

# **Westosha Central Baseball**



## **2020 Central Baseball Player and Parent Handbook**

# Coaches

## ***Varsity***

- Head Coach- Jake Morman
  - E-mail: [mormanj@westosha.k12.wi.us](mailto:mormanj@westosha.k12.wi.us)
  - Cell #: (262)945-8132
  - School #: (262)843-2321 Ext. 256
- Assistant Coach- Mike Hookstead
- Assistant Coach- Tom Neave

## ***JV 1***

- Head Coach- Mike Lorentz
  - E-mail:

## ***JV 2***

- Head Coach- Brian Dillon
  - E-mail:

## ***Remind 101 #***

- Text the number 81010
  - Send the message @wchb to sign up

This is a text messaging service that allows me to send a mass text message to the entire team. This is not my personal number, and you cannot text or call this number back.

### Mission Statement:

Central Baseball will develop high character student-athletes who strive towards excellence in the classroom, on the field, in the community and in life.

## **Goals**

### Daily Goals:

- Develop self-confidence in the individual and trust in your teammates
- Practice to be perfect
- Play with enthusiasm and passion

### Season Goals:

- Compete to win in every game
- Conference Championship, Regional Championship, State Championship
- Leave a mark on Westosha Central Baseball as a team and as an individual.

### Career Goals

- Graduate from Central High School with a 3.0 GPA or higher.
- Learn the qualities that will lead to success in life through the game of baseball.

# Expectations

## **The coaching staff expects the following:**

- Each player should do the best he can at all times in all areas.
- Each player should base all decisions on moral principles.
- Each player should treat others the way they wish to be treated.
- Each player should strive to be the type of person you can trust.

## **The players can expect the following from the coaching staff:**

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

# Criteria for Making the Team

1. Knowledgeable- All of our players must have an understanding of the game and how it should be played. All players must understand their assignments.
2. Hustle- We expect every one of our players to hustle in every aspect of the game. Hustle is one thing you control.
3. Team Player- 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 and needs to be a team player.
4. Grades/Behavior- School comes first. If you can't keep your grades up in the classroom or are causing issues with your behavior you won't play Central baseball.
5. Commitment- All of our players must be committed to Central Baseball **whatever their role** on the team may be. This includes attending all practices (including spring break), all games, and any other team function. Vacations should be taken before or after the season has ended. During the Central baseball season, you are dedicated to Central baseball. There is a WIAA sanctioned rule that you can be a part of only one team during the spring season.
6. Talent- The individual who has the most talent and plays the most consistent will make the team. However, having talent without the other criteria will not get you on the team. Talent is the last of the criteria.

**\*Note that spring break next year 2020 falls the week of March 20<sup>th</sup>-28<sup>th</sup> (Tryouts are March 22<sup>nd</sup> & 23<sup>rd</sup>). All players are expected to be at tryouts & practice that week in order to be on the team.**

# Falcon Baseball Responsibilities

- Timeliness
  - Be early to all practices and games.
- Sportsmanship
  - Central Baseball players and families need to take pride in being good sports. Our objective is to maintain a reputation of high character competitive baseball players that show great respect for the game, our opponent, their families, and officials. No one outside of ourselves controls or inhibits the ability to reach our goals. During and after every contest, we will show respect to all parties involved.
- Poise
  - Falcon 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 a difference between success and failure.
- Discipline
  - Falcon baseball players 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.
- Academics
  - Central baseball players will be students first! Poor performances (behavior or grade) in the classroom will lead to consequences within the baseball program.

- Attendance
  - All players are expected to attend and participate in all team events. Please let the coach know if you are sick or injured and need to miss practice or a game early in the day. Each unexcused absence will result in missing 1 game for each unexcused absence. Note that the coach will make the call on what an unexcused absence is defined as.
- Alcohol, Tobacco, Supplements, & Illegal Drugs
  - School & Athletic Department Policy
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  - The Athletic Department and School policy trumps our policies.
- Consequences
  - If a Falcon baseball player has trouble following the above, he may be benched, and/or physically and/or mentally conditioned, or dismissed from the team. It will be the coaches and athletic departments' decision on what is best for the team and the individual.

## **Central Falcon Parents**

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 the goals he now desires. Without your part in the process, all of the teachers, coaches, and other influences on your son could never play the role necessary to help him 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.

### ***Team Play***

As team sports go, baseball is one of the most intensely team-conscious. Teams consist of nine 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. Accepting 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***

Parents are encouraged to continue to work with their son. We are blessed with parents that continue to motivate and develop their sons. I just ask that you would please allow the athletes to listen to their coach. This is not meant to stop spectator enthusiasm, as your child will love your encouragement. Just try to ignore mistakes you will likely see, and do not interfere with your son's coach, especially during the game.

### ***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. Players will be given time between games to talk with parents and get food, water, etc.



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

The support from parents towards the Central baseball program is essential. I look forward to working with all of you in ways that you can help the baseball program such as fundraising, team meals, concessions, working the scoreboard, etc. I also understand that at times you may have questions or concerns. I will always be available and willing to sit down and address your concerns. If a situation develops that needs to be addressed, it has to be handled in a professional manner and not in the grandstands. For this reason there will be a 24 hour wait rule to talk to any coach after a game about an issue. This is done because often times in the heat of the moment after a tough game, everyone (myself included) need to calm down, gather our thoughts in a constructive respectful manner so that we can have a productive conversation.

## **Locker Room, Weight Room, Equipment**

### ***Locker Room***

The locker room is a place for you to keep your equipment and gear locked up and safe. Keep the locker room clean at all times. It is your responsibility to make sure the locker room is picked up after practice every day! Each player should have a locker and a lock that is your responsibility. Do not wear your spikes in the building. Clean off all shoes from mud and dirt outside of the school.

### ***Equipment***

The equipment you use during practice and games belongs to the baseball program. It is your responsibility to make sure that it is taken care of and looks good so it lasts.

### ***Weight Room***

When in the weight room we will be participating in a strength & Conditioning program. The weight room is where we gain strength and flexibility. Make sure the weights are picked up and put away neatly after each lifting session. Make sure you get in the weight room and get your work done. The weight room is not

a place to be goofing around. For us to reach our goals as a program year after year we need our players in the weight room year round.

## Field Maintenance

It is your responsibility to take care of the baseball fields. Take pride in the place where you play. We want to make this a difficult place for any team to come in and play. Some things you can do on a daily basis before and after practice

- When you arrive at the field for practice or game; start setting up the field so that we can get started quickly. This includes removing tarps, getting screens out, raking, etc.
- Pick up any trash that you see
- Put tarps on after games, rake the infield, fill in holes
- Pull weeds
- Rake bullpens
- Put equipment away and lock it up

## Practice Rules

- Be on time, dressed and ready to go
  - All players must be wearing baseball pants, a Central baseball hat, and a Central shirt (Maroon, Black, White, and Grey). We need to look like a team. Dress for the weather.
- Put spikes on once down onto the field
- Prepare the field for practice
- Go through stretching and throwing routine as a team
- Hustle everywhere you go
- Always make sure that all the baseball's and equipment are picked up
- Don't throw equipment at any time

- Don't ask what time it is, if you have somewhere else to be, turn in your uniform and do whatever you want.
- Communication is vital. See the coach with any problems or complaints
- Address teammates and coach in a respectful manner
- 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.
- Practice to be perfect
- Make every rep count
- Quality over quantity
- Rake, tarp, and put all equipment away. Make sure the dugout is clean

## **Injuries & 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 with the school trainer. 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 your coach know before noon whether it be through email, text message, or phone call. This will allow the team to prepare for the game knowing that they will not have that player available. Also, in order to be able to play in Saturday games, you need to be in school on Friday.

## **Team Away Games**

All players are to ride the bus to and from games unless cleared by the Athletic Director with a note.

# Game Day Responsibilities

This is when you get to see and be rewarded for all the hard work that you have done in practice. Enjoy it and have fun. Baseball is a great game and is supposed to be fun. All announcements about where you are playing, when you are hitting, and what your responsibilities are will be done prior to the game. Everyone has a role and is a vital component to us having success.

## Reminders

- Never lose your poise
- Never argue with an umpire, or show up an umpire. The coaches will handle the umpires. We control the success we have or don't have. No excuses.
- Don't talk to your opponents in a derogatory manner. You defeat your opponent with your bat, ball, glove, not with your mouth.
- Be at the fence and encourage your teammates.
- Remember that momentum is always coming at you. Don't get discouraged if the breaks don't go our way, they will even out.
- Enjoy the game of baseball
- We will always meet as a team each half inning outside the dugout for a brief meeting. We then will run out onto the field to our positions as a team.
- Don't throw equipment
- Choose appropriate language, you are representing Central high school, yourselves, and your families. You also are a role model to the many young people that come and watch our games. It is your responsibility to set a good example.
- You never know who is watching you play. Keep a level head through the ups and downs and play each play as if it were your last.

Our goal is to win one game at a time. Enjoy competing in each individual battle. The more battles we win the better our chances of having success.

# Summer/Fall Baseball

Summer and fall baseball is an opportunity for you to improve your baseball skills. Although it is not mandatory to play baseball in the summer or fall to make the spring team; I would encourage all of you to play. I understand that many of you play multiple sports and that time can sometimes be an issue. That is great and I encourage all baseball players to be involved in other sports. Multiple sport athletes are usually the best all-around athletes and that is what we want. Every sport has its rewards and can lead to success on the field in baseball.

## Final Thought

Finally, I understand that not everything that can happen and will happen is covered in this handbook. If any situation arises that is not covered or if you have questions on anything feel free to contact me and we will work through them.

# Westosha Central Baseball Contract

I, \_\_\_\_\_ along with my parents, have read and agree to follow all expectations and policies described in this handbook. Please return only this page of the handbook and keep the rest for future reference.

PLAYER SIGNATURE

\_\_\_\_\_ Date \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian e-mail and phone number

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