



Parent/Player Handbook

2020 Season



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Introduction

Welcome to Lowndes High School Baseball. We are excited to have you and your child as part of our baseball program. Lowndes is a program rich in history and success. We look forward to continuing these traditions and making memories with your son. It is our goal to help make your son not only the best baseball player he can be, but work as a team to make him the best person he can become. In this manual you will find guidelines and expectations of our student athletes and parents. It takes a team effort in order to make your son's time here at Lowndes High a successful one. We look forward to working with you to help prepare your son for the next level, whether college baseball, school or the work force.

Code of Ethics

Honesty and Integrity:

Each coach and player will maintain high moral standards when representing Lowndes High School. Certain rules are put into effect to protect the student athlete and athletic situations. The athletic department at Lowndes High School believes that athletics is a vital supplement in the overall education of our students. It is believed that the athletic teams are extensions of the classroom.

GAME CONDUCT:

Coaches and players should display good sportsmanship as they are role models in the community. Both coaches and players are expected to demonstrate self-control and fair play at all times. All comments should be positive and encouraging. Our expectations are that players should maintain a positive and encouraging attitude at all times.

PROFANITY :

Profanity should not be used by a coach or player at any time. Continued use of such language will lead to cardiovascular training and possible game suspensions. We understand that competitive athletics is an emotional sport; however, profanity will not be tolerated.

"Success is piece of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best that you are capable of becoming"

John Wooden

ALCOHOL, TOBACCO AND DRUGS:

The Lowndes High Baseball program practices a zero tolerance policy. The use of alcohol, tobacco, and drugs will not be tolerated within the program. Players cited for using alcohol, tobacco or drugs will be disciplined at the discretion of the coaching staff and or school administration per the Lowndes County Schools Student Handbook and may include suspension or removal from the baseball team.

Sportsmanship:

Viking players and families should encourage all athletes. Our objectives are to maintain a reputation of competitiveness while maintaining respect for the game, our opponent, their fans, and the officials. No one outside of ourselves controls or inhibits the development or ability to reach our goals. During and after every contest, we will show respect for all parties involved.

Poise:

Viking players and families should maintain their poise in the heat of the game. They should not demonstrate anger or disgust when they strike out, make an error, or get a bad call. Such demonstrations only distract us from the game. We should understand that it is not what happened to us, but what we do about it that makes the difference between success and failure. Play the game with enthusiasm and passion.

Discipline:

Viking players and families should understand the importance of self-discipline. Self-discipline is a characteristic of successful individuals in all aspects of life including sports. The ability to make sacrifices necessary to achieve greatness is only possible through self-motivation and the discipline to achieve even the smallest goal. The ability to maintain your focus on the objective regardless of distractions takes a self-disciplined individual.

Attendance:

Viking players are expected to attend and participate in all team events. Players missing two or more team events for an unexcused reason may be subject to dismissal. Please alert the coaching staff in advance if you have to miss a team event.

"THE HARDER YOU WORK THE HARDER IT IS TO SURRENDER"

Vince Lombardi

Appearance:

Viking players should understand that people, whether right or wrong, make a first impression based on your appearance. Because of that, you need to look neat and presentable especially when traveling. It is recommended that players do not grow full beards as many scouts and talent evaluators determine this means that a player has reached his maximum potential physically. All hair should be placed under the hat and shirts tucked in. Players should wear appropriate attire to school and away games.

Academics:

Viking players will be students first. Baseball is secondary to your academics. Poor performances (discipline or grade) in the classroom will not be tolerated. There will be required tutoring time for players with grades under 75% that will need to be scheduled with the coaching staff. If needed, a mandatory Study Hall may be implemented.

Athletic Department Policy:

The Lowndes High School Athletic Department Policy supersedes our policies.

Consequences:

If a Viking player does not uphold the expectations outlined in this handbook, he may receive game(s) suspension, physical or mental conditioning. It will be the coach's decision based on what is best for the team and the individual at the current junction of the season.

"If you failed yesterday, strive to win today.

If you were defeated today, strive to win tomorrow

"Don't give up, don't every give up"

Jim Valvano

Expectations

Strive for Consistency:

Consistency can only be accomplished through hard work. There is no substitute for hard work. If you don't practice hard, you will not play hard. If you practice soft, you will play soft. "The harder you work, the harder it is to surrender." If you consistently work hard, it will become a habit. If you consistently don't give your best effort that also will become a habit. These are the life lessons that you learn now and will carry on throughout your life. Work hard now and it will help you to consistently work hard the rest of your life. That is a core value you never want to lose. If you quit when life gets hard, what does that say about your character? If you quit or decrease your effort during practice or conditioning it will make it easier to quit the next time. Challenge your mind, body and soul each and every day to become great.

You quit today and it makes it easier to quit every day for the rest of your life.

Commit Yourself:

In order to reach the full potential of the program there must be commitment and cooperation at all levels. Working together in every way to accomplish the common goal means you are committed to the program. And to get commitment and cooperation, you must give commitment and cooperation. You need to give a commitment to the team and program for the duration of the season, by doing so you will receive respect. If every player is committed, it allows teams (the program) to move forward together, to move in the same direction rather than going in different directions.

You are a part of a team. That is a fact. Respect that fact.

"If winning isn't everything, why do they keep score"?

Vince Lombardi

LHS Baseball Program Rules

1. Excel in the classroom with a 75% or higher.
2. Treat teachers, Assistant Principals, staff members and other students with respect.
3. Players will sit in front 3 rows of class unless teacher moves you.
4. Don't wear hats inside buildings or backwards at anytime.
5. Stay poised and use good body language.
6. Players will never walk on the baseball field between the foul lines.
7. Do not use profanity.
8. No tobacco allowed on school campus.
9. Absolutely no tolerance to arguing with umpires, coaches or opposing players.
10. Represent the school and your team with class in the community.
11. Play the game hard and compete.
12. Be a role model.
13. Be on time (Best to be early than late)
14. Practice to be perfect, on the field, in the classroom, and in the community.
15. Enjoy your time at LHS.

Parents

You have a life-long involvement in all aspects of the development of your son. The hours you have spent with your son have put him in the position to have an opportunity to meet so many of the goals he now desires. Without your part in the process, all of the teachers, coaches, and other influences on your son could never play the role necessary to help him reach his goals.

As with any program, it is important to reaffirm the critical role parents play in a successful program. Success is only possible because of the support of the parents in the program that allows coaches to work on the field. The following is a list of characteristics of past parents that have been essential in making baseball teams successful. Remember, your son needs you to be a parent first, and a coach second.

Team Play

As team sports go, baseball is one of the most team-conscious sports. Teams consist of nine players who are unique in their individual capabilities and yet single-minded in their combined delivery of fundamental skills. Errors are present every game although no one is trying to make a mistake. The team and individual performances will improve if parents and players realize no one is deliberately performing poorly. Errant throws, missed plays, strikeouts, walks, etc. are unintentional. Players must be taught this aspect of the game if they are to ever excel at the sport. Athletes must be taught hopeful anticipation instead of focusing on the preceding error. Acceptance of the inevitable errors is vital components of playing the game of baseball, but it is difficult for these traits to take root in young players when the adults around them fail to set the example. We ask the parents to refrain from criticizing the opposing players,

other parents, and especially a teammate of their own child. Be respectful of others and you will help produce a better athlete.

Parents Coaching

Parents are encouraged to continue to work with their son. We are blessed with parents that continue to motivate and develop their sons. They understand their work is supplementary to the high school program. They also realize that we all want the same thing from your son. That is to see his dreams come true.

You have all seen a parent that coached his son from the stands, bleachers, or from behind the fences surrounding the field. You have all seen a parent make hand or verbal signals. These efforts from off the field will likely detract from your son's performance on the field, even if they are designed to help him improve.

In our infinite spectator enthusiasm, we are often prone to issue several instructions to the players that are contrary to those of the coach, much to the confusion of the players. Please let the athletes listen to their coach. This is not meant to squelch spectator enthusiasm, as your child will love your encouragement. Just try to ignore mistakes you will likely see, and please do not interfere with your son receiving instruction from a coach, especially during the game.

Parents in the Dugout

Make sure your son has everything he needs before he gets to the field so there is no reason to visit the inside of the dugout before or during the games. Our team needs full concentration on the game; your presence often becomes a distraction for your son. Players will be given time between games to talk with parents and get food, water, etc.

Parent/Coach Relationship

The learning curve for the athlete to develop into the player he desires is steep and difficult at times to understand. The parent of the athlete may have an even more difficult task in adjusting to the learning curve.

The strength of many programs has been the trust that the coaches will make the right decisions to develop each player to his potential. If the coaches spend all of their time talking to parents to reassure them of the basic premises we agreed upon in the beginning of the relationship, it cuts into the time that could be spent developing our players. If a situation developed that needs to be addressed, it has to be handled in a professional manner, and not in the grandstands. Coaches will not speak with parents about playing time or any other concerns before or after games. If parents would like to discuss what the player can do to improve and help the team win, coaches would be glad to discuss this with parents and players.

Parents understanding of recruiting

It is the coaching staffs wish that every player could go to the next level and experience college baseball. However, we know that is not the case in every player. Many parents have spent years traveling and going to showcases in order to help their child get the opportunity to be in front of college coaches and scouts. As the past has shown this means little in the recruitment of your son. Parents should understand that every player on the team is working toward the same individual goals and those that perform will play. When the player struggles at the high school level and doesn't play as much as the parent would like this leads to animosity toward coaches and other players and will adversely affect the team. As a parent we understand how hard it can be after so many years of playing and traveling that your son's career may come to an end. If your son is able to play at the next level, the coaching staff will do everything we can in order to find somewhere for your son to play.

Suggestions in order to play college baseball

1. Improve your grades. The college and university system will only calculate your academic grades to determine GPA eligibility (electives will not be calculated unless the elective is considered an academic elective).
2. Starting in the fall of your junior year, write or call the coach of the colleges that you would like to attend.
3. Know the recruiting regulations for each organization: NCAA, NJCAA, and NAIA. www.ncaa.org, www.njcaa.org, www.naia.org
4. Take the ACT or SAT at least twice. It is recommended to take the ACT or SAT at least once during the junior year or early in the senior year.
5. Fill out and return all questionnaires sent to you by colleges.
6. Do not reject any interested colleges too early in the recruiting process.
7. Visit colleges that you are interested in attending and learn as much as you can about the academics and the baseball program.
8. Stay in touch with colleges that you want to attend. Certain organizations limit when a coach can call, and how many times they can call, so it is up to you to stay in touch.
9. The coaching staff also recommends players to college coaches. Make sure you keep them informed about what colleges are interested in you and what colleges you are interested in.

10. If it is your desire to play college baseball, find a college and a baseball program that you like and play for them. Do not base your decisions on scholarship money or the size of the college. Remember, you go to college to get an education and build for a strong, sound future. If you are good enough, then the professional scouts will find you. If you are not, then have a career to fall back on.

11. Do the work. You will not get an opportunity to play collegiately if you do not want to work hard. Get into the weight room and work hard. Get into the batting cage and get extra reps. Get out to the field in the off season and strengthen your arm. You may only get one chance to impress a scout and if you aren't prepared or ready, you may miss that chance.

12. A few great resources: www.hsbaseballweb.com <http://ericcressey.com/baseball-content>

One Team, One Goal!

