

Carson Baseball Parent Meeting Spring 2016

Expectations of players in CHS Baseball Program

- Team is first; individual is second
 - You will attend all practices
 - You will attend all games
- Represent the program in a positive manner 365 days a year
- Will remain eligible at all times

Fundraisers CHS Baseball/Boosters/Blue Jays will be participating in from now until May 2017

- CHS Booster Club
 - Poker Night
- CHS Players
 - Try and sell at least one advertisement signs and or sponsorships
 - Will sell 10-15 Adrenaline cards, will happen right after teams are picked in a 9-10 day period

Timeline from now until tryouts in 2017

- May- end of high school season/ Tryouts for Blue Jays
- May through the 4th of July- Blue Jay Season
- September through tryouts in February- off season strength conditioning program

Expectations of parents from CHS Baseball Program

- Support the program as well as your child
- Appropriate behavior in the stands prior/during/after games is expected
 - Keep negative feelings/comments about the school, program, or coaches to yourself while at CHS games and events
 - Concerns or issues with the program need to be discussed and brought to attention through the appropriate channels
- Be kind, courteous, and respectful to all CHS staff, coaches' wives, and staff at other facilities

Expectations between coaches and parents when discussing program issues

- Communication will remain calm and respectful. If discussions become heated, they will be terminated immediately.
- Discussions will only take place when meetings are scheduled at the earliest convenience of the staff. Conversations taking place immediately after a game or practice is not appropriate or scheduled.
- Playing time, where players play on the field, the order in which they hit, will not be discussed with parents. CHS staff will be happy to discuss playing time/location with CHS players.
- All issues in the program (JV or Varsity) will go through the head coach.
- If an issue needs to be discussed, the following procedure will be followed:
 - Step 1- Individual player needs to talk to the head coach of that level.
 - Step 2- Parents of that player needs to contact the head coach of that level. If the issue is on JV, Varsity head coach will be contacted and present during meeting.
 - Most issues can and should be resolved after this step, and is the program's primary goal. We understand that to be a successful program, communication with players and parents is critical.
 - Step 3- Parents can contact Athletic Director Bob Bateman
 - Step 4- Parents can contact CHS Administration

2016 CARSON HIGH BASEBALL

Player Expectations

1. Cell phones must be turned off and put away during all baseball sanctioned activities.
2. Play team baseball. The team is more important than any single individual.
3. Success in the classroom is required. Laziness and failure is not acceptable.
4. Playing time is earned and will not be discussed with parents.
5. Respect the game and practice good sportsmanship. Disrespect toward coaches, other players, umpires, or equipment will not be tolerated.
6. Buy in to the program.
7. Sprint on and off the field.
8. Cursing or negative slander will not be tolerated on or off the field.
9. Come fully equipped to all baseball sanctioned activities. All players will wear a protective cup at all times, no exceptions.
10. Lying and stealing will not be tolerated.
11. During the duration of the season, players cannot participate with any other team.
12. The amount of effort given in practice as well as production in games will translate into playing time.
13. Participate in fundraising to the best of their ability. This includes but not limited to: selling poker tickets, signs, discount cards, and helping with the summer camp.
14. You will be expected to participate for the Blue Jays during the summer.
15. Pitchers WILL rest from pitching between July and January, no exceptions.

2016 CARSON HIGH BASEBALL TEAM RULES

1. BE ON TIME (**SENATOR TIME** is 15 minutes prior to activity)
2. DON'T EMBARRASS YOURSELF, YOUR FAMILY, OR THE PROGRAM.
3. You must attend all classes the day of the game. You must attend all classes on Friday before a Saturday contest. A doctor's note is needed if you miss school the day of a game or Friday before a Saturday game.
4. You will not play if you have an F in any class at any time during the season.
5. YOU WILL NOT be late or miss practice due to detention/work detail. You will attend all practices, games, and tournaments unless arrangements have been made prior to that date. The coaching staff will determine the appropriate consequence for each infraction. You have committed your time to the program and your teammates.
6. NO HAZING of other students, student athletes, administration, teachers, umpires, coaches, etc. in person, **social media, or texting.**
7. Players will adhere to the practice and game day uniform policy. Hair must be cut and face clean shaven unless otherwise notified.
8. You are expected to travel with the team at all times. If there is an occasion you cannot ride the bus home, you must get the appropriate paperwork from the athletic office 2 days prior to the event.
9. A doctors note or release is required if you visit a Doctor, Physical Therapist, Chiropractor, etc.
10. You will be respectful to coaches, players, umpires, etc., at all times. This includes attitude and body language. 80% of communication is body language. Your response to coaches will be, "Yes Coach" or "No Coach".

Infractions: Each infraction will be reviewed by the coaching staff and dealt with on an individual basis and depending on the severity, consequences could result in loss of playing time, suspension, or removal from the team.

Player name _____

Player Signature _____

Parent/Guardian Signature _____

UNIFORM POLICY

PRACTICE DRESS CODE: FAILURE TO COMPLY WILL RESULT IN BEING DISMISSED FROM PRACTICE AND/OR GAME(S)

- HAT (ANY SENATOR HAT FROM ANY YEAR)
- BLUE SOCKS
- PRACTICE PANTS (WILL BE GIVEN TO EACH PLAYER)
- ATHLETIC CUP
- BLUE BELT
- CHS/BLUE JAYS BASEBALL UNDERSHIRT
- JERSEY (WILL BE GIVEN TO EACH PLAYER)
- CLEATS AND NON-VAN SHOES FOR FACILITY
- ALL PRACTICE CLOTHES WILL BE TAKEN HOME ON FRIDAYS AND WASHED

GAME DAY DRESS CODE: UNIFORMS MUST BE CLEAN; FAILURE TO COMPLY WILL RESULT IN LOSS OF PRIVILEGE TO PARTICIPATE IN GAME(S)

- GAME HAT
- GAME JERSEY
- GAME PANTS
- ATHLETIC CUP
- BLUE BELT
- CLEATS- COLORS NEED TO BE PREDOMINANTLY GREY AND BLUE; BLACK CAN BE AN ACCENT
- BLUE SOCKS/STRIPPED SOCKS/STIRRUPS
- CHS UNDERSHIRT AND/OR COMPRESSION SLEEVE SHIRT
- SINGLE COMPRESSION SLEEVE CAN BE WORN, BUT ALL PLAYERS MUST WEAR THE SAME COLOR AND DESIGN

WASH ALL OF OUR UNIFORMS AND PRACTICE GEAR IN COLD WATER. IF THE WHITE UNIFORM IS STAINED BADLY WITH THE RED DIRT, SOAK IN CONCENTRATE OF OXY CLEAN, WASH WITH AN EXTRA SCOOP OF OXY CLEAN ADDED TO YOUR DETERGENT. HANG DRY JERSEYS AND PANTS, DON'T NOT DRY THEM.

YOU WILL BE HELD FINANCIALLY RESPONSIBLE FOR UNIFORMS IF THEY ARE NOT PROPERLY CARED FOR THROUGHOUT THE YEAR. UNIFORMS RANGE FROM \$100-\$350 TO REPLACE INDIVIDUALLY.

2016-2017 CARSON HIGH SCHOOL BASEBALL

YEARLY EXPECTATION SCHEDULE

July-October- 90 day rest period no throwing

August-December- 3x/week cross fit at Cross Fit Rad \$300 (highly recommended)

August-September- 2x/week working on skills

October-November- 5 week arm strengthening/throwing program

November- 2 week dead period (players will be expected to work on their own)

November-December- 2-3x/week working on skills (field & facility)

January-February- pre-season workouts 4-5x/week (field & facility)

February-Tryouts, Scrimmage, daily practice

March-May- High School season (approximately 35 games) \$220 (spirit pack); increase is due to the game at Aces stadium.

May-July- Blue Jays season (approximately 35 games) \$350 (B) or \$450 (A); increase is to travel to Boise and the increase in umpire fees per game.

If UNR has as fall league next fall, we will participate in that while we work on arm strengthening and lifting. If the league infringes upon the 90 days no throwing period, we will take the 90 days off afterwards and resume throwing and bull pens in January.

This schedule has been discussed and created by the coaching staff to focus on being as competitive for the high school season as possible. Summer ball is where we develop new talent and work towards the chemistry for the upcoming season. Late summer and fall is where we rest bodies, build skills and strength. Winter is when we get our reps in the facility and field to prepare for the high school season.

TRAIN CAR POLICY

NO CLEATS

NO FOOD

NO SUNFLOWER SEEDS

NO DRINKS (EXCEPT WATER)

CLOTHES MUST BE HUNG ON HANGERS

SHOES AND CLEATS STORED ON BOTTOM

HELMETS ONLY ON TOP OF LOCKERS

MUST BE CLEANED ONCE A WEEK

GROUP FAILURE TO COMPLY WILL RESULT IN THE
LOSS OF USE OF THE TRAIN CAR PERMANENTLY

INDIVIDUAL FAILURE MAY RESULT IN LOSS OF
PARTICIPATION OF GAMES