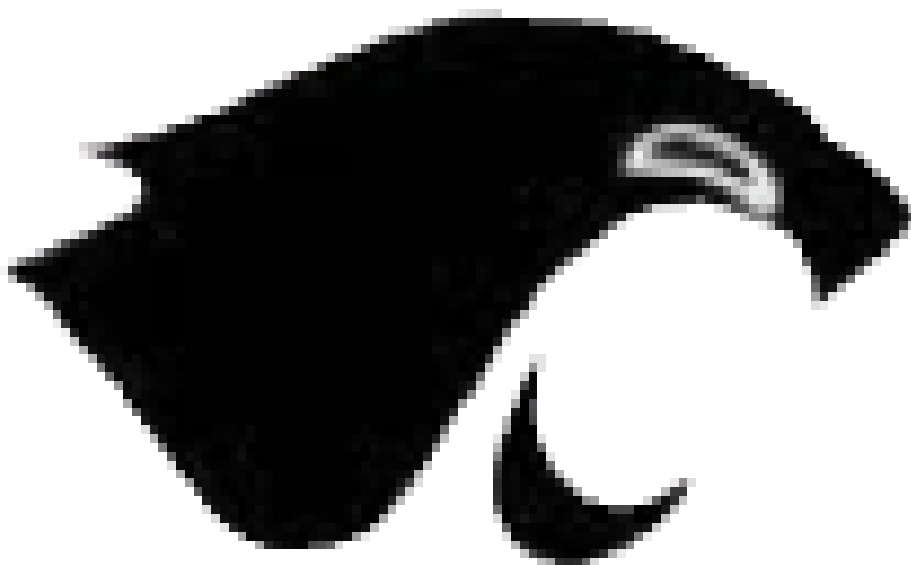


WATSONVILLE HIGH SCHOOL BASEBALL



Player - Parent Handbook

WILDCATS BASEBALL

“If you’re not practicing, somebody else is, somewhere, and he’ll be ready to take your job.”
– **Brooks Robinson**

“Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer.” – **Ted Williams**

“There are three types of baseball players: those who make it happen, those who watch it happen, and those who wonder what happened.”
– **Tommy Lasorda**

WILDCATS BASEBALL

INTRODUCTION

Welcome to the Watsonville High School Baseball Program. Participation in the WHS Baseball Program as a player and spectator is a privilege, not a right. This privilege carries with it responsibilities to one's self, the TEAM, student body, school, and community. Everyone involved with our Program is expected to fulfill their responsibilities as outlined in this handbook in addition to the Watsonville High School Athletics Handbook for Parents and Students.

This handbook has been developed in an effort to communicate all things Wildcats Baseball, or as much as possible, in order to provide you the most essential information for this coming season. Please review the information within as it will provide you with the basic understanding of our program, how we expect to operate on a daily basis, and key responsibilities of players, parents and coaches.

MISSION STATEMENT

The Watsonville High School Baseball Program is committed to providing each player with opportunities to help him grow as a complete person and to better meet the obstacles that he may face in today's society. The Wildcats Program values competition that builds each player's self-esteem through preparation, determination, focus, commitment and sportsmanship. It is our mission to provide each player with the opportunity to play baseball at a competitive level, in order to experience and to develop life skills such as leadership, teamwork, and discipline.

PROGRAM VISION

Watsonville Wildcats baseball strives to nurture a highly competitive and enjoyable atmosphere, while producing outstanding student-athletes. We stress the development of a "complete" baseball team. Our program will be able to win with great defense, potent offense, smart and aggressive base running and taking care of the "little" things. We work harder, play smarter, and care more than any other program. Not to be underestimated, Aloha baseball is a family and a key participant in our community. When we support each other we will win together. "We coach our players up." Our coaches are teachers first. We adjust our teaching methods to each player and fine-tune their mechanics. The hard work is done in practice so our players can be athletes in the game. Championships are won on the practice field. Thinking and skill work should be done in practice, not in games. *We must play team baseball to succeed. Players must be willing to work together, play together and be together away from the baseball field. A confident, skilled team working together is our goal and hard to beat.*

Building Championship People and a Championship Program

WILDCATS BASEBALL

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." – Babe Ruth

CORE VALUES OF THE WILDCATS BASEBALL PROGRAM:

TRUST – DO YOUR JOB.

This encompasses every aspect of being a student-athlete at WHS. On the field, there is always something to do. Every player has a job to do on every pitch. We believe that if everyone does their job, it gives us the best chance to be successful. Off the field, the same approach applies. Whether it is in the classroom or in the community, we have a job to do.

COMMUNICATION – WE ARE ALL ON THE SAME PAGE.

On the field, communication is the key to competing at the highest level. It allows everyone the opportunity to work toward the same goal. We win as a team; we lose as a team. Off the field, communication is the key to team chemistry and cohesion.

ACCOUNTABILITY – FINISH WHAT YOU START.

Every player in our program is held to a higher standard in every aspect. On the field, in the classroom, in the community, and at home. We never want to let our teammates down by leaving a job “halfway done”. Whether it's turning a double play or completing your math homework, we finish what we start.

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WILDCATS BASEBALL

"Teamwork is the fuel that allows common people to produce uncommon results."

TEAM PHILOSOPHY

In order to have a great baseball team every player must:

1. Be Intelligent - Know the situation and your part in it.

A. Eliminate the possibility that we might "beat" ourselves.

B. To play our best, every team member must have confidence in one another. Everyone must be a "Team Player." A player that is out of pattern will cause our team to break down. To make a mistake is one thing, but to give our opponents an advantage because you don't know what to do, is inexcusable.

C. Eliminate any reason for hesitation. Play with Confidence.

2. Be Technically Sound - Work hard to perfect offensive, defensive, and base running techniques with practice.

A. Perfect your techniques to the point that they are instinctive reactions.

B. Work extra on your weaknesses.

3. Play and Practice with Intensity - Play hard

A. Everyone must play to the level of their ability. An average player must play good. A good player must play great. A great player must play great on every play. "Wearing the uniform" is not enough. Contributing to a great baseball team has got to be our goal.

The key to accomplishing each one of these in a game setting is the team and the coaches' ability to be on the same page, which begins in practice.

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WILDCATS BASEBALL

TRYOUTS

All players interested in playing baseball will be offered a tryout. Tryouts will begin on the first day of practice and last for a minimum of 3 days or a maximum of 1 week. Tryouts may be shortened if practices are canceled due to poor weather. Students are only allowed to attend one (1) practice per day. Therefore, any player who is still playing a winter sport will be allowed to begin their tryout once their winter season is completed. If winter athletes miss the scheduled tryout window, the player(s) will be allowed to tryout on an individual basis as agreed upon between the coach and player.

SELECTION CRITERIA

Players will be evaluated on a number of criteria. These criteria include: 1) arm strength, 2) running speed (60 yard dash & home to first), 3) pitching ability (for pitchers only) 4) fielding ability (catcher, infield, & outfield), 5) hitting ability, 6) hitting power, and 7) hustle / work ethic. These criteria are not in any order of rank. Players may be selected for the TEAM for any one or combination of these skills. While selection of players is based on skill sets specific for baseball, other characteristics of players will also be considered. These include drive (strong desire to succeed), coachability, maturity, temperament, consistency, knowledge of the game, and competitiveness. These characteristics form a player's makeup and are vital to their success. Often the player with the greatest desire will develop into a better ball player than the one with better physical tools.

CUTS

The program has limited resources (e.g. field space, practice materials, playing time, etc.), which limits the number of players we can carry. Coaches will inform players when / if cuts will be made. Coaches will evaluate all players trying out in accordance with the "Selection Criteria" section of this Handbook. Whenever possible, cuts will be done face-to-face with the player. If a face-to-face meeting with the player is not possible, other appropriate means of communicating will be made (i.e. phone conversation, email, etc.). Regardless of how cuts are communicated, Coaches will provide reasoning as to why the player was cut and, if requested, how they could improve. Seniors that do not make Varsity will be cut from the program.

WILDCATS BASEBALL

4 TYPE OF PLAYERS

1. Starters: Best all around players on the team

- a. These are the players that abide by school and team rules
- b. Total playing time will be based upon performance
 - i. Being on time to team functions
 - ii. Great Attendance
 - iii. Overall effort and positive attitude

2. Substitutes: The next best players on the team

- c. Will see a good amount of game time, the amount will be based on performance game to game and within games.
 - i. Needs improvement in one or two areas of the game

3. Role Players: Players that have an important special ability.

- a. This player will see game time if / when situations are appropriate.
 - i. Special ability could include base running, defense, hitting, pitching, etc.
 - ii. A player that will go into the game with one job in mind

4. Practice Player: This player will not usually see game time

- a. Keys for this player is to give honest, competitive good look in practice
- b. Hard work and improvement
- c. Support
- d. Challenge for playing time daily

WILDCATS BASEBALL

GENERAL TEAM RULES

“DON’T LET YOUR TEAMMATES DOWN!”

As a member of the Wildcats Baseball Program you WILL:

1. BE A GENTLEMAN ON AND OFF THE FIELD!

- 1. Observe the “Golden Rule” – treat others the way you would like to be treated.**

2. BE ON TIME

- 1. If you are on time you are LATE – be at least 10 minutes early and ready to go!**

3. WORK WITH OUR FUTURE WILDCAT BASEBALL PLAYERS

- 1. You may be asked to work baseball camps, Watsonville Baseball Tournaments and perform community service.**

“YOU REPRESENT WILDCATS BASEBALL, YOUR COACHES AND MORE IMPORTANTLY YOUR FAMILY ON AND OFF THE FIELD... MAKE THE RIGHT CHOICE AT ALL TIMES”

Building Championship People and a Championship Program

WILDCATS BASEBALL

PRACTICES

Practice –THESE ARE MANDATORY. Practices will begin on Monday, January 30th.

Practice Schedule:

Weekdays:

Varsity: 4:05 pm – 6:30 pm @ WHS

Junior Varsity: 4:05 pm – 6:30 pm @ WHS

Weekends:

Games for all levels could be rescheduled for a Saturday.

We will never do anything on a Sunday.

All levels will practice on Saturdays: 9:00 am - 12:00 pm

Unless otherwise communicated by the coaching staff.

“REMEMBER PLAYING TIME IS NOT GUARANTEED. THE WILDCATS BASEBALL PROGRAM IS A TALENTED AND GIFTED PROGRAM. IF YOU DON’T PUT IN THE TIME, DON’T EXPECT TO PLAY.”

WILDCATS BASEBALL

CONSEQUENCES FOR UNEXCUSED/EXCUSED ABSENCES FROM PRACTICE

We cannot place enough emphasis on how important practice sessions are. We need everybody at practice if we hope to improve and be successful. ***This is where communication is key.*** A player that misses practice or continually arrives late is sending a disturbing message to his teammates. His actions indicate that his schedule of activities is more important than the team. This selfish behavior will not be tolerated and it will be dealt with in the following manner.

UNEXCUSED ABSENCE FROM PRACTICE: (No Communication)

1st absence = indefinite suspension: one game to one week depending on the circumstances surrounding the absence and past problems with the particular student/athlete. The coaches reserve the right to deal with each issue on an individual, case by case basis.

2nd absence = elimination from the squad

UNEXCUSED – LATE FOR PRACTICE/TEAM MEETING: (No Communication)

1st occurrence: Warning

2nd occurrence: Player will not start, but may participate in the next game – this is not a guarantee

3rd occurrence: One game suspension

4th occurrence: One-week suspension

5th occurrence: Elimination from squad

EXCUSED ABSENCE/LATE ARRIVALS: (Player / Coach Communication)

Excused absences – NO PENALTY will be enforced. HOWEVER, excessive absences, either excused or unexcused will certainly diminish a player's playing time in games. Work is not an excused absence. Schedules of practices and games are given far enough in advance for players to make arrangements with their employers. The player must let the coach know, personally, and in advance of a practice he will be missing so practice plans can be adjusted accordingly.

“YOU PRACTICE HOW YOU PLAY. IF YOU DON'T PRACTICE, YOU DON'T PLAY”

WILDCATS BASEBALL

PRACTICE GEAR

Players are required to wear baseball pants during all practices. Coaches will let the players know if they can wear shorts. If the temperature is 60 degrees or colder, players must wear long sleeves or a sweatshirt. Pitchers should wear sleeves to every practice and / or game.

BATS

NSFH rules stipulate that bats cannot be larger than 2 and 5/8" in diameter and no more than 3 oz. (-3) weight to length differential. Bats must be stamped with the BBCOR stamps. Bats are very expensive, so please do not use another player's bat unless you have permission to do so.

APPEARANCE

We will dress uniformly – we will be uniform in our appearance – we will be uniform in our solid fundamental play and first class manner in which we conduct ourselves. No earrings or jewelry of any kind can be worn during practices or Aloha High School Baseball Games. This includes the Phiten Titanium Necklace.

CELL PHONE USE

Players are not allowed to use cell phones during practices, games, when in the dugouts, or during team meetings. They should be turned off upon arrival. Players are free to use them on bus trips and once all baseball responsibilities are completed.

TRANSPORTATION

All players must ride to and from the game on the team bus. If you need to make arrangements for some other form of transportation a parent must contact the head coach. Players are expected to be quiet and focused on the bus ride to the game. On the way home from the game, if we lose, players need to understand how losing should sound on a bus. Either way the bus ride will be quiet and focused to and from the game.

FIELD WORK

All players are expected and required to attend to field care duties as described or assigned by the coaching staff. These duties will take place prior to games and immediately following games or practices.

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WILDCATS BASEBALL

LETTERING POLICY

The criteria for earning the WHS varsity letter have been established by the members of the Watsonville High School Baseball coaching staff. A philosophy underlies the criteria. The coaching staff believes that, for students / athletes at our school, earning a varsity letter should require evidence of commitment to the team and expertise in sport. Measuring expertise is not a science. Nonetheless, we have well-defined standards for the sake of uniform decision-making. The criteria are set according to standards the coaching staff believes are high, yet reasonable.

A varsity letter may be earned in any of the following methods.

- 1. Seniors who complete the season in good standing (coaches discretion).**
- 2. Athletes that are on the varsity roster for at least 8 regular season games or participate in 50% of innings played.**
- 3. Athletes who compete in the state tournament or make the roster for the state tournament (as long as the athlete on the roster stays with the team throughout the state tournament).**
- 4. All athletes of a state championship roster who have participated (coaches discretion) in the weeks of preparation for the state playoffs.**
- 5. The coach staff reserves the right to award a letter to any player who promotes a positive attitude, dedication, and commitment to practice that helps make the program better.**
- 6. Any student manager who completes the baseball season in good standing will receive a letter.**

Coach McSwain may grant a letter to an athlete who has not reached lettering status due to special circumstances, under the coach's discretion.

COLLEGE OPPORTUNITIES

Coach McSwain will be happy to visit with any player and parents regarding college opportunities. The majority of these discussions, however, take place between individual families and the prospective schools/coaches.

A couple of websites that players and parents want to make sure they look at as we begin the college recruiting process are:

Core Course GPA: <http://www.clearinghousecalculator.org/login.php>

NCAA Eligibility Center: https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

These website tools help student/ athletes decide what classes to take and help keep them on track with their college goals.

Coach McSwain also has other materials that can be used when deciding on college opportunities.

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WILDCATS BASEBALL

OFFSEASON TRAINING ACTIVITIES (OTAs)

OFFSEASON WORKOUTS – These are not mandatory workouts. But players who don't have any conflicts with workout times are expected to be at these workouts. Remember if you don't come and the player that you are competing with for a starting spot does...he will be getting better than you. These workouts consist of: Strength Training, Agility Training, Speed Training and Baseball Specific Training.

Reasons why players might not come to OTAs:

- 1. Family Commitment**
- 2. Schoolwork needs to get done – However they should plan ahead so they can attend workouts.**
- 3. Playing another in-season sport.**

CONTACTING COACHES

We ask that players speak to the coaches directly, in person rather than by phone or text message. However, communication by text sometimes might be the easiest way to communicate with a coach. Coaches will be contacting players when needed by text about practice items, game items, team meetings or anything else that might come up during the season.

CAN BE DISCUSSED WITH COACHES: (Players or Parents)

- 1. Anything in regards to what we can do to improve your son as a baseball player**
- 2. What high school level we see appropriate for him**
- 3. Any injuries/illness he may be dealing with**
- 4. Any questions regarding practice time, locations, game times, game locations or anything else we have failed to cover in this handbook.**
- 5. Off-season opportunities that he should engage in.**
- 6. A "heads up" on any difficult family issues that he may be having a difficult time sorting through.**
- 7. Anything else that can be done to improve Aloha Warriors Baseball.**

COACHES WILL NOT DISCUSS: (Players or Parents)

- 1. Anything derogatory towards another player or another player's family.**
- 2. Questions such as – *Why isn't my son playing more? Why isn't my son hitting in a different/better spot in the batting order? Why isn't my son pitching more frequently? Why isn't my son getting the "green light" to hit with a 3-0 count?***
- 3. Questions about statistics**
- 4. Questions about game strategy**

IF A PLAYER HAS A QUESTION ABOUT PLAYING TIME THEY NEED TO TALK TO THEIR HEAD COACH.

Building Championship People and a Championship Program

WILDCATS BASEBALL

PLAYER CODE OF CONDUCT

- 1) I will accept responsibility for my behavior on and off the field.
- 2) I understand that what I do or say affects my teammates, my school and other people positively or negatively.
- 3) I will act with respect to myself and other people and things around me including my parents, my coaches, my teammates, my teachers, my opponents, and spectators.
- 4) I will serve as a role model by acting politely and with courtesy towards coaches, teammates, opponents, officials, and spectators.
- 5) I understand that it is a privilege to represent my family, my school, and community as a student-athlete.
- 6) I will give 100% effort to practices, games and events.
- 7) I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- 8) I will display good sportsmanship.
- 9) I will acknowledge and applaud the efforts of others. I will encourage my teammates with positive statements.
- 10) I will refrain from boasting to my teammates and trash talking to the opponents.
- 11) I will accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, my school, and team, I will abide by the policies, rules, and guidelines of the school, team and coaches. By signing this form the parent, and player affirms reading and understanding the items addressed in the handbook.

Players Name _____

Players Signature _____ Date _____

Parents Signature _____ Date _____

Players Cell # _____

Parents Cell # _____

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