

*Benson
Braves
Baseball*

2017

Handbook



Season Goals:

1. We will have a winning record
2. We will receive a top 2 seed (Be the host on super saturday)
3. We will defeat each conference team at least once.
4. Team decides:
5. Team decides:

Absences:

1. YOU MUST NOTIFY YOUR COACH IF YOU ARE GOING TO BE GONE FOR ANY REASON.
 - a. Cell phones are a great way to contact your coach. If you do not have a cell phone, use your parents or contact the school. The school will be able to alert your coach on your absence.
2. All absences will be considered excused or unexcused by the coaching staff.
3. If you are in school, you WILL be at practice.
4. If you are sick and unable to come to school, do not come to practice. If you are injured and do not have an appointment, you should still come to watch. Unless special arrangements are made.
5. Please try to schedule appointments around practice times.
6. Unexcused absences will be handled in this matter:
 - a. 1st missed: Loss of playing time, amount determined by coaching staff
 - b. 2nd missed: No play in the next game
 - c. 3rd missed: Dismissal from team (as outlined in BHS Handbook)

Practice: If you are early you are on time, if you are on time you are late, if you are late don't show up at all.

1. ALL ATHLETES (9-12) will purchase the practice uniform. - Braves baseball grey sweatpants - Braves black long sleeve practice shirt - Baseball game hat. (7-8) will have the option to purchase the practice uniform. (If athlete is unable to afford the practice uniform, special arrangements will be made with athlete.)
2. No cleats will be worn inside. Mud and dirt will be displaced in the street away from walk way to the school.
3. There will be NO use of real baseballs in the auxiliary gym. The new floor does not take the impact of the real baseballs.
4. NO SUNFLOWER SEEDS inside the locker room or in the Auxiliary gym.
5. Practice the way you play.
 - a. We will have high intensity practices to prepare ourselves for high pressure situations.
 - b. Mental preparation is key to all sports. If you are not mentally prepared to practice or play you will not perform to your highest potential.

Equipment:

1. ALL Varsity players will be required to handle certain equipment for the week. (There is NO rank and order)
2. This is the equipment that you will be using for the whole year, treat it with the respect, as if it was your own personal item.
 - a. The coaching staff will determine if there is mistreatment of equipment, if it results in breaking of equipment, an action plan will be put in place to replace the item.

Competition levels:

1. Varsity: Grades 9-12
2. Junior Varsity: Grades 8-11

3. Junior High is each grade level unless needed to fill squad.
4. There is a maximum of 15 players that will dress for Varsity games.
5. There will be a player evaluation done by coaching staff at the beginning of the season to set the varsity and Junior Varsity roster.

Lettering:

1. Any athlete who dresses for (3) Varsity games will letter unless they have not been in accordance with the Benson Activities Handbook, and the Minnesota State High School League. Ex. drug and alcohol policy, etc.
2. Final Decisions will be made by Head Coach and Athletic Director.

Eligibility: STUDENT ATHLETE. You are a student before you are an athlete.

1. In order to be eligible to play an athlete must:
 - a. Complete all proper paperwork
 - b. Maintain a passing grade in all classes. (D- or higher, but hold yourself to a higher standard than a D-)
 - c. Follow all of the guidelines for the MSHSL
2. A player who is deemed ineligible will be required to attend all practices. If the Athlete does not follow the absences policy, further consequences will be put into order.
3. Reminder: Just because we get out of school early does not mean that you will miss assignments from 7th or 8th hour classes. Student Athlete is responsible for getting work from teachers.
4. We will conduct periodic study sessions instead of practices. If failing grades become an issue we will have more time after school to get work done as a team instead of practice.
5. Rule number 1

Game days:

HOME GAMES:

1. Every Athlete will get their own jersey, pants, and belt out of the equipment room. All equipment must be taken out (depending on equipment duties.)
2. No going uptown or home to get things. (unless approved by coach.)
3. The field gets dressed first.- Mound tarp off, dugouts presentable, rake any problem areas on the field.
4. Batting practice will begin when all players are at the field and the field is prepped properly.
5. Players will complete pick drills and fly ball drills while waiting for everything to be ready to hit.
6. After batting practice players will properly stretch and throw to prepare for the game.
7. We will take infield 30 minutes prior to game time.

AWAY GAMES:

1. Athletes will get to the locker room right at dismissal.
 - a. There will only be 10 minutes from dismissal time to bus departure.
2. All equipment must be placed on bus. (Equipment duties)
3. The goal is to be at the away field 45 minutes prior to game time.
4. Whiffle balls will be brought along for a chance to get some swings in before the game.
5. Food and stops after games will depend on the distance to the field and game/practice performance for the week. You earn the right to stop.
 - a. Be prepared FOR ALL GAMES with liquids and snacks in case we do not stop after the game.

Parent Meetings:

1. If an athlete has an issue associated with baseball, the following chain of command will be used to help solve the problem.
 - a. 1st - **Athlete** meets with the Head Coach/assistant coach.
 - b. 2nd - **Athlete** meets with Head Coach and Athletic Director.
 - c. 3rd - **Athlete** meets with Head Coach, Athletic Director and Parent.
2. Things that will **NOT** be discussed:
 - a. Playing time
 - b. Other players abilities
 - c. Game strategy

The coaching staff was hired by the school to control the athletes, strategy, skills, and sport specific issues. Please let them do their job.

Dates to Remember:

1. FIRST DAY OF PRACTICE: March 20th
2. FIRST GAME: (weather permitting) APRIL 4th KMS
3. Burger Feed: MAY 5th
4. Boys state basketball tournament Wed. March 22nd - Sat. March 25th
5. Section playoffs May 27th
6. STATE TOURNAMENT June 15th - 16th

Committed

- Dedication and loyalty to a cause, activity, or job.
Wholehearted dedication.
- You all have a job to do. If everyone does their own job positive results will happen.
- Commit to the process.
 - If the coaching staff asks for you to change part of your game, trust and believe that it is the right decision.
 - Some changes may not have results right away. Stick with the process
- Commit to your teammates.
 - Have your teammates back, pick up after them and look after each other
 - Support even in the tough times
- Commit to Practice.
 - Practice the way you play. If you develop bad habits in practice they will carry over to the game.
- Commit to the Game.
 - Play the game as it was intended to be played.
 - Understanding the mental part of baseball is crucial.
- Commit to having Fun.

