

SANDWICH INDIANS BASEBALL 2020

Practice

Purpose and Expectations

"Proper Preparation Prevents Poor Performance"

Purpose:

1. Individual Skill Improvement
2. Players learn to blend their talents in an effort to meet the overall needs of the team.
3. Build Team Unity

Expectations:

1. Attendance
 - Attendance is expected and required at all practices and meetings.
 - **Excused absences** may be granted for illness, family emergency, or head coach's discretion with proper notification.
 - If you are sick and not in school, tell the secretary to notify your coach. If you get sick during the school day and have to leave, notify your coach or have the secretary notify your coach.
 - **Remember: There is a big difference between being sick and not feeling well.**
 - **Remember: Any time missed at practice may result in less playing time.**
2. The head coach will determine the penalty for the first unexcused missed practice. The penalty for the second unexcused missed practice will be a one game suspension. Three unexcused absences will result in dismissal from the team.
3. Practice will begin and end according to the schedule.
4. Any player late for practice will have extra work to make up afterwards.
5. If an athlete requires help from a teacher, the player should try to arrange a time that doesn't conflict with baseball. A written pass from the teacher will excuse the tardy if another time can't be arranged.
6. When any coach is speaking---your eyes must be on the coach and there will be no talking.
7. Report all injuries to the trainer, your coach, and your parents.
8. Long pants, long-sleeve shirt (elbow length), baseball cap, and appropriate shoes (gym shoes/metal spikes) are to be worn at practice. The team will have extra conditioning for those who are not dressed appropriately.
9. Have practice clothing available at all times. If a game is cancelled because of weather, there will usually be practice instead.
10. Spikes are not to be worn in the building. They should be cleaned away from any entrances before bringing them into the locker room.
11. Jewelry is not to be worn at practice.
12. **Baseball is a game of concentration and repetition. Work hard in practice at all times.**

Game Preparation & Procedures

Preparation: Preparation for a game begins with the player having the proper frame of mind to execute to the best of their ability. A Sandwich Indian baseball player must have respect for every opponent but fear none. We want players to have confidence based on the fact that we have prepared physically and mentally. We would rather have our players feel overconfident than afraid or lacking confidence. Our main concern is not what the opposition will do to us. Our main concern is that we execute with skill and intensity. Your physical and mental preparation must peak at game time. If this takes place then we will go into every game with an excellent chance to win.

Expectations:

1. Attendance is expected and required at all games.
2. **Excused absences** may be granted for illness, family emergency, or head coach's discretion with proper notification.
3. Players will maintain proper sportsmanship toward all coaches, players, umpires, and fans.
4. Any player that has an unexcused absence from a game will be suspended one game for each game missed.
5. Any player late for a game may lose his chance of playing that day as well as have extra work to make up afterwards.
6. Arrive early to catch a bus for an away game.
7. Spikes are not to be worn on any bus.
8. Game uniforms are not to be modified in any way without permission from your coach.
9. **Be prepared to play in all weather conditions.** Bring a jacket to every game and wear a black under-liner or sweatshirt under your jersey. You can always remove clothing if it gets warm.
10. Wear black socks for games.
11. Jerseys will be tucked in at all times on game day.
12. Jewelry is not allowed by the IHSA.

The Bench... A Reserve and Their Role

A coach must decide on personnel and each player's role. The problem is obvious: baseball is a game played by 9 at a time. The team may consist of several more players. If any of these players didn't think they were good enough to play then they would not be out for baseball. So the problem is this: all players want to play because they think they are good enough, but **only 9 can play at a time.**

A great deal of time goes into deciding who will play. Players will earn playing time by what they show in practice. There is "no class system." If a younger athlete is better than an upperclassman they are going to play. Players must be given adequate time to jell as a unit. Some athletes are bigger, faster, stronger, but don't have a corner on leadership, dreams, ambition, or desire.

Reserves play vital roles. These roles can be broken into the following areas:

- The reserve must provide competition in practice so that all players are challenged.
- A reserve must be prepared to enter a game at any moment. This means they must know every phase of the game and watch the game intently.
- The reserve must constantly work to improve as a player. The player who doesn't work hard to improve will keep themselves on the bench.
- The reserve has a job to contribute to team unity. They are not expected to be overjoyed with sitting on the bench, but they are expected to refrain from criticizing teammates and coaches. They are expected to participate in the game by cheering and encouraging others, rather than sitting with a bored disinterested attitude. They are expected to be a team member in the fullest sense of the word. **We win as a team and we lose as a team.**

Being a reserve is difficult. The reserve, whether they see an inning of action or not, is an essential part of a team's success. **It takes a person of real character to be a reserve.**

Communication Coaches, Players, and Parents

I believe the Sandwich baseball program involves a partnership between the school, coaches, players, and parents. We are all in this together. Everybody wants to see the team succeed, each player to contribute, and each player valued as part of the team. I want parent involvement and I believe it is necessary for our success. The involvement needed is built on support, trust, and enthusiasm.

There will be times during the season where questions may come up concerning your son and the baseball team. The following procedure should be used to help promote a resolution of the concern. Please use these steps in the order they are presented.

1. Your son and you talk about the situation.
2. Your son expresses his concern to the coaching staff.
3. Your son and you discuss the concern with the coaching staff.
4. Your son, you, and the AD discuss the concern with the coaching staff.

Appropriate items to discuss:

1. Notification of scheduling conflicts
2. Ways to help your son improve
3. Concerns about your son's behavior
4. Specific concerns about the expectations or philosophy of the coaching staff
5. Any area in which you believe the coaching staff can assist you in your son's growth or happiness

Inappropriate Concerns

1. Playing Time
2. Team Strategy
3. Other Team Members

Please do not attempt to discuss a concern with a coach before or after a practice or a game. These are usually emotional times, and not much will get accomplished. Please call me at school between 1:15-1:45 pm at (815) 786-8811 or email jvanpelt@sandwich430.org to set up a time to meet with the staff.

Practice Time

When weather permits, practice will be held outdoors immediately after school (3:00-5:30) unless changed by your coach. **Saturday indoor practices will be from 8-11am or 11-2 pm depending on weather and conflicts.**

If **weather does not permit** an outside practice, we will practice in the gym and time may vary. **Listen to announcements 7th period for practice times, as they may vary according to weather.** Also, your coach may contact you for changes in practice times.

SPRING BREAK SCHEDULE

MARCH 21st – March 29th

ALL ATHLETES ARE EXPECTED TO ATTEND ALL PRACTICES AND GAMES OVER SPRING BREAK. If we are inside or outside, the practices will be TBA depending on what the weather is doing.

SANDWICH BASEBALL

Player Contract

I agree to place the welfare of the team as my top priority. I will be attentive and cooperative at all meetings, practices, and games. I will be in attendance and on time for all meetings, practices, games, and other functions related to the baseball team. I will conform to all policies and rules set forth by Sandwich School District 430, as well as team rules and regulations.

I understand that should I fail to honor these commitments, I will be subject to disciplinary action, which may include the loss of my award, suspension from team, and/or dismissal from the team.

Player Signature

I have read the baseball team rules and regulations with my son. We understand he will have to follow these rules while participating in the baseball program.

Parent Signature