

TIGER BASEBALL HANDBOOK

COACH GRAFF

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2021 State Champions

2021 & 2022 Section 1AAAA Champions

2022 State Runner-Up

2022 South Suburban Conference Champions

TEAMWORK INTEGRITY

PERSEVERANCE SPORTSMANSHIP

2023

TIGER BASEBALL

Mission Statement

FHS Baseball's mission is to develop ambassadors of the game of baseball who exemplify the characteristics of TEAMWORK, INTEGRITY, PERSEVERANCE and SPORTSMANSHIP which will enable them to be successful in sports and in life.

Teamwork

Everyone on the team is important
Every job needs to be done to be successful
We win and lose together
Show up ready to work hard and compete in a positive frame of mind every day
What can I give, sacrifice or do to help the team?
We can't worry about who starts/how many at bats one gets (is that a team player?)

Integrity

Respect the training. Honor the commitment. Cherish the results.
Make good decisions (in baseball, school and outside of these as well)
It's about doing what's right when nobody is looking
Hold yourself, *and others*, accountable

Perseverance

Fail quickly. Have a next pitch mentality
We are going to make errors, strike out, walk batters- have composure, be mentally tough
Bad attitudes can be contagious- persevere through times when you are struggling, not starting, make an error or we lose a tough game
Control what you can control. Don't worry about what you can't control (you can't control what calls an ump makes, who starts, if you get taken out, etc.)

Sportsmanship

You don't just represent yourself, but the team/school/community
Treat your teammates, coaches, the other teams/coaches and umps with respect
Care for each other and celebrate their successes
Play the game the right way- give 100%, hustle, do your job
Bring energy, enthusiasm and a positive attitude – "It's who we are" and "It's what we do"

*These beliefs are in essence, our rules. Failing to follow them, support them or encourage them in others is detrimental to the team and can have consequences (loss of playing time, benching or others as deemed necessary).

*By making the team, players acknowledge that they will support and work towards fulfilling our mission statement.

*By fulfilling our mission- we will be SUCCESSFUL in everything that we do!



TIGER BASEBALL

Coaches

Varsity- Coach Jon Graff
Varsity Assistant- Coach Brent Grengs and Coach Corey Smith
JV and Varsity Assistant Coach- Coach Mike Winters
Sophomore- Coach Paul Katzenmeyer
9A and 9B- Coach Tom Auge and Coach Rick Stanton

Tryouts and Playing Time

*** Be sure to have all forms, physicals and fees in so you can practice. You will not tryout without these in!** 9-12th grade tryouts are the week of March 20, after school. Times TBD based on number of players who sign up for each grade. (Estimated: 12th graders will be right after school. 11th graders around 3:25. 10th grade around 4:10. 9th grade around 5 PM)

*Any announcements/changes/updates will be made over Twitter/booster club email.

*Varsity and JV will carry 14-16 players each, and will be comprised of the top seniors, juniors, sophomores and potentially freshmen.

*Teams and playing time will be decided by ability, attitude, effort, knowledge of the game as well as the level to which each player meets our team's vision of fulfilling our mission statement ideals of: *TEAMWORK, INTEGRITY, PERSEVERANCE and SPORTSMANSHIP*. If the team cannot count on a player to abide by our set standards, that player cannot count on having playing time. We want our players to represent themselves, the school and the community in positive ways. These pillars are who we are and they are what we do.

**Players need to be in class and caught up with their studies. Failure to do so could affect playing time!*

Equipment/Apparel needed (once teams have been made)

- *White practice pants with one black stripe down the leg (similar to Jr Legion and Legion)
- *Team T-shirts that are provided at the beginning of the season will be used for practice. Or, you can wear one that you bought from the team's on-line store (from this year or past years)
- If weather is cold, players can wear appropriate sweatshirt or coat (preferably baseball related)
- Players need to wear their Farmington team hats forward for all practices and games
- Players need to bring all other necessary equipment to each practice and game (including water)
- Players will be able to purchase Farmington Baseball apparel (On-line store re-opens in March)
- PLAYERS WILL NEED THEIR UNIFORMS WASHED FOR EACH GAME**

Important dates

- See the on-line calendar on for game times.
- If you miss the spring break week, you will have to sit a minimum of two games.
- KEEP SATURDAY'S OPEN from 9 AM- 3 PM for possible make-up games (and practices)!!!
- Don't schedule grad parties on Section dates: May 30, June 1, 3, 5, 7, State dates: June 12-17.
- Rain-outs could change the dates, so maybe schedule on a Sunday or before/after the tourney.



TIGER BASEBALL

Healthy Choices and Habits

- *Be sure to get plenty of sleep each night and eat right- you must be ready to perform at peak levels. It is important to get yourself ready physically and mentally **THROUGHOUT** the season.
- *Make good decisions- use your influence to encourage good decisions in others. Lead, and lead in the right way. Kids will look for people to follow, so lead them in making good choices
- *Arm care- practice proper stretching and warm-ups; throw with proper mechanics
- *There are dangers involved and injuries, or worse, can happen. We will take all measures necessary to look out for the safety of each athlete

Pitch Count Information

Days of Rest	# of Pitches- Varsity	# of Pitches- Lower Levels
0	1-30	1-25
1	31-50	26-35
2	51-75	36-60
3	76-105	61-85
Daily Max	105	85
	115 in Sections	

Lettering

- 4 year high school player- played grades 9-12
- Played in 1/3 of the Varsity games (or pitched in 1/4 of the games)
- Coach's discretion

Issues

- *If problems arise, let me know: conflicts with schedules, health issues, injuries, etc.
- ***Senior night is for RECOGNIZING seniors and parents.** *That does NOT mean all seniors start, or EVEN PLAY.* Baseball has limited subs/strict rules. We simply use that night as a chance to thank them, and their parents, for their time and efforts throughout their career. Again, please realize now... there may be seniors who DO NOT PLAY on senior night.

-If there is an issue with playing time, role on a team, team placement or any other concern, I would expect the following protocol to be followed:

- 1) Player approaches coach to discuss the issue or concern
 - if the player would like a captain to accompany them, that is fine
- 2) If there is still an issue after number one, then the parent along with the player can set up a meeting with the coach (it will not be addressed by email or phone)
- 3) If there continues to be a concern, the parents, player, coach and AD will set up a meeting to resolve the issue

*Right after a game is not a good time to bring up playing time or other issues. Rather, go home, debrief, think about the situation, and evaluate how to proceed.

*Communication can solve many problems. *I will be meeting with players throughout the season so they can see the team's vision and what their role is.*

*Parents, talk to your son. If he is clear on the team's expectations and accepts his role on the team, support him and his role. Not everyone is a starter, yet every player is important and every role needs to be filled for us to be successful.

TIGER BASEBALL

Booster Club

Please join our booster club if you have not already done so. The booster provides support and improvements for FHS baseball: <http://www.tigerfanclub.org/page/show/2848022-baseball>

Summer Ball

9th grade- Travel (15U) 10th & 11th grade- Jr Legion 11th & 12th grade- Legion

*If a 9th grader plays JV/Varsity, they will be moved up to Jr Legion or Legion

*If a 10th grader plays JV/Varsity, they may a) play Jr Legion b) play Legion c) be double rostered and play both Jr Legion and Legion (depending on numbers)

-In-house program available for those who don't play travel, Jr Legion or Legion

-We also have several nearby sports academies/baseball club teams and facilities:

- | | | | |
|---------------------|-----------|------------------|------------|
| -HTP Sports Academy | -MASH | -Truplayerz | -@Bat |
| -Pitch2Pitch | -Blizzard | -PineTar Academy | -The Cages |
| -NorthStar | -Starters | -Millers | -Others |

*If you have an interest in playing baseball beyond HS, see me for more information.

Volunteering

In order to encourage the continued growth of baseball in Farmington, it is necessary that everyone in the program be ready to volunteer. *Volunteering and giving back to the community is a great life-lesson in itself. We have gotten to where we are today, partly, because of the volunteer work of those who have come before us and it is up to us to continue to look for ways to help and give back.* With that said, there will be opportunities, not only throughout the season, but throughout the year where volunteers are needed. When those times arise, we will need your help. If we all pitch in, it is much easier to accomplish all that we wish. Times where we will need volunteers include, but are not limited to:

***1) Field Prep Day** (springtime) players report to the Varsity Field to assist in cleaning it up/making minor repairs as needed. We will also put up the windscreens.

***2) Senior Recognition Night-** parents to help organize a way to honor our seniors at the last home game. In the past- Junior parents have organized this.

***3) Game announcer-** we can get this one paid (for Varsity games)

***4) Travel Try-Outs-** high school players to help at stations (Mid March)

5) Travel Baseball Tournaments (end of July)- players and parents to help drag, line and prep the fields for play (we may not be hosting one this year).

6) Baseball clinics- high school players to assist in clinics we put on throughout the year.

7) Concession stand workers- players and parents throughout the school year

8) If you have a special skill (and I have the money)- potential projects I'd like to get done on the varsity field: adding benches along the foul lines for spectators, adding a locker behind the 1B dugout. Other improvements at other fields are needed as well.



TIGER BASEBALL

AS A COACH

- I will always... Respect, support, advise, and guide each player
- I will always... Treat each player as I would want my own kids treated
- I will always... Coach each player as I'd want my kids coached
- I will always... Hold myself/coaches/players accountable to our team's mission statement

AS A PLAYER

It is expected that you will...

- hold yourself and other players accountable to upholding our team's mission statement
- be willing to be coached and readily accept criticism and praise
- communicate your thoughts and feelings with parents and coaches in a respectful manner
- assist the team and the program by volunteering when needed

AS A PARENT

It is expected that you will...

- support, encourage and demonstrate positive attitudes towards officials, players and coaches
- cheer for, not only your son, but the whole team to do well
- understand that the coaches are doing what they think is in the best nature for the team
- assist the team and the program by volunteering when possible

Fundraising

All 9-12 grade players will be asked to sell 10 cards with coupons for local restaurants and other offers. Some of the money earned will go directly back to each level through purchasing each player a hat and each team the equipment that was requested along with team baseballs.

After the teams are made, all 9-12 players will meet with a representative that will go over how to sell cards on **Friday, March 24 at 4:00 PM.** We recommend starting with family and friends and then moving to neighborhoods until all 10 (or more) are sold. After they have sold their 10 cards, players will turn their money in and get their hat/uniform. All payments are due by Friday, March 31. Or, you can "buy out" for \$100 and not have to sell anything. Checks should be written to Farmington Baseball.

10 Cards (sold for \$20 per card)		
<u>Sell</u>	<u>\$ Team Gets</u>	<u>Balance Player Owes</u>
10	100	0
9	90	10
8	80	20
7	70	30
6	60	40
5	50	50
4	40	60
3	30	70
2	20	80
1	10	90
0	0	100

<u>2021 Fundraising Purchases</u>	<u>Costs</u>
Hats for every player	= 2000
Balls for all levels	= 1500
Fungos, tees, nets, tarps and team equipment	= 1000

*Players who sell 15 will earn \$40 and get 3 more cards to sell for \$60 which they can keep. This earns the player \$100 to keep.

*Any extra money goes to help with field improvement and other program needs

