



RAIDER BASEBALL PLAYER HANDBOOK

“We are what we repeatedly do.
Excellence, therefore, is not an act but a habit.”



RAIDER BASEBALL

Mission Statement & Program Goals

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-All midterms and report cards will be collected
 - B. On the field
 - 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 Spring Hill 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 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 the community.
10. Remember your priorities: Family, School, Athletics.

Team Selection Process

Tryouts

All students who are interested in trying out for the Raider baseball team will be evaluated sometime between the last day of the previous school year and the beginning of the new school year. The student will be timed from home to 1st, home to 2nd, and in the 60 yard dash. The student will also be evaluated on fielding, throwing and hitting skills.

Junior Varsity Players

The purpose of the Junior Varsity program is to:

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

**The Junior Varsity Team will consist primarily of freshman, sophomores, and possibly juniors that have demonstrated the ability to start on the JV team. The JV players must exhibit the required intellectual skills, proper attitude, physical skills and sport specific skills that indicate a potential to be a varsity performer. In some circumstances, a junior who shows the potential to be a varsity player may play JV if the varsity is particularly strong at his position. The number of players may vary from season to season.*

Varsity Players

The Purpose of the Varsity program is to:

- Develop the physical skills and conditioning of the athlete to his fullest potential.
- Provide talented athletes the chance to excel.
- Provide the athletes with the opportunities to learn set goals, strive to achieve them, and serve as role models for younger athletes.
- Develop program goals that include winning, team building skills and enjoyment of the sport.

**The Varsity team will consist primarily of Juniors and Seniors, but may include Freshman and Sophomores whom have demonstrated the ability to be starters or key contributors. The Varsity players must show the mental skills, proper attitude, physical skills and sport specific skill needed to be starters or essential contributors to the success of the team. The total number of players may vary from season to season.*

Spring Hill 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.

Three 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 to Step 2.

Step 2. A meeting involving the player, the necessary Spring Hill baseball coaches and parent(s)/guardians(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 move forward to Step 3.

Step 3. A meeting should be requested involving the player, appropriate Spring Hill baseball coaches, parent(s)/guardians(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.

To contact Coach Lamm, email: lammp@mauryk12.org

Codes of Conduct

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 reflects 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 can sometimes slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all the official's decisions.
- Don't instruct their children before, during, 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, and 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 skill, and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in appropriate manner, including proper time and place, if there is a concern. Be sure to follow the designated chain of command. (Coach, Athletic Director, and Principle).
- Always 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:

- Be a positive role model through their behavior at athletic contest.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all official's decisions.
- Recognize and show appreciation for an outstanding play by either team.
- Praise student-athletes in their attempt to improve themselves as students, and athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Always remember that a ticket to a school athletic event is a privilege to observe the contest.

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 Spring Hill 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 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 (Coaches, Officials, Captains, ext;...).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To actively support teammates and others.

Citizenship- Social responsibility as part of the “community”.

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to the team.
- To show team spirit, encourage others, and contribute to good moral.
- 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 the school community.

Athletic Code of Conduct

Mission Statement

The mission of Spring Hill High School's Athletic 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 a high standard of competence, character, civility, and citizenship.

Statement of Philosophy

Spring Hill High School understands that interscholastic athletics are a significant part of the educational process. The combination of 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 athletic 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 and 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 schools 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 Spring Hill High School Athletic 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 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 Spring Hill High School 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.

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 heightened 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 Maury County School District and The Spring Hill High School Raider Baseball Team, and academic issues. In addition to penalties that are not inherent in the our school student discipline code of conduct, suspensions of 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 TSSAA 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, Director of Schools, and Board of Education.

STUDENT NAME _____ GRADE _____

As a student enrolled in Spring Hill High School, I understand that participation in any athletic program is a privilege. I also understand that as a student athlete, I am expected to comply with the expectations set forth in the Athletic Code of Conduct, individual team rules and regulations. I am also expected to conform to all rules and regulations governing student behavior, approved by the Board of Education and set forth in the SHHS Student Handbook. I understand that if I violate the Code of Conduct or any other Spring Hill High School rule or regulation I may be subject to discipline, including but not limited to exclusion from extracurricular activities, suspension, and/or expulsion, consistent with law, regulation, and/or board policy.

By signing this contract, I am indicating that I gave received a copy of the Athletic Code of Conduct, of my individual sports teams rules and regulations, and the rules and regulations set forth in the Student Handbook; that I read these documents and understand the expectations; and that I agree to abide by all the rules, regulations, and expectations for good sportsmanship contained therein.

Student Signature _____ Date _____

PARENT'/GUARDIAN'S NAME _____

As a parent/guardian to the student listed above, I understand that participation in the athletic program at Spring Hill High School is a privilege that may be revoked if a student does not comply with the expectations, rules, and regulations defined above. I understand that a student who violates the Code of Conduct and/or Spring Hill High School rules or regulations may be subject to discipline, including but not limited to exclusion from extracurricular activities, suspension, and/or expulsion, consistent with law, regulation, and/or board policy privilege for any violation of the Code of Conduct or any other rule or regulation of the Board of Education.

By signing this contract, I am indicating that I received a copy of the Spring Hill Athletic Code of Conduct, individual team rules and regulations and the rules and regulations approved by the Board of Education and set forth in the Student Handbook. I understand these expectations, and agree to abide by all the rules, regulations, and expectations for good sportsmanship contained therein.

Parent Signature _____ Date _____

TEAM RULES AND POLICIES

The following team rules have been developed as a guideline for all Spring Hill 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 Spring Hill High School Baseball Player, you not only represent yourself, but also your school, your parents, the Spring Hill High School athletic program, the Spring Hill 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.

1. Athletes are expected to strive for excellence in the classroom. All student- athletes are urged to maintain a high grade point average. Any player that falls below a 2.2 GPA will be subject to academic review by the Raider Baseball Coaching Staff.
2. Athletes are required to submit a copy of their midterm reports and report cards to their coach.
3. Athletes are expected to be on time for all practice and games.
4. Athletes are expected to understand and follow school policies at all school and team events.
5. Athletes are expected to display proper sportsmanship before, during, and after events. Please see the attached Sportsmanship policy for further clarification.
6. Athletes are to ride on school-provided transportation while traveling to contests. Expectations may be granted with travel release procedures.
7. Athletes are responsible for the care, maintenance, and return of all equipment and uniforms.
8. Athletes are expected to personally notify their coach if they will be late or miss a practice or game.
9. Athletes are expected to attend all practices and games. Unexpected absences will result in a loss of playing time and possible further discipline.
10. All news, updates, and cancellations will also be posted on the team web site. This should be checked by the player on a frequent basis.

11. Athletes are expected to follow the criteria listed below when dressing for all practices and games.

- COME PREPARED TO GO OUTSIDE EVERYDAY.
- All players must wear a hat. No hat, no practice.
- Specified Raider Baseball Practice Shirt
- Pants- Grey baseball pants.
- Shoes – Spikes and sneakers or turf shoes.
- Players should not wear short sleeves outside without coaches approval.
- Athletes should never wear cleats inside the gym or indoor batting tunnels.
- No jewelry of any kind during practice or games.
- It is recommended that all players wear several layers for warmth and muscular protection.

12. Athletes are expected to discuss all concerns and disagreements with your coach or teammates in private according to our attached communication guidelines.

13. Athletes are expected to report all injuries to coach and athletic trainer when they occur.

14. All student-athletes must realize their obligations to the team and refrain from scheduling any conflicting activity during the season.

Consequences of Rules Violations

1. Academics

Failing Progress Report Grades- If a player receives a failing grade(s) on their progress report they will thoroughly explain to the coaching staff the reason for said grade(s). If additional help/tutoring is needed the coaching staff will help make the necessary arrangements to get the player back on track to pass the class with a C or better average.

Failing/Near Failing Report Card Grades- If a player receives a failing/near failing grade(s) on their 9 weeks report card they will immediately be placed on academic review and serve physical condition reminders (10 poles per D/12 poles per F). If failing/near failing grades become constant it is obvious that the player cannot handle the rigors of being a student-athlete and will be dismissed from the Raider Baseball Program so they will not jeopardize their chances of graduation.

2. School Behavior

Tardies

5 or More Per 9 Weeks- 20 Poles
Excessive Tardies will lead to Game Suspensions

Dententions

Per Detention 14 Poles
3 or More Detentions will result in a Minimum 1 Regular Season Game Suspension

ISS

1st Offense 20 Poles
2nd Offense 40 Poles 1 Regular Season Suspension
3 or More ISS referrals will result in a Minimum 3 Regular Season Game Suspension

Out of School Suspension

1st Offense 50 Poles 5 Regular Season Games Suspension
2nd Offense Suspended Remainder of Season
Possible Dismissal from Team

3. Drugs and Alcohol

Zero Tolerance

Raider Baseball has zero tolerance for drug and alcohol use.
Use of either will result in a season suspension and possible dismissal from the team.

4. Criminal Activity

Zero Tolerance

Raider Baseball has zero tolerance for any criminal activity.
Any involvement in criminal activity will result in dismissal from the team.

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 courses.
- 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 can make a contribution.
- 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.
- Attend all Spring Hill 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.
- 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 Rewards, honors, and achievements
 - Written evaluations from showcase 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. 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 the 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.
- 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 and 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 face, neatly cut hair.
 4. Always tuck in shirt.
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 your 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 website, 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 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 their 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.** 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

Don'ts

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