

PRIOR LAKE HIGH SCHOOL BASEBALL HANDBOOK 2019 SEASON



Prior Lake Program Philosophy

The coaching philosophy of this program is based upon the following five points. First, I want to establish discipline both on and off the field. Secondly, we want to have open line of communications with staff, players, parents and administrators. Third, the staff will strive to build a rapport with players through caring and motivation. Fourth, we will run an organized program. Fifth, the coaching staff will teach the fundamentals of the game and respect for the game of baseball. All of these will help develop these players into responsible young men.

Discipline:

The coaching staff will strive to install discipline both on and off the field. We ask all players to DO THE RIGHT THING. That means teaching our players about smart choices and the consequences for poor choices. We want all the players to understand that the coaching staff is not just trying to teach baseball. We are trying to develop life skills, and baseball is a great way to learn those skills. In order to be successful in life, players must develop self-discipline and good mental-discipline to be successful. We want players to understand that there are always consequences for their actions, take responsibility for their actions, and never transfer blame or excuses. The coaching staff will be consistent and fair with all players concerning discipline actions.

Open Communication:

Poor communication is the downfall of many teams and organizations. We want to make sure that all is understood and that everyone is clear on what is expected and how things are to be done. The coaching staff will not only be able to communicate to entire teams, but also be able to communicate to each individual player. If we have 50 players in our program, we must be able to speak 50 different languages to reach every player in our program. Also, we want players within the program to understand that we have an open door policy. If the player is having problems of any kind he should feel free to come and visit with any member of the coaching staff.

Building rapport with players through interest, caring and motivation:

The coach-player relationship is one that is very special, one that can be cherished for years to come. We feel that relationships are very important and we encourage them. We understand that coaches are role models and we accept that responsibility. As coaches, we are going to try to get to know each player while expressing an extreme interest in each and every player. We want young men to want to play for this program and this coaching staff and take PRIDE in it. The staff will strive to motivate and inspire players to have a love for the game and to understand what it means to be part of a TEAM that is as close as a family. These things are memories that each and every player will take with him for a lifetime. We want each player to enjoy his experience as a player within this program.

Organization/Attention to detail:

Organization is a key to success. Our goal as a staff is to be extremely organized in every aspect of the program. Practice plans, game management, meetings, scouting and other related activities are all very important to the success of our team. Being organized coaches is essential to our team's success.

Teaching the fundamentals

We strongly believe that coaching is teaching and teaching is coaching. The coaching staff will strive to teach every young man in the program the fundamentals of the game as well as the game itself. We will strive to work within the framework of each individual to establish what is best for him and the team. We do not believe that everyone should look alike. We will teach fundamentals, not style!

Tryout Process, Player Placement and Spring Break.

The student athlete will participate in a 4-day tryout. Players will be evaluated in the following areas:

- individual athleticism evaluation · physical conditioning evaluation
- offensive skill/capabilities evaluation · defensive skill/capabilities evaluation
- intangibles (coachable, attitude, behavior off the field and work ethic) evaluation.

Tryouts will be a PROCESS oriented evaluation, and not necessarily a RESULTS oriented evaluation. Coaches will be evaluating player's technique, mechanics, and adjustments and not just whether or not the player hits or fields the ball every time.

March 11th – 15th 2019 is 9th grade

March 18th – 22nd 2019 is 10th grade – 12th grade

Releases happen on March 15th and March 22nd

Team Overview-Player Placement

Prior Lake Baseball is a sport that maintains 5 teams and involves tryouts and releases. Each team will keep the number of players that the coaching staff determines from tryouts.

Varsity is 9-12 grade

Junior Varsity is 9-12 grade

Sophomore is 9-10 grade ONLY

Freshman A & B is 9 grade ONLY

The Varsity team focuses on the skills and teamwork needed to win the south suburban conference and state title. Student/Athletes playing time on the varsity will be determined by which players give the team the best chance to be successful, practice and game experiences, and effectiveness of play from the student/athlete.

The Junior Varsity, Sophomore and Freshman teams will work on fundamentals and skill development. Playing time will be determined by practice and game experience with an emphasis on playing all student /athletes in the first half of the season. The second half will be determined by the above performances during practice and games.

Players Level Changes:

Moving student/Athletes up from freshman or sophomore to junior varsity or varsity or moving student/athlete down from varsity to junior varsity, sophomores or freshman may take place during the season. When this is happening within the season the coaching staff will talk with the student/athlete involved prior to making any level changes.

* Coaches reserve the right to make any changes to the above team information.

**Although it is our desire to play all players as much as we can. Making a team does not or will not guarantee playing time.

Spring Break:

Spring Break lands during our third week of the season. This is an issue, for the following week because we play games. It is important for coaches to get to know players, their positions, batting order or potential. Players need to be physically ready to start the season. If a player misses a practice during spring break it is a half a game per missed practice.

Missing practice or games

Missing practice or games, without prior notification to the coaching staff, will be treated the same as a missing school day on game days.

An unexcused absence from a game/practice will cost the student/athlete one game date during the season for first offense, and a meeting with a parent, student and coaching staff will take place. A second unexcused absence on a practice/game day will lead to removal from the team.

Grievance policy:

This policy was created as a guide for parents to resolve potential questions or concerns with the coaching staff. The coaching staff requests that you follow the steps in pursuing answers to your questions.

Step 1: Address with your student/athlete the questions and concerns that you have. They have attended all functions and might have the answer to your questions or concerns.

Step 2: Contact the Head Coach of your team.

Call or email the coach and leave a message. The coach will return your call or email in a timely fashion (24 hours) and discuss your questions or concerns. Our hope is that this conversation will answer your questions and allow us to hear your concerns.

Step 3: Meeting with the coaching staff and athletic director.

If a resolution has not been reached, then we will proceed to a meeting with the coaching staff and Athletic Director. This meeting should include all parties. The Athletic Director will facilitate this meeting. This meeting will be scheduled by the Athletic Director and take place in the Athletic Directors office.

The coaching staff request that you, as a parent, adhere to the following grievance guidelines.

*Please do not approach any coach at the field at any time. At the field we are focused on baseball and our responsibilities. We do not need to be ambushed with questions and concerns before, during or after the game or practice.

*Please do not try to contact any coach at home. With families of our own, time at home is dedicated to being a part of that family. Baseball conversations and issues should not interrupt this valuable time with our families.

*During any discussion the coaching staff, will not talk about lineups, game strategy, other players, or coaching decisions.

Thank you for your understanding!

Players Expectations:

There are high expectations placed on you as a teammate. There will be times when you cannot do YOUR OWN THING. The following items are in place to make you a better person and promote the image of OUR baseball program. If you cannot follow these policies, you will be disciplined or dismissed from the team.

Basic Rules:

Have Fun! It's a game and meant to be a game!

Do what is right, do your best and treat other with respect.

Be on time, The TEAM WILL NOT WAIT FOR YOU.

Practice hard at game speed.

The one thing you can control is your EFFORT.

Stay on top of your studies and class work. Strive to be the best academically.

Be properly dressed at all times at all activities. Games, practice, banquet and school.

Hustle on and off the field.

Support each other through the ups and downs.

Be open to change.

Roles are important.

Don't transfer blame or make excuses. Look at yourself and only yourself.

Show respect for all, if there is an issue we can talk after the game privately.

Playing time will never be discussed between coach and parent.

This is your job boys earn it!

Lead by example and set the standards high for future Prior Laker athletes to follow.

Do not do anything that will embarrass your family, program, coaches and your teammates or yourself.

Parent Expectations:

Insist on Excellent Academic Success.

Be positive with your son.

Encourage him to work and do his best.

Be loyal to the program and coaches.

Be positive with all players, coaches, and parents in the program (we are all in this together).

Support the staff in helping your son show respect show emotional control.

Have your son see coach if he has a problem.

Be a good fan in the stands.

In-Season Practice/Game Schedule:

All teams will practice from 3:30-5:30ish (Monday-Friday) at their locations.

Varsity/Junior Varsity- Memorial Park.

Sophomores-Ponds

Freshman-Ryan Park

There is a shuttle bus that takes the players to the fields after school. Parents will need to pick up at locations if your athlete does not drive. If there are weather related issues we will practice at Twin Oaks Middle School. If this is the case practice times will be announced.

Away Game Busing:

Buses are provided for all players to and from away games. Players are expected to ride the bus with their teammates to and from the away game location. The player's head coach must clear any exceptions. Players will demonstrate appropriate behavior while on the bus or they will be subject to discipline including, but not limited to suspension from games and/or practices.

PLAYER INJURIES:

All Baseball players should report injuries to the coaching staff immediately, regardless if the injury occurred during a game, practice, or outside of the baseball. Coaches must ensure that our players receive proper diagnosis as well as treatment for a quick and healthy recovery.

SECTION PLAYOFF ROSTER SELECTIONS:

The Varsity Head Coach will use his discretion as to who to bring up to the Varsity Team to participate in the section playoffs. The Head Coach will consider input from the entire coaching staff.

Rules and Policies of Prior Lake High School Student/Athlete

Student Eligibility

CHEMICAL USE & ABUSE (STUDENT) PROCEDURES

The following procedures are an extension and interpretation of ISD 719 School Board Policy 514.1.

Students participating in extracurricular and cocurricular activities are held to high standards and will demonstrate respectful and responsible behavior at all times. Prior Lake-Savage Area School District consequences for rule violation are greater than the Minnesota State High School League and therefore take precedence.

<https://sites.google.com/site/plcoacheshandbook/>

Penalties will be assessed for rule violation in extracurricular, cocurricular, and interscholastic activities.

Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including

look-alike drugs and drug paraphernalia. **STUDENTS SHALL NOT BE INVOLVED IN ANY ILLEGAL BEHAVIOR**

(chargeable offense whether charged or not which may be a violation of civil or criminal law), **GROSS MISCONDUCT**

(insubordination, threats, and/or persistent or flagrant violation of school policy),

OR RACIAL/RELIGIOUS/SEXUAL HARASSMENT/VIOLENCE/AND/OR HAZING.

First Violation

After confirmation of the first violation, the student shall lose eligibility for 25% of the number of consecutive interscholastic contests in the regular season schedule in which the student is a participant or 2 weeks, or 2 events, whichever is greater.

1. Parent/Student Conference held with appropriate school personnel.
2. Student will NOT be eligible for any school awards for the seasons which the consequence is served: MVP, Most Improved, etc...
Student will be eligible for Conference and State Awards.
3. For the duration of student's high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.
4. Student shall make arrangements with the coach regarding reinstatement on the team.

Second Violation

After confirmation of the second violation, the student shall lose eligibility for

50% of the number of consecutive interscholastic contests on the schedule in which the student is a participant or 3 weeks or 6 consecutive interscholastic contests, whichever is greater, if the student on his/her own volition enters and satisfactorily completes a treatment program from a certified chemical treatment facility. Written confirmation of participation and satisfactory completion of the treatment program from the director/certified counselor of that program is required.

1. Parent/Student Conference held with appropriate school personnel.
2. Student will not be eligible for any further school awards: MVP, Most Improved, etc.
3. For the duration of student's high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.
4. Student shall make arrangements with the coach regarding reinstatement to on the team.

Third and Subsequent Violations

After confirmation of the third of subsequent violations, the student shall lose eligibility for one calendar year. The penalty may be reduced to 4 weeks for 12 consecutive interscholastic contests, whichever is greater, if the student on his/her own volition enters and satisfactorily completes the treatment program and the following conditions are met:

1. The student is assessed as chemically dependent by a licensed chemical dependency counselor, prior to entering the treatment program.
2. The student voluntarily enters a treatment program approved by the chemical health coordinator and activities director.
3. The director of the treatment facility certifies in writing that the student has successfully completed the treatment program.
4. No sooner than 6 weeks after the student enters treatment can the student begin serving the reduced penalty of 4 weeks or 12 interscholastic contests, which is greater.

ISD 719 Chemical Violation Table

Sport	Weeks	Max Games	25% Penalty	50% Penalty
Baseball	13	20	5	10

Lettering Policy:

For a Student/Athlete to letter they must be on the Varsity or Junior Varsity Roster for more than 10 games, In the regular season.

***I have read and accepted the terms of the bylaws presented to us
and in the PLHS BASEBALL handbook-***

***** Please turn in this signed player/parent agreement into the
Prior Lake High School Athletic Office, for the baseball coaching staff.

Student Athlete's Printed Name

Student Athlete's Signature

Signature Date _____

Parent/Guardian Printed
Name _____

Parent/Guardian Signature

Signature

Date _____
