communicated by the head coach prior to being rostered. The Freshman Team requires a minimum of 5 days per week commitment.

Junior Varsity Baseball

The Junior Varsity Team will consist primarily of sophomores. Based on the needs of the program the JV Team may include juniors and freshmen. The number of players we roster may vary from season-to-season but, typically, will be no more than 16 or as deemed necessary by the head coach. A player's projected role will be communicated by the head coach prior to being rostered. The Junior Varsity Team requires a minimum of 5 days per week commitment.

Varsity Baseball

The Varsity Team will consist primarily of juniors and seniors. Based on the needs of the program the Varsity Team may include sophomores and freshmen who demonstrate the ability to start or be a key contributor in the current year. At this level, the best players on the team will play. This recognizes the realities of interscholastic competition and the rigor of high school baseball. A starter is a starter - a backup is a backup. This is based on performance, attitude, work ethic, commitment to our program, etc. A player's projected role will be communicated by the head coach prior to being rostered. Varsity team members may not participate with any other team in any capacity while we are in-season. This is for the safety of the players and in the best interest of the AWHHS team. The total number of players may vary from season-to-season but, typically, will be in the 18-20 range or as deemed necessary by the head coach. The Varsity Team requires a minimum of 6 days per week commitment.

Please note:

- ✓ No player is guaranteed a roster spot in the current year because he was a part of the program the previous year.
- ✓ No player is guaranteed a roster spot in the current year due to his voluntary participation in off-season workouts.

V. Communication Process

When a player or his parent/guardian have a question or concern regarding the program, it is important to keep in mind the following communication process that has been adopted by the baseball program.

- ✓ The player should contact his immediate head coach to schedule an appropriate time and place to discuss questions or concerns in a positive, mature manner. Player → Coach → Player → Parent
- ✓ All discussions should focus on **individual** questions or concerns. The performance and ability of another player will never be a subject of discussion. This is contrary to our team values of mutual respect and support.

VI. Expectations of Parents/Guardians

We understand that Parents/Guardians play a vital role in the development of student-athletes and the success of our program. Therefore we put forth the following as positive expectations:

- ✓ Be a positive role model through their own actions to make sure their child and any other has the best athletic experience possible.
- ✓ Be a “team” fan, not just a “my kid” fan.
- ✓ Do not instruct their child or any other during practices or games. Coaches coach, Players play and Parents parent.
- ✓ Show respect to all players, coaches and umpires. Criticism can only do more harm than good.
- ✓ Refrain from making negative comments about players, coaches or umpires in any player’s presence. This will help avoid planting negative seeds in a player’s head that can negatively influence motivation and overall experience.
- ✓ If there is a concern, take the time to talk with coaches in an appropriate manner, including proper time and place. Questions the coaching staff will not answer: Why isn’t my son playing? Why is player “X” playing? Why is your lineup the way it is?, etc. These are coaching staff decisions.
- ✓ Praise players in their attempt to improve as students-athletes.
- ✓ Recognize and show appreciation for an outstanding play by either team.
- ✓ Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during any baseball events.

VII. Expectations of Coaches

We understand that Coaches play a vital role in the development of student-athletes and the success of our program. Therefore we put forth the following as positive expectations:

- ✓ Be honest with players, i.e. role on team, ability level, attitude, work ethic, etc.
- ✓ In regard to playing time, every player will be treated fairly, but fair does not mean equal. The best players in the program will play the most at every level.
- ✓ Establish a realistic team goal or vision and communicate that to players.
- ✓ Encourage and assist players to set goals to achieve their highest academic & athletic potential.
- ✓ Provide a safe and structured environment for practice and games.
- ✓ Promote the importance of prevention, care and treatment of athletic injuries.
- ✓ Promote personal fitness.
- ✓ Teach and abide by the rules of the game in letter and in spirit.
- ✓ Strive for excellence in coaching skills and techniques.

VIII. Keys to a Successful Program

If our program shows the ability to follow this philosophy, we will always be in a position to win. We may not win them all but we will have given ourselves the chance.

I. TEAM

- A. Play hard
- B. Practice harder
- C. Trust one another
- D. Believe in one another
- E. Play with confidence
- F. Pick each other up
- G. Execute
- H. Keep a positive attitude

II. PITCHERS

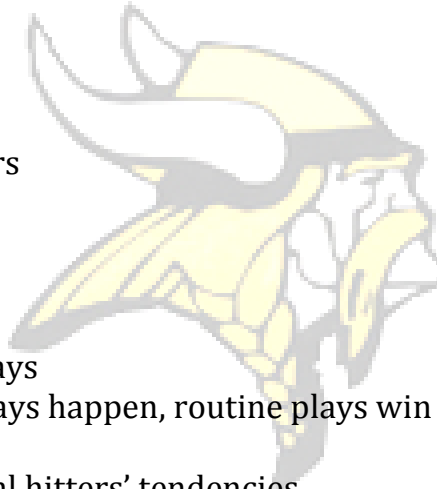
- A. Challenge hitters
- B. Throw strikes
- C. Work ahead of hitters
- D. Keep ball down
- E. FOCUS

III. DEFENSE

- A. Make the routine plays
- B. Remember, great plays happen, routine plays win ballgames
- C. Deny the big inning
- D. Take away individual hitters' tendencies
- E. Cover every base
- F. FOCUS

IV. OFFENSE

- A. Focus on one pitch at a time
- B. Swing at strikes
- C. Hit line drives to all fields
- D. Run the bases with the desire to always take an extra base
- E. Do not miss signs



IX. Tips for a Successful College Visit

Dress appropriately. The following are some examples of some do's and don'ts:

Do's

- A. Always wear clean, wrinkle free clothes.
- B. Wear little or no jewelry.
- C. Have clean, neatly cut hair.
- D. Always have shirt tucked into pants.

Don'ts

- A. Never wear "other team" gear.
- B. Never wear sloppy jeans.
- C. Never wear earrings.
- D. Never wear a hat.

- ✓ **Give a firm handshake.** When meeting all coaches, secretaries, or athletic directors, or professors, you should always shake their hand with confidence as you look them in the eyes.
- ✓ **Be sure to give the coach your undivided attention.** Always look the coach in the eyes when you talk. Do not look away or gaze out the window.
- ✓ **Be prepared.** Take the time to find out about the institution that you are visiting. Check out their web site, read their team media guide, or find another publication that will provide you with some insight.
- ✓ **Be honest.** Always answer questions in a sincere and honest manner.
- ✓ **Speak for yourself.** While it is important for your parent or guardian to clarify any questions they may have, it is important that you do most of the talking. The coach wants to get a feeling of how you express yourself and who you are.
- ✓ **Show an interest in the school.** Explain why the school is a good fit for you both academically and athletically. Discuss what you can bring to the "whole" program.
- ✓ **Ask questions.** After answering any questions the coach may have, be sure to discuss any questions or concerns you have. Asking questions will show that you have a sincere interest in the program. * Bring one.
- ✓ **Shake hands before leaving the office.** When the visit is over, stand up and shake hands with the coach. Tell him that you enjoyed the visit and thank him for spending some time with you.
- ✓ **Send a Thank You Letter.** Forward a letter thanking the coach for taking the time to meet with you. This will also allow you to show a continued interest in his program as well as provide you the opportunity to send an updated schedule, video, or other valuable information.

Program Guide Signature Form

Student-Athlete Name (PRINT): _____

I have read the Archbishop Wood Baseball Program Guide contents and agree to abide by them. I understand that failure to comply can result in the suspension/dismissal of the student-athlete from the baseball program.

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

It is acceptable for my son to receive baseball related email and text messages from his coach.

Parent/Guardian Signature: _____ Date: _____

PLEASE RETURN SIGNATURE PAGE ONLY TO THE HEAD COACH (PAGE 9)

