

Simley High School

Baseball

Team Book



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Simley High School Baseball Program
2009 Information Packet

Head Baseball Coach: Stanley Winnie

Assistant Baseball Coach: TBD

Head B Baseball Coach: Jason Stoffel

9th Grade Baseball Coach: TBD

Simley High School

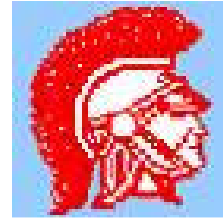
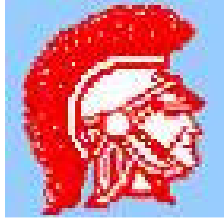
Administration

Superintendent: Dr. Deirdre Wells

Principal: Mr. Gerald Sakala

Athletic / Activities Director: Mr. Will Short

Boys Sports Rep: Mr. Dennis Schueller



Simley High School Baseball Coaching Philosophy:

Our goal is to treat all players and coaches equally. There are no superstars on our teams, who are above anyone else. We have set team guidelines, and the entire program has to abide by these rules and regulations. We expect our players to understand that the coaching staff believes in them. We want to give our players every opportunity to experience success both on and off the field. We also want to make every effort possible to provide our players with the most enjoyable experience, which will continue to teach life lessons for them in their futures.

We expect the players to be good student-athletes, with an emphasis placed on “student”. We expect them to conduct themselves in a mature manner in the school setting, out in the community, and on the playing field at all times. Players, who do not, will not be a part of the Simley High School Baseball Program. Simley High School Baseball Players and Coaches represent our school, our program, their families, and most important “themselves”. Professionalism is required from our players, coaches, parents, and administration in order to demonstrate that the Simley High School Baseball Program is a first-class organization. “Building a Tradition” is the motto of our program. With a combined effort of all those involved, we believe we can achieve our goal.

Thank you for your cooperation and continued support,

Stanley Winnie

Stanley Winnie
Head Baseball Coach

MISSION STATEMENT

Develop student-athletes who are committed to achieving excellence in the classroom, on the field, and in the community.

PROGRAM GOALS

1. Field a successful team at all three levels
 - a. In the classroom – collection of report cards and interims
 - b. On the field – win a conference championship within three years. Qualify for the state tournament in 5 yrs.
 - c. In the community
2. Provide each player with the opportunity to learn, develop, and improve baseball skills on a daily basis.
3. Provide each player with an atmosphere that encourages mental, social, and emotional maturity.
4. Open doors for college advancement.

PLAYER EXPECTATIONS

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

1. Show up on time.
2. Work hard.
3. Maintain a positive attitude.
4. Dedicate yourself to improvement every day.
5. Put the **TEAM** ahead of personal goals.
6. Respect your school administrators, 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, in the classroom and in the community.
10. Remember your priorities.
 - a. Family first
 - b. Academics second
 - c. Athletics third.

TEAM SELECTION PROCESS

All students who are interested in trying out for the baseball team will be evaluated during the try-out period that is for a minimum of six days once practice begins. If a student-athlete shows up late for no legitimate reason, he will be evaluated based on a minimum of three days. (Only practice days count toward a try-out period. At no time, will scrimmages or games count towards practice days).

Injuries at any level of play, at any time during the six days of try outs, should be reported to the coach and be evaluated by the trainers and/or school medical examiner before the student-athlete can return to 100% participation. The try-out would then occur during a three-day period. If injuries are reported to the coach after cuts are made, the try-out evaluation will stand.

Note: Players cannot participate in scrimmage/games until six days of practice have been completed.

Freshman Baseball

The purpose of the freshman program is to:

- a. Develop and refine basic skills and conditioning of the athlete.
- b. Introduce, explain, and reinforce the rules of the sport.
- c. Asses the students athletic ability which will lead to a continued involvement in the sport.
- d. Provide playing time to all participants, at the coach's discretion.

The freshman team will consist of ninth graders who have demonstrated intellectual skills, proper attitude, physical skills, and sport specific skills that indicate a potential to be varsity players. The numbers of players may vary from season to season.

B Baseball

The purpose of the B Baseball program is to:

- a. Further develop skills of the athlete.
- b. Increase the intensity of the competition.
- c. Prepare the athlete for the varsity level.
- d. Place more emphasis on winning, but not to the extent of the varsity level.
- e. Provide opportunities for playing time as game conditions merit.

The B Baseball team will consist primarily of sophomores, possibly juniors or freshmen who have demonstrated the ability to start as B players. The B players must exhibit the required intellectual skills, proper attitude, physical skills, and sport specific skills that indicate a potential to be a varsity performer over the next two years. In rare circumstances, a junior who shows the potential to be a varsity player may play B if the varsity is particularly strong overall or at his/her position. The numbers of players may vary from season to season.

Varsity Baseball

The purpose of the Varsity program is to:

- a. Develop the physical skills and conditioning of the athlete to his fullest potential.
- b. Provide talented athletes the chance to excel.
- c. Provide the athletes with the opportunities to learn set goals, strive to achieve them, and serve as role models for younger athletes.
- d. Develop program goals that include winning, team building skills, and enjoyment of the sport.
- e. Provide athletes and parents with notification during the pre-season if the coach feels the player will see minimal playing time.

The Varsity team will consist primarily of Juniors and Seniors, but may include Freshmen and Sophomores whom have demonstrated the ability to be starters or key contributors. Juniors must show the potential to be varsity players over the next two years in order to be members of the varsity team. The varsity player must show the mental skills, proper attitude, physical skills, and sport specific skills needed to be starters or essential contributors to the success of the team. The total number of players may vary from season to season.

Note: Regardless of the level, each player must demonstrate the skills needed to be a member of the baseball program. No player is guaranteed a position in the present year because he was a part of the program the previous year.

Simley High School Baseball Communications 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 communications 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.

FOUR STEP ACTION PLAN

Step 1: The concerned player should approach his immediate head coach to **schedule a time** to discuss his questions or concerns. If the player does not feel comfortable and satisfied with the outcome of this meeting, he should move forward with Step 2.

Step 2: The concerned player should **request a meeting** involving himself, his immediate Head Coach and the Varsity Head Coach. If the player does not feel comfortable and satisfied with the outcome of this meeting, he should move forward with Step 3.

Step 3: A **meeting** involving the player, the necessary Simley High School baseball coaches and parent(s)/guardian(s) should be **requested via e-mail**. This e-mail should include a brief explanation of the player/parent concerns. If this meeting does not resolve the situation, the player and his parents should then move forward with Step 4.

Step 4: A **meeting** should be requested involving the player, appropriate Simley High School baseball coaches, parent(s)/guardian(s), and the Athletic Director. If all the parties involved are still not comfortable with the outcome of this meeting, additional alternatives should be discussed to resolve this matter.

ADDITIONAL INFORMATION

1. All discussion 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.

Simley High School Baseball **Athletic Code of Conduct**

Mission Statement

The mission of Simley High School's Baseball Program is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Statement of Philosophy

Simley High School understands that interscholastic athletics are a significant part of the educational process. The combination on academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity, which allows students to learn essential life lessons beyond those that can be learned in an academic classroom.

This reflects our belief that the teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously and respectfully are important life lessons in every student's development experience.

These lessons will serve students well in their future.

Developing good character habits requires time and effort. Coaches and parents can help students develop such habits by continually Discussing, Modeling, and Reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that involves both dedication and sacrifice. This is required of not only student athletes, but also the coaches and parents.

Statement of Purpose

What defines the positive expectations that we have for coaches, parents and athletes? The common values in our program needs to reflect shared goals and a framework of principles agreed upon by the stakeholders and a need for active support from the stakeholders, including the school board, school administration, the school staff, parents, students and the community.

This common understanding defines how we as a school will establish and maintain a healthy environment in which student athletes can mature through athletics.

This athletic code is meant to be a useable, dynamic document to guide the educational process through our school's athletic program. It defines the mission, philosophy, goals and parameters of the program, and the following priority activities:

- 1) Pre-season – Coach and athletes discuss their expectations for the team; define “success” for the season ahead; communicate with parents.
- 2) During the season – physical and character training; striving for excellence in performance and attitude; communication with parents; encouraging parents and other adults to support and model the character traits we are trying to instill in students.
- 3) Post-season – encouraging student athletes to maintain a high level of personal commitment to academic achievement, physical and character development during their off-season.
- 4) Boundaries – establishing positive behavioral and achievement expectations, while defining the consequences for behavior that is “out of bounds.”

Overall Athletic Program Goals

As we strive for an athletic program of excellence, we also understand that research tells us the most important reasons students participate in athletics:

1. Enjoyment (Fun!)
2. Participation (in practice and contests)
3. Personal improvement (skills of the sport and/or conditioning)

Therefore, the Simley High School Baseball Program commits to the following:

- Offer students an enjoyable experience;
- Provide the greatest opportunity possible for athletes to participate in both practice and competitions;
- Promote personal improvement in skills, physical condition and knowledge of the sport;
- Promote programs of excellence which will accomplish the above and lead to success on and off the playing field.

Fans Expectations

We desire a program of excellence and strive to win every contest in which our teams compete. Central to the goals of Simley High School Baseball is the belief that interscholastic athletics can and should enhance the character of our youth. We put forth the following as the positive expectations we hold for the primary stakeholders in our Athletic Program:

Coach’s Code

We understand that the Athletic Director and Coaches are leaders and are dedicated to more than the X’s and O’s of competition. As a professional educator, leader and role model for students, the high school Coach or Athletic Director will do the following:

- Exemplify the highest character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs (performance degrading substances).
- Strive to develop the qualities of competence, character, civility and citizenship in each team member.
- Provide a safe, challenging and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.

Parent's Code

We understand that parents play a vital role in the development of student athletes and the success of our program. Therefore we expect parents to do the following:

- Be a positive role model through their own actions to make sure their child has the best athletic experience possible.
- Be a “team” fan, not a “my kid” fan.
- Weigh what their children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials’ decisions.
- Don’t instruct their children before or after a game, because it may conflict with the coach’s plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help their child learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if there is a concern. Be sure to follow the designated chain of command. (Coach, Athletic Director, Principal, Superintendent, and Board of Education).

- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

Supporter's Code (other adult fans)

We understand that the larger school-community has an interest and investment in the success of our Athletic Program. These other adults in the community can play a key role in reinforcing the educational goals of our program. Therefore, we expect these important program supporters to do the following:

- Remember that a ticket to a school athletic event is a privilege to observe the contest.
- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Recognize and show appreciation for an outstanding play by either team.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.

Athlete's Code

We know that less than 5% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we expect every athlete to strive for the following:

Competence – the necessary level of knowledge and skill to sufficiently train and compete.

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character – the pattern of beliefs, attitudes, and behavior that relate to moral strength, constitution, and essential qualities that embrace the positive values of Smiley High School and the Community.

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences for actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; by congratulating opponents and by not sulking or displaying, other negative behaviors.

Civility – to demonstrate behavior that exemplifies appropriate respect and concern for others.

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences and to show respect for legitimate authority (e.g., Coaches, Officials, Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

Citizenship – social responsibility as part of a “community”.

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal goals.
- To accept responsibility to and set a good example for teammates, younger athletes, fans, and school community.

Consequences for breaking code:

1. The best scenario for high school athletics is to have logical consequences for behavior that is “out of bounds”. The process of applying logical consequences when athletes break their code commitments has three critical, developmental goals, as follows:

- Educational – help the Athlete learn from their mistake.
- Corrective – help the Athlete change the behavior.
- Restorative – require the Athlete to answer for their behavior to the coach and teammates, and perhaps others, so that there is team closure around the incident.

2. Current “Best Practice” combines wisdom from other athletics and substance abuse prevention in establishing a logical response to behavior problems or other code violations. It is a framework of three tiers of consequences, with each tier having an increased level of severity of the offense. The best possible option for consequences for behavioral problems or code violations is a three tiered consequence framework with the understanding that the severity of the consequence may be lessened or greatedened by the Athletic Director, within that framework; however, the Athletic Director shall impose no consequence greater or lesser than the minimal or maximal limits.

A. Consequences for “out of bounds” behavior, include language, violence, accusations or convictions of criminal offenses, behavior unbecoming of a representative of the school/district, academic issues. In addition to penalties not inherent in our school’s student discipline code of conduct, suspensions of up to one game first offense, two games second offense may apply; “out of bounds” behaviors that continue will force the removal of the player from the team. (This may also be in addition to MNHSL sanction penalties for a given sport)

B. Special Circumstances – The Athletic Director must also have at his/her discretion the ability to impose consequences of greater magnitude if she/he feels the Athlete has not learned from said consequences, has not made corrective changes in behavior or is not willing to carry out the prescribed restorative measures. The Athletic Director may also impose a greater level of consequences if the Athlete has been deceptive or untruthful prior to determination of guilt and consequences.

C. Chain of Command – The proper Chain of Command is as follows: Player to Level Coach, Head Coach, Athletic Director, Principal, Superintendent, and Board of Education.

SIMLEY HIGH SCHOOL BASEBALL **TEAM RULES AND POLICIES**

The following team rules have been developed as a guideline for all Simley High School Baseball players to follow and adhere. These guidelines will set the foundation for a successful and respected baseball program. While it may be difficult at times to follow these rules, it is important to remember: "As a Simley High School Baseball Player, you not only represent yourself, but also your school, your parents, the Simley High School athletic program, the Simley High School baseball program, and your community." Your performance and success will not only be measured by wins and losses, but also by your conduct in the classroom, in the community, and in the locker room. After careful consideration, the following rules and guidelines have been selected to best exemplify respectable appearance, attitude, and actions of a baseball player in this program.



BASEBALL RULES & REGULATIONS **SIMLEY HIGH SCHOOL**

1. COACHES' EXPECTATIONS:

- a. Be on time.**
 - i.** Tardiness will not be tolerated.
- b. Be positive.**
 - i.** Toward coaches, other players, and most importantly "YOURSELF".
- c. Be a man.**
 - i.** Accept responsibility for yourself and your actions.
- d. Accept constructive criticism.**
 - i.** Coaches are here to help make you a better ballplayer.
- e. No cell phones**
 - i.** Cell phones are expected to be turned off as you arrive to practice and may not be turned back on until the coach dismisses the team. This includes texting!!

2. COME TO PRACTICE PREPARED WITH PROPER ATTIRE AND EQUIPMENT:

- a. Practice Uniform:
 - i. Only Simley High School Baseball issued or approved apparel should be worn at practices and games.
 - b. Glove, Cleats, Bat, Etc.
 - c. Baseball hat is to be worn correctly at all times. PLEASE DO NOT DISRESPECT THE GAME OF BASEBALL BY WEARING YOUR HAT BACKWARDS UNLESS YOU ARE A CATCHER!!!
- 3. PRACTICES WILL BEGIN AND END AT THE SCHEDULED TIMES LISTED BELOW: (current times are examples – Exact times and dates will be provided)**
- a. 9th Grade and B Practice begins at 3:00pm and ends at 4:30pm.
 - b. Varsity Practice begins at 3:30pm and ends at 5:00pm.
 - c. Any player arriving late to practice will be responsible for his own actions and will be required to fulfill the consequences associated with his tardiness. Players taking part in a tutoring session will be exempt from this policy. Make-up tests, quizzes, or retaking of tests are not exempt from this policy.
 - d. More than one individual late on any given day will result in team discipline.
- 4. PARENTS ARE TO MAKE SURE THEIR CHILD IS PICKED UP AT A REASONABLE TIME:**
- a. Please pick up your child from practice no later than 30 minutes after scheduled completion
 - b. Games are harder to estimate and we will need your flexibility, please refer to the bus schedule for approximate departure and arrival times.
- 5. PLAYERS ARE TO ARRIVE TO SCHOOL ON TIME EACH AND EVERY DAY.**
- a. Players that arrive to school late (before 1st period ends) on game day will not start.
 - b. Players are to remember that they are students first and athletes second.
- 6. PLAYERS ARE TO ADHERE TO THE SIMLEY 2008-2009 PLAYER/PARENT HANDBOOK ELIGIBILITY GUIDELINES found on the <http://www.invergrove.k12.mn.us/Activities> website.**
- a. Players must achieve the following minimum credits with a D or better to participate in Spring Baseball:
 - i. Freshman – 10 credits
 - ii. Sophomore – 27 credits
 - iii. Junior – 43 credits
 - iv. Senior – 59 credits
- 7. PLAYERS ARE TO ADHERE TO THE FOLLOWING ACADEMIC REQUIREMENTS SET FORTH BY THE SIMLEY BASEBALL COACHING STAFF:**
- a. Players must maintain a “C” or better in all of their classes during the baseball season, OR achieve a cumulative GPA of 2.50 in all of their classes during the baseball season.

- b. Players who receive a “D+”, "D", or “F” in any class on their interims or report cards, and do not have a cumulative GPA of 2.50 in all of their classes, must adhere to the following:
 - i. Player will not START in any game until that grade is a “C” or better, or their cumulative GPA raises to a 2.50. Playing time is left up to the coach’s discretion.
 - ii. Player must fill out a “Performance Contract” with Coach Winnie, which outlines setting academic goals, procedures for obtaining those goals, and evaluation of whether goals were met.
 - iii. Player must attend mandatory study sessions with Coach Winnie or their classroom teacher (if available).
 - iv. Player must provide “Progress Report” for ALL CLASSES and turned in to Coach Winnie when they are issued.

Just a reminder: **“You can’t swing at the plate, if you don’t hit the books.”**

8. PLAYERS WHO MISS A PRACTICE, WILL NOT PLAY THE NEXT GAME, UNLESS:

- a. You are not in school that day because of illness.
- b. You have a doctor’s appointment that can only be done at that time, and is PRE-APPROVED BY THE HEAD COACH (COACH WINNIE)
- c. Doctor/Dentist appointment should be scheduled on your time.
 - i. Scheduled after practice on weekdays.
 - ii. Scheduled before or after practice on weekends.
- d. You have an academic requirement that can only be done at that time, and is PRE-APPROVED BY THE HEAD COACH (COACH WINNIE)

9. PLAYERS WHO MISS A GAME, MAY NOT PLAY UP TO THE NEXT TWO (2) GAMES, UNLESS:

- a. There are circumstances beyond your control and a required conference with THE HEAD COACH (COACH WINNIE)

10. PLAYER DRESS CODE ON GAME DAY:

- a. This is to be decided on by the team captains. Coach prefers dress slacks, dress shirt, tie and sports coat.
- b. Game jerseys are to be tucked in at all times if worn. Game pants are not to be worn during the school day.
- c. NO INAPPROPRIATE DRESS WILL BE TOLERATED!!!

11. EQUIPMENT NEEDS ON GAME DAY:

- a. Players are expected to come fully prepared with their uniform, glove, cleats, socks, sleeves, belt, hat, and protective gear. If a player comes without any of the above, they will not play in that game. Players are not allowed to borrow any of the above items from any other players. **COME READY TO PLAY!!!**

12. TRAVEL TO AND FROM BASEBALL GAMES:

- a. Players will be transported on school-sponsored buses ONLY, to and from games, not in any personal vehicles.
- b. Players will travel to and from games as a TEAM.
- c. Only in the case of an emergency, will any player be allowed to ride with anyone other than the team. If this is the case, players will ONLY be allowed to ride with their parent(s) upon signing out with the Head Coach.

13. CRITERIA FOR EARNING A LETTER ON THE VARSITY LEVEL:

- a. Player must start and finish the season in the Simley High School Baseball Program (Varsity or B) and demonstrate respect at all times to coaches, players, umpires, opposing team, school administration, and other school personnel.
- b. Player must play in a minimum of TWENTY varsity innings during the season.
- c. Lettering is up to the discretion of the Simley Baseball Coaching Staff.

14. DISCIPLINE:

- a. **If you receive a Discipline Report:**
 - i. Up to a one game suspension
 - ii. Major infraction may lead to dismissal from the team and is up to the discretion of Coach Winnie and the Athletic Director
- b. **Second Discipline Report:**
 - i. Up to a three-game suspension.
 - ii. Major infraction may lead to dismissal from the team and is up to the discretion of Coach Winnie and the Athletic Director
- c. **Third Discipline Report:**
 - i. May lead to dismissed immediately from the **PROGRAM!**
- d. **If you receive detention from any teacher or administrator for any reason:**
 - i. Up to a three game suspension
- e. **If player continues to receive detention:**
 - i. Player will not start
 - ii. May lead to dismissal from the team and is up to the discretion of Coach Winnie and the Athletic Director
- f. **IF A PLAYER RECEIVES A DISCIPLINE REPORT FOR FIGHTING OR VERBAL ABUSE TOWARD ANY ADMINISTRATOR, TEACHER, OR FACULTY MEMBER OF SIMLEY HIGH SCHOOL, THEY WILL BE SUSPENDED AND EVALUATED FOR DISMISSED FROM THE PROGRAM!**
- g. **IF A PLAYER IS INVOLVED IN MATTERS INVOLVING THE POLICE, SUCH AS DRUGS, ALCOHOL, THEFT, OR VANDALISM, YOU WILL BE DISMISSED IMMEDIATELY FROM THE PROGRAM!**

- h. UMPIRES:
 - i. ALL COMMUNICATION OR CONFLICTS WILL BE HANDLED BY THE COACHING STAFF:

- i. NO PLAYER IS TO EVER:
 - i. Talk back to an umpire.
 - ii. Gesture to an umpire.
 - iii. Show them up in anyway.
 - iv. Argue a call for any reason.

- j. CONSEQUENCES:
 - i. First Offense:
 - 1. Immediate removal from the game by the head coach.
 - ii. Second Offense:
 - 1. Minimum one game suspension.

- k. ANY PLAYER OR PLAYERS INVOLVED IN A FIGHTING INCIDENT WHETHER IN SCHOOL, OUT OF SCHOOL, OR ON THE BASEBALL FIELD WILL BE DISMISSED IMMEDIATELY FROM THE PROGRAM.

- l. PLAYERS ARE TO RESPECT ALL EQUIPMENT AT ALL TIMES. THE THROWING OF BATS, GLOVES, HATS OR ANY OTHER ITEMS WILL NOT BE TOLERATED AND WILL RESULT IN REMOVAL FROM THE GAME OR PUNISHMENT AT PRACTICE. REMEMBER BASEBALL IS A GAME OF FAILURE. HOW PLAYERS DEAL WITH THOSE FAILURES IS WHAT SEPARATES TRUE WINNERS FROM SORE LOSERS.

- m. THE PLAYERS AND COACHING STAFF WILL USE PROPER LANGUAGE AT ALL TIMES. INAPPROPRIATE LANGUAGE WILL NOT BE TOLERATED AND WILL BE DEALT WITH ACCORDINGLY.

- n. THREE THINGS THAT THE COACHING STAFF ASKS OF OUR PLAYERS.
 - i. ACCEPT CONSTRUCTIVE CRITICISM
 - ii. MAINTAIN YOUR COMPOSURE
 - iii. NEVER BE AFRAID TO FAIL

Keys to Winning

If our team shows the ability to follow this philosophy, we will always be in 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. Make the other team beat you
- H. Execute
- I. 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 and hard groundballs to all fields
- D. Run the bases with the desire to always take an extra base
- E. Do not miss signs

**“OFFENSE WINS GAMES,
PITCHING and DEFENSE WIN CHAMPIONSHIPS”**

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 Simley High School Baseball team. Every time you step onto the field, you not only represent yourself, but also your school, your parents, the Simley High School athletic program, the Simley High School baseball program, and your community. ACT APPROPRIATELY.

TEAM EQUIPMENT/UNIFORM CARE AND POLICIES

1. Each player will be responsible for any team equipment handed out. Any equipment lost, or damaged, will be replaced at the player's expense.
2. All equipment will be treated with respect and kept clean.
3. Players should never throw, kick, or abuse a batting helmet or any other piece of equipment. THIS IS UNACCEPTABLE.
4. Uniform and spikes should be cleaned before every game.
5. No player is permitted in the equipment room without direct supervision from of a coach.
6. Players designated to carry equipment to and from a practice or game are responsible for that equipment from the time they pick it up from the equipment room until they personally bring it back to the room. DO NOT EXPECT OR COUNT ON SOMEONE ELSE TO TAKE CARE OF YOUR RESPONSIBILITIES.
7. If you are assigned equipment but do not come back from a game on the bus, you must tell your coach who is responsible for your duty before leaving the field.

TRAVEL RELEASE PROCEDURE

If you, for various reasons, find it impossible to ride the team bus home from an away game or if your family is leaving and going in the opposite direction, the following procedure must be followed.

1. The athlete must obtain a Travel Release Form at least 24 hours in advance from the athletic director, his house office, or his coach.
2. The form must be completed. It must be signed by the parent/guardian. "AGE OF MAJORITY IS NOT SUFFICIENT"
3. The form must have the approval and signature of the Supervisor of Athletics.
4. Present form to your coach.

5. IT IS THE STUDENTS RESPONSIBILITY TO PICK UP APPROVED FORM FROM THE ATHLETIC OFFICE AND GIVE IT TO YOUR COACH PRIOR TO GETTING ON THE BUS.
6. If approval is given, the athlete must make sure that:
7. All uniform obligations, etc. are taken care of first.
8. He only leaves with parents or guardian.

College Preparation Guidelines for Student-Athletes

FRESHMAN and SOPHOMORE YEAR

- Develop a strong academic base. Strive for excellence in the classroom.
- Plan a challenging academic program that will meet NCAA requirements.
- Maintain at least a 2.000 GPA out of 4.000 in core course.
- Take PSAT test in October of Sophomore year.
- Participate in off-season programs in your sport.
- Attend summer athletic camps at colleges that you might like to attend.
- Join 1 or 2 clubs which interest you. Be sure to choose a club that you will stick with for all four years. Consider Peer Leadership.
- Look into community service programs that interest you and that you can make a contribution.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective.
- Keep a record of your athletic and academic achievements.

JUNIOR YEAR

- Continue to emphasize academic excellence.
- Continue to schedule challenging courses.
- Continue with clubs and community service.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective if you have not already taken course.
- Attend all Simley High School sponsored events that discuss the college process. Some examples are the Financial Aid Night and the College Admissions Night sponsored by the high school's guidance counselors.
- Take the PSAT in October of Junior Year.
- Take SAT or ACT prep classes.
- Take the SAT test given in December or January and again in May unless you are satisfied with previous results.
- Take the ACT.
- Ask coach for a realistic athletic evaluation - Can you play at the collegiate level? What level is realistic?
- Develop an athletic portfolio that contains:
 - Academic records (grades, SAT's)
 - Athletic awards, honors, and achievements
 - Coaches recommendation letters
 - Written evaluations from showcases or camps

- All artifacts which show athletic success
- Send a letter of interest to college coaches along with your athletic resume
- Organize a filing system on all colleges that respond to your inquiry
- File form 48-H with NCAA Clearinghouse (found in Guidance Office)
- Participate in summer programs.
- Definitely begin or continue college visits. Attempt to meet with coach during visit.
- Continue to collect artifacts that show athletic success. These would include such things as newspaper clippings, awards, certificates and evaluations from showcases and camps, etc.

SENIOR YEAR

- Write to colleges in August and request an application. Be sure to inquire about the deadline for early admission.
- Begin the checklist for Student/Athletes and Parents.
- Meet with counselor to make sure you meet NCAA academic requirements and discuss your college choices.
- File Form 48-H with NCAA Clearinghouse.
- Continue to emphasize academic excellence.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective if you have not already taken course.
- Send out applications early.
- Complete Financial Aid Forms as early as possible.
- Visit any college that may be a late addition to your list.
- Re-take the SAT or ACT if you are not satisfied with previous results.
- Continue with clubs and community service.

GUIDELINES FOR A SUCCESSFUL COLLEGE VISIT

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

Do's

1. Always wear clean, wrinkle free clothes.
2. Wear little or no jewelry.
3. Have clean, neatly cut hair.
4. Always have shirt tucked into pants.

Don'ts

1. Never wear wrinkled clothes.
2. Never wear sloppy jeans.
3. Never wear earrings.
4. Never wear a hat.

2. **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.
3. **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.
4. **Be prepared.** Take the time to find out information 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.
5. **Be honest.** Always answer questions in a sincere and honest manner.
6. **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.
7. **Show and interest in the school.** Explain why the school is a good fit for you both academically and athletically. Discuss what you can bring to his/her program.
8. **Ask questions.** After answering any questions the coach may have, be sure to discuss any questions or concerns you have. Asking questions show that you have a sincere interest in the program.
9. **Shake hands before leaving the office.** When the visit is over, stand up and shake hands with the coach. Tell him you enjoyed the visit and thank him for spending some time with you.
10. **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.

Spartan's Baseball

Simley High School 2009 Baseball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Varsity</u>	<u>B</u>	<u>9th Grade</u>
4/6	Richfield			Away - 4pm
4/8	Tartan	Away - 4:15pm	Away - 4:15pm	
4/9	Hill-Murray	Away - 4:15pm	Away - 4:15pm	
4/13	South St. Paul	Home - 4:15pm	Home - 4:15pm	Away - 4pm
4/16	Mahtomedi	Home - 4:15pm	Home - 4:15pm	Away - 4pm
4/20	St. Thomas Academy	Away - 4:15pm	Away - 4:15pm	Home - 4pm
4/22	North High School	Home - 4:15pm	Home - 4:15pm	Away - 4pm
4/23	Henry Sibley	Away - 4:15pm	Away - 4:15pm	Home - 4pm
4/27	Richfield	Away - 4:15pm	Away - 4:15pm	Home - 4pm
4/29	Tartan	Home - 4:15pm	Home - 4:15pm	Away - 4pm
4/30	Hill-Murray	Home - 4:15pm	Home - 4:15pm	Away - 4pm
5/4	South St. Paul	Away - 7pm	Away - 4:15pm	Home - 4pm
5/7	Mahtomedi	Away - 4:15pm	Away - 4:15pm	Home - 4pm
5/11	St. Thomas Academy	Home - 4:15pm	Home - 4:15pm	Away - 4pm
5/13	North High School	Away - 4:15pm	Away - 4:15pm	Home - 4pm
5/15	Henry Sibley	Home - 4:15pm	Home - 4:15pm	Away - 4pm
5/16	Tournament – East View High School	TBD		

TBD	Sectional Tournament	TBD		
6/11-12	State Tournament	TBD		