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EPHRATA MOUNTS BASEBALL PARENT/PLAYER HANDBOOK



The Ephrata Mounts Baseball Program is committed to effectively assisting player development by teaching skills and techniques related to the sport of baseball while promoting a team concept based on successfully competing at the high school level.

www.mountshardball.com

MOUNTS

Ephrata Mounts Baseball Parent/Player Handbook

Table of Contents (page)

Responsibilities of the Athlete (p. 3)
Rules Governing Baseball Tryouts (p. 3-4)
Parental Permission (p. 4)
Physical Exams (p. 4)
Insurance (p. 4)
Form Returns (p. 4)
Academic Eligibility Rules (p. 5-6)
Drug Policy for Extra-curricular/Co-curricular Activities (p. 6-8)
Home Schooled Students/Cyber Schooled Students (p. 9)
Obligations (p. 9)
Attendance/Participation on Event Dates (p. 9)
School Closings, Delays, and Dismissal due to Weather Conditions (p. 9)
Academics, College Requirements, Scholarships for the Student-Athlete (p. 10)
General Team Policies and Procedures for Players (p. 10-11)
Additional Rules of the Program (p. 11-12)
Conduct with Umpires, Opposing Players, and Coaches (p. 12)
Dugout and Travel Rules (p. 12-13)
Varsity/Junior Varsity Philosophy and Individual Playing Time Standards (p. 13-14)
Volunteers Coaches (p. 15)
Team Captains (p. 15)
Awards Policy (p. 15-16)
Team Web Site (p. 16)
Interscholastic Athletic Philosophy (p. 16)
<i>Appendix A – Player Evaluation Form (p. 17)</i>
<i>Appendix B – Our Coaching Philosophy (p. 18-20)</i>
<i>Appendix C – Positive Expectations for Parents (p. 21)</i>
<i>Appendix D – Parent/Player Handbook Agreement Form (p. 22)</i>

These rules apply specifically to the sport of baseball at Ephrata Senior High School and have been written in conjunction with the Ephrata Area School District's Student Activities Handbook.

RESPONSIBILITIES OF THE ATHLETE

1. Remember the team's goals, welfare and success must come before any individual.
2. Show respect for both authority and property.
3. Maintain academic eligibility and training rule standards.
4. Exemplify the ideals of sportsmanship, loyalty, ethical conduct, and fair play.
5. Strive to reach the highest level of athletic competence possible.
6. Understand the importance of striving to succeed.
7. Serve as a positive role model for other athletes, the student body, and the community at large.
8. Handle equipment and uniforms properly. And, returning the same or the cost of replacement at the conclusion of the season – **failure to do so will result in the following: No further participation until the obligation is satisfied.**
9. Report all injuries to the coaching staff.
10. File a claim with the school nurse following an injury - if school insurance is involved.

RULES GOVERNING BASEBALL TRYOUTS

1. **Squad Selection Guidelines** – The intent of the baseball program is to involve as many students as possible. Therefore, it is the philosophy of the coaching staff to provide baseball-related instruction to as many participants as determined manageable. Occasionally, however, reasons arise which make it necessary to reduce the number of athletes on the roster.

For all parties concerned, “cutting” student-athletes is a difficult thing. Therefore, the following guidelines will prevail to assist the coaching staff in the responsibility of selecting team members:

- a. If squad size reduction is anticipated, student-athletes will be immediately informed of this possibility and the specific length of the time try-outs will be conducted.
- b. Criteria to be considered as they relate to the game of baseball in determining the selection of the squad will be clearly conveyed to all assistant coaches and will follow the **Mounts Baseball Player Evaluation Form.** (See Appendix A for a sample Player Evaluation Form)
- c. Prior to the final squad selection, all coaches need to confer and give careful consideration to each student-athlete. If “cuts” are necessary, the Director of Student Activities will be informed in advance so he can notify the High School principal. Thereafter, the student-athletes need to be personally told that they have been “cut,” and

must be given the opportunity to review their Player Evaluation Form with the head coach. **(NOTE: *Students who are given permission to remain on the roster for developmental purposes need to be informed that playing time may be very limited and are bound to the same responsibilities as any other member of the team.***)

The Ephrata Area School District's athletic department believes that coaches are in the best position to determine which athletes will remain on the roster. Therefore, as long as the aforementioned guidelines are followed, the Administration will not become involved in decisions regarding who will be retained on an athletic team's roster.

PARENTAL PERMISSION

Student-athletes must receive their parents' or guardians' permission prior to receiving their physical exam or participating in any practice session. This is done by the parents or guardians signing the PIAA Parent Consent Card. *(PIAA Bylaws – Article IV, Section I)*

PHYSICAL EXAMS

The PIAA requires all candidates for athletic teams be examined by a licensed physician of medicine or osteopathic medicine, a certified nurse practitioner, or a physician assistant before participating in any practice sessions. Physical exams for sports must be administered no more than six weeks prior to the start of the season. A physician must complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation Form and that form must be signed by a parent/guardian. Examination must be obtained after June 1 of the participating year. Students who already have a certified physical form on file must complete a re-certification form issued from the athletic office by March 2nd.
(PIAA Bylaws – Article V, Section I)

INSURANCE

The Ephrata Area School District offers insurance to be purchased by parents or guardians through the school's student insurance program. This program is made available early in the school year, but can be purchased at any time during the year. *It is strongly recommended that families purchase the student insurance policy if their own family policies do not cover their sons' or daughters' sports activities.* Parents or guardians must sign the Sports Registration form indicating their knowledge and understanding that any expenses from injuries not covered by insurance must be paid by the athlete and/or parent or guardian.

FORM RETURNS

The PIAA card must be given to the coach prior to starting practice. The Sports Registration Form, Student Activities Handbook Contract, Emergency Card, and Parent/Player Handbook Agreement must be given to the coaching staff by the third day of practice.

ACADEMIC ELIGIBILITY RULES

A student-athlete involved in any extra curricular activity is **not eligible if they are not passing four subjects or are failing two subjects.**

- a. Students who do not meet the above criteria on a weekly basis are ineligible for competitions/performances the following Sunday through Sunday. Practices are permitted during this time.
- b. At the end of a marking period, students who did not pass four subjects or failed two (2) subjects are ineligible for participation in contests/performances for fifteen (15) school days beginning with the date report cards are issued. Practices are permitted during this time.
- c. Athletes who fail two or more subjects for the year are ineligible for fifteen (15) school days the following school year. Students may obtain eligibility status by successfully completing summer school. Practices are permitted during this time.
- d. If a student is ineligible, the student must stay after school with one of the classes they are failing to receive extra help from the teacher. At 3:15, the teacher will give the student a note so they can go to practice. **Failure to produce a note from the teacher will result in the student-athlete being ineligible to participate in practice that day.**
- e. Dropping a course with a "WF" grade counts as a failed course for each marking period the course is offered as well as a final grade.
- f. In all cases previously described, eligibility for a student who has been ruled to be ineligible is restored only at the end of the prescribed period of ineligibility and only if the student is no longer failing two major subjects. (*P.I.A.A. Bylaws – Article IX, Sections 1 & 3*)

Other factors determining **ineligibility** include:

- a. For senior high school sports – if attaining the age of **19** occurs **prior to July 1** preceding the school year in which the athlete wishes to participate.
(*P.I.A.A. Bylaws – Article I, Sections 1*)
- b. If the athlete loses amateur status in a particular sport, or if the athlete or an organization the athlete represents accepts cash awards or prizes that are the equivalent of cash awards as a direct result of the athlete's performance or participation in a particular sporting event.
(*P.I.A.A. Bylaws – Article II, Sections 2*)
- c. If the athlete transfers from one school to another, either in whole or in part for athletic purposes; or if the athlete was recruited by a coach or someone representing the coach or school to which the athlete transfers.
(*P.I.A.A. Bylaws – Article VI, Sections 10*)
- d. If the athlete is absent from school for **20** or more days during a semester. The athlete is ineligible for participation in any sports contests until the athlete has been in attendance for **60** days beyond the **20th** day of absence.
(*P.I.A.A. Bylaws – Article III, Sections 3*)
Note: Contact the Director of Student Activities for exceptions to this rule.

- e. If, while a member of a high school team, the athlete participates in an athletic contest as an individual or a member of another team **in the same sport during the same season** without securing a waiver through the athletic director and principal.
- f. If the athlete has reached the end of his 4th consecutive year (*8th consecutive semester or the equivalent*) beyond the 8th grade year, without regard to his period of attendance; participated in 6 seasons beyond the 6th grade or 4 seasons beyond the 8th grade in any sport OR completed the work of grades 9, 10, 11 and 12.
(*P.I.A.A. Bylaws – Article VII, Sections 1*)
- g. If the athlete participates in a high school all-star game prior to completing eligibility in that sport in high school.
(*P.I.A.A. Bylaws – Article VIII, Sections 4*)

DRUG POLICY FOR EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES

ALCOHOL/DRUGS

Ephrata Area School District Policy (Board Policies #222, #227) mandates that at no time will a student, while being a member of any school-sponsored activity, use, transport, or be in possession of alcoholic beverages, stimulant drugs, depressant drugs, narcotics, hallucinogens, or other illegal drugs in any form. Medication prescribed by a licensed doctor is exempt from this regulation and must remain in the Nurse's Office or Athletic Training room.

Student Assistance Program (SAP) (Board Policy #236) is a systematic process using effective and accountable professional techniques to mobilize school resources to remove the barriers to learning and, when the problem is beyond the scope of the school, to assist the parent/guardian and student with information so they may access services within the community.

Definition of Terms:

Alcohol or Alcoholic Beverage:

- a. All alcoholic and malt beverages as defined in the Act of April 12, 1951 (P.L. 90, No. 21), known as the Pennsylvania Liquor Code, as amended:
- b. Ethyl alcohol of any degree of proof originally produced by the distillation of any fermented liquid, including synthetic ethyl alcohol, but not ethyl alcohol, whether or not diluted, that has been denatured or otherwise rendered unfit for beverage purposes;
- c. Any alcoholic, spirituous, vinous, fermented, or other alcoholic beverage, or combination of liquors and mixed liquor a part of which is spirituous, vinous, fermented, or otherwise alcoholic, including all drinks or drinkable liquids, preparations or mixtures;
- d. Any beer, lager beer, ale, porter or similar fermented malt beverage containing one-half of one per centum or more alcohol by volume, by whatever name such beverage may be called.

Drug:

- a. Any controlled substance in Schedules 1 through V of Section 202 of the Controlled Substance Act (21 U.S.C. 812) or further defined by regulation at 21 CFR 1300.11 through 1300.15, including opiates (e.g., heroin, morphine, codeine, methadone), cocaine and “crack”, cannabinoids (e.g., marijuana, hashish), amphetamines, barbiturates, benzodiazepines, (e.g., Valium and Librium) and other narcotics and hallucinogens (e.g., phencyclidine (PCP), methaqualone (Quaalude) and peyote (LSD));
- b. Any substance which is misused for the purpose of affecting a person’s emotional, mental or physical facilities (e.g., aerosols, glue, solvents, etc.);
- c. Any prescription drug unless the drug (1) is in the possession of the school nurse or the student for whom the prescription was issued and (2) used in accordance with the physician’s prescription;
- d. Any over-the-counter medication unless possessed and used in accordance with the manufacturer’s recommendations;
- e. Anabolic steroids;
- f. Any substance which is represent as being, or which is thought to be by the person who possesses or uses or distributes the substance, a drug, e.g. “look-alike-drugs.”

The term “use” includes possession, use, sale, transfer or distribution of the substances and related paraphernalia mentioned above. It is also important to note that any possession, use, sale, transfer or distribution of any of these substances on school grounds or at a school sponsored activity will result in additional serious disciplinary consequences, as outlined in the student handbook.

Violation of this policy will result in the following disciplinary action:

For the purpose of this information, the term “verification” is defined as any of the following:

- Self-admitted involvement by the student
- Witnessed student involvement by a coach or any EASD staff member
- Parent admission of their student’s involvement
- Verified by an official police report given to the school district

First Offense:

- Suspension from all school extra-curricular/co-curricular activities for **60 calendar days** from the date of the infraction, required completion of SAP assessment through PA Counseling, and full compliance with assessor’s recommendations.
- Suspension may be reduced to **40 calendar days** upon proof of successful completion of the Student Assistance Program (SAP) or continued participation in an underage drinking and substance abuse program recommended by the SAP assessor.
- Mandatory meeting with student, parent(s)/guardian(s), coach/advisor, Athletic/Activities Director, and relevant others to be invited prior to be reinstated on to any team or activity.
- If the school year concludes before the (60) day suspension has been completed, the suspension will continue at the beginning of the next school year or commencement of the school’s activities for the next school year.

Second Offense:

- Exclusion/suspension from all school extra-curricular and/or co-curricular activities for the next **365 calendar days**.
- Referral to the SAP team for drug/alcohol assessment and follow-up. Acceptance and fulfillment of the SAP team's recommendations and the approval of the Administration are required for the student to be reinstated.

Third Offense:

- Permanent suspension from extra-curricular/co-curricular activities.

Out-of-Season/Summer/New Student Infraction:

- Suspension from all school extra-curricular/co-curricular activities for 60 calendar days from the date of the infraction or first day of school if the infraction occurs during the summer; required completion of SAP assessment through PA Counseling, and full compliance with assessor's recommendations.
- Mandatory meeting with student, parent(s)/guardian(s), coach/advisor, Athletic/Activities Director, and relevant others to be invited prior to be reinstated on to any team or activity.
- If the school year concludes before the (60) day suspension has been completed, the suspension will continue at the beginning of the next school year or commencement of the school's activities for the next school year.

ANABOLIC STEROIDS EXCEPTION:

Pennsylvania Law Act 93 requires the following minimum penalties regarding Anabolic Steroids:

First Violation: Suspension for the remainder of the season.

Second Violation: Suspension for the remainder of the season AND next season.

Third Violation: Permanent suspension from school athletics.

- Additionally, the Ephrata Area School District has determined that in order to resume participation, a medical determination must be made that no residual evidence of steroids exists.
- The Board may require counseling, rehabilitation, testing, or other programs as a condition for reinstatement into a school athletic program. Only valid medical purposes exempt a student-athlete from the previous penalties.

TOBACCO REGULATION (School Board Policy #222):

If a student participating in any extra-curricular/co-curricular is found using tobacco products such as cigarettes, snuff, or other tobacco products will result in the following regulations:

First Violation:

- Suspension for **10 calendar days** and required completion of 4 tobacco education lessons.

Second Violation:

- Suspension for remainder of season AND **20 calendar days** of the next season as well as required completion of 4 tobacco education lessons.

Third Violation:

- Suspension from all activities for remainder of the school year.

Note: For all Alcohol, Drug, and Tobacco violations permission for the student to participate in practice during the suspension will be at the discretion of the administration.

HOME SCHOOLED STUDENTS/CYBER SCHOOLED STUDENTS

All home schooled students must complete an eligibility form weekly. This form must be turned into the Activities Office every Friday by 9:00 a.m. **If the form is not received, the student will be ineligible from Sunday to the following Sunday.** All parents of non-traditional schooling must have a meeting with the Athletic Director prior to being eligible to participate in a practice or game. The Athletic Director will contact the head coach after the meeting occurs.

OBLIGATIONS

Students must be completely cleared of all athletic and school related obligations before starting or resuming participation in an extracurricular/co-curricular event. **This includes practice.**

ATTENDANCE/PARTICIPATION ON EVENT DATES

Any student involved in athletics that arrives to school **after 8:00 am** will not be allowed to participate in that days scheduled event (game or practice) unless verified by a legal or medical excuse. Students absent from school because of illness will not be allowed to participate. Students who have a nurse's or doctor's excuse from physical education activities may not participate in practices or contests for the duration of the excuse. Also, students sent home from school early by the school nurse are not allowed to participate.

SCHOOL SUSPENSION/DETENTION/PARTICIPATION

Behavior unbecoming an athlete could result in the administration revoking the privilege of a student to participate in an athletic event. An athlete who is in detention may participate in practice or a game after serving the detention. If the student is assigned in or out of school suspension, he/she is ineligible to participate in a practice or game during the days of suspension.

PRACTICES/EVENTS FOR SCHOOL CLOSINGS, DELAYS, & DISMISSALS DUE TO WEATHER CONDITIONS

When school is dismissed early due to conditions threatening the health and safety of the students, no practices will be held and all scheduled events will be postponed. However, on days when school has been canceled, practices may be conducted only upon approval from the Director of Student Activities. If approval is granted, it is understood that **attendance is not compulsory and students who are unable to get to the practice will not be penalized for their absence.**

ACADEMICS, COLLEGE REQUIREMENTS, SCHOLARSHIPS FOR STUDENT-ATHLETES

Student-athletes planning to attend college should discuss, ***both with their Guidance Counselor and their Coach***, attending a college that fits their academic needs as well as one that is suited to the level of competition that offers the athlete the best chance to participate. Recent NCAA academic regulations regarding an athlete's eligibility to participate in college can have a direct bearing on the school subjects that are selected if an athlete is hoping to receive an athletic scholarship. Athletes planning to participate in college Division I or II should complete the NCAA form in the fall semester of their senior year. ***Forms are now obtained "online" at www.ncaaclearinghouse.net.***

GENERAL TEAM POLICIES AND PROCEDURES FOR PLAYERS

1. Athletes should leave all valuables at home or with coaches.
Note: The school is not responsible for damage or loss of students' personal possessions.
2. Athletes playing both Ephrata Area School District and Club Teams are required to give EASD games priority. Practices and games in the scholastic program come first! Any student who is participating or practicing in a sport in season may not compete in tournaments, all-star games, or related activities in another sport in which the season has already been completed, unless agreed upon by the respective coaches. A sport in season shall be defined as one currently being practiced or played.
3. Athletes who quit one sport may not try out for another sports team during that same season without the mutual consent of both coaches.

The following policies and procedures have been set by the Baseball coaching staff and have been modified or are not found in the Student Activities Handbook. The Director of Student Activities has approved all policies and procedures and any infraction of these policies will result in an immediate review with the coaching staff and possible referral to the school's administration.

CONSEQUENCES FOR A TEAM POLICY/PROCEDURE INFRACTION

1st Violation – Review with the Coach, followed by a warning.

2nd Violation – Review with the Coach, followed by running at the coach's discretion.

3rd Violation – Review with the Coach, followed by increased running at the coach's discretion and a referral to the Director of Student Activities.

4th Violation – Review with the Coach, followed by a scheduled meeting with the player's parent(s) or guardian(s) to determine a suitable consequence.

Any infraction of a civil/criminal law by a player (including stealing or vandalizing at an away contest) will result in an immediate review with the Head Coach, followed by a scheduled meeting with the player's parent(s) or guardian(s) to determine a suitable consequence.

PRACTICE, GAME, & TEAM MEETING ATTENDANCE

Medical absences from school, family emergencies, and academics are the only acceptable excuses for missing a practice, game, or team meeting. In cases in which no prior notification was given, exceptions will be made only after a thorough review by the coaching staff.

An unexcused absence from a practice, game, or team meeting will result in an immediate one-game suspension. To be sure that an absence is considered excused, notify the coach in advance.

(NOTE: In special circumstances, exceptions for a player being excused from participation in a practice(s), game(s), and/or team meeting(s) may be made by the coaching staff upon mutual agreement by both the player and parent/guardian and the Head Coach prior to the beginning of the season.)

HOURS

Players are encouraged to be home by 11:00 p.m. on evenings prior to a practice or game.

APPEARANCE

No earrings, necklaces, or visible tattoos are to be worn or seen while participating in a scheduled practice or game. Due to safety concerns, hair length shall be kept at the coaching staff's discretion.

FLAGRANT VERBAL ABUSE

Flagrant verbal abuse -- including profanity -- towards officials, opponents, or anyone else will not be tolerated.

ADDITIONAL RULES OF THE PROGRAM

1. Behavior in and out of school is to be of the highest quality. This includes attitude and actions toward parents, teachers, teammates, classmates, and other school organizations. Improper behavior will lead to a review with the player, parent(s), and coach.
2. Work hard on academics. Do your best! If you need help, please see a coach and talk to your teachers.
3. On the diamond be tough and aggressive, but keep your mouth shut (except for positive team chatter) and your actions under control. Play with class; never lose your poise regardless the circumstances.
4. Players are responsible for maintaining and caring for all equipment issued to them by the school and the booster club through the coach. **Lost or damaged equipment becomes the financial responsibility of the player.**
5. *On the field, hustle!* There is no excuse for walking on and off the field.
6. Black cleats, purple socks, and purple undershirts are required. Players are also prohibited from wearing excessive wristbands. Any exception to this rule should be discussed with the coach.

7. Athletic equipment issued by the Ephrata Area School District may not be worn outside of practice or games without permission of the head coach.

CONDUCT WITH UMPIRES, OPPOSING PLAYERS, AND COACHES

UMPIRES

All baseball games are controlled by umpires that are trained and paid to do a job. These men are human and they make mistakes; however, none of these mistakes are intentional. If for any reason you must address an umpire, you should do so in a courteous manner by saying Sir, Mister, or Mister Umpire. Courtesy and sportsmanship are signs of a "Champion."

OPPOSING PLAYERS AND COACHES

Your opponents are worthy of your best efforts as a baseball player. Be as tough and as hard as possible, but always be a "clean" player. There is never a reason to get in a personal battle with an opposing player. Coaches are trained faculty members as is your coaching staff. These men deserve your utmost respect. Always address them as Coach. Many of these men may also be helpful to you in the future.

DUGOUT AND TRAVEL RULES

How a baseball team appears and behaves leaves a lasting impression on the schools you visit and the people you meet. To make a good impression and to avoid problems, we will adhere to the following rules:

1. Be sure you have all your equipment. Check each item as you pack it, and then go over it again.
2. Never leave trash or equipment behind and never take anything back with you that you did not bring along.
3. Show some maturity on the bus. Misbehavior will result in a review with the coach.
4. Dress neatly. Be in complete uniform when you get off of the bus (shirt tails tucked in, socks on, etc.) Warm-up suits may be worn over top of the uniform. The only items you should have to put on are your cleats.
5. Athletes are expected to travel to and from all contests by the means of transportation provided by the school.

Exceptions:

To an event: Students may not use private transportation to events unless the Principal and Athletic Director grant approval.

From an event: If a student-athlete chooses to leave an event in the accompaniment of a parent/guardian, a written request must be submitted to the coaching staff prior to departure from the event.

6. If food and drink are brought onto the bus, make sure they stay there and that all garbage is placed in the proper receptacle. Failure to do so will result in loss of this privilege.

EQUIPMENT, UNIFORMS, AND EQUIPMENT COLLECTION

Student-athletes are responsible for the equipment they are assigned during the season.

- If any or all of their team-issued equipment or uniform is lost, stolen or damaged, this must be reported immediately to the head coach.
- All equipment must be handed in at the end of the season to the head coach, or a coach in charge of uniform collection. The Athletic Office is not a “drop site” for uniforms. Any damage or lost equipment is the financial responsibility of the student-athlete to replace.
- Student-athletes will not receive equipment from a new sport if they owe equipment or money to another sport.

VARSITY/JUNIOR VARSITY PHILOSOPHY AND INDIVIDUAL PLAYING TIME STANDARDS

Varsity Philosophy

Baseball is a team sport that relies on the combined ability of individuals working together to achieve a common goal. The unified goal at the varsity level is to successfully compete. Therefore, it is the priority of the coaching staff to base playing time decisions on what is determined to be best for the overall achievement of the team versus individual achievement. *The Ephrata Mounts baseball program stands firm behind the belief that decisions regarding participation in varsity games be reserved for players who can effectively contribute the most toward achieving the team goal.*

Selection for roster participation at the varsity level is based on the coaching staff's evaluation of a player's ability to exhibit the skills judged necessary to adequately compete at that level of competition.

Junior Varsity Philosophy

Participation in games at the junior varsity level of competition is designed to accommodate overall team achievement with consideration given for promoting the development of individual players' skills in preparation for the varsity level. While successfully competing as a junior varsity team is emphasized, it is of equal importance to provide players with opportunities to enhance their individual skill-development. The coaching staff, however, reserves the right to limit playing time opportunities for those players requiring necessary skill-development in order to adequately compete at the junior varsity level.

Standards for Awarding Individual Playing Time

The Ephrata Mounts baseball coaching staff has developed, and routinely applies, five (5) standards to their decision-making process for awarding playing time to an individual participant at both the varsity and junior varsity levels of competition. The following standards form the basis for the coaching staff's decision-making process and are listed in no particular order. These standards can be used singularly or in conjunction with one another:

- **Individual Ability** – A player’s individual ability as it relates to the baseball-specific skills highlighted on the **Mounts Baseball Player Evaluation Form**. (See Appendix A for a sample Player Evaluation Form)
- **Professional Judgment** – The ability of the coaching staff to make reasonable decisions on awarding individual playing time based on coaching experience and thorough observation. In the event that two or more players competing for the same position have exhibited equable comparisons in a majority of the applicable standards, it then becomes the head coach’s responsibility to interview the opinions of the coaching staff prior to awarding playing time.
- **Off-Season Preparation** – The coaching staff defines off-season preparation as a player’s physical and mental readiness for the upcoming season through acknowledged training practices on an individual basis, through a school-supervised winter sports program, or through the team’s voluntary off-season conditioning programs.
- **Game Performance** – A player’s performance during game time to competently assume the role or position most beneficial to the team as assigned to him by the coaching staff, and his ability to exhibit the skills judged necessary to effectively compete at his designated level of play.
- **Practice Performance** – A player’s performance during practice time to competently assume the role or position assigned to him by the coaching staff, and his ability to consistently exhibit the skills judged necessary to compete at his designated level of play.

The final standard, “Practice Performance”, provides the coaching staff with the most evidence to effectively base decisions on awarding individual playing time due to the coaching staff’s ability to create and facilitate equable opportunities for comparable observation between players. Instructional drills, game simulation, and intrasquad competition are the most commonly used practice methods for comparable observation.

Any player, or parent of a player, wishing to discuss team philosophy and/or the standards for awarding individual playing time should schedule appropriate mutual arrangements with the coach or coaches. Players may ask to talk to a coach or coaches privately after a practice or a game, while parents are encouraged to submit a written note to arrange an appointment or can contact the coaching staff via email. Personal phone calls and/or unannounced “drop-in” meetings during a practice, game, or at a coach’s home are strictly prohibited.

In the event of any concerns, unrelated to team philosophy and/or playing time, by the participant or his parents, the Head Coach should be contacted first, followed by the Director of Student Activities, and then, if necessary, the principal.

The Ephrata Area School District’s athletic department and baseball coaching staff believes that through the use of the aforementioned standards for awarding playing time to an individual participant, the head coaches of the varsity and junior varsity teams are in the best position to make the final evaluation for game time participation. Therefore, as long as the aforementioned standards are applied, the Administration will not become involved in decisions regarding individual playing time.

VOLUNTEER COACHES

Volunteer coaches are a vital part of our baseball program. In order to more effectively assist player development in our program, we feel it is necessary to increase the coach/player ratio to give each player the quality coaching he deserves. Consequently, volunteer coaches will be a part of the coaching staff and will have many of the same responsibilities that a paid coach would have. These coaches have been acknowledged and approved by both the Head Coach and the Director of Student Activities and have fulfilled the requirements of the Ephrata Area School District to work with student-athletes by completing a Criminal Background and Child Abuse Check.

TEAM CAPTAINS

The Ephrata Mounts baseball coaching staff stands firm behind the belief that developing leadership is an essential role of our program. Therefore, the coaching staff encourages all players to display qualities of a leader. The staff also believes that certain individuals who demonstrate an extraordinary level of leadership are capable of, and deserve the opportunity, upon their acceptance, to fulfill the defined duties of a team captain.

(Note: Age, grade, years of varsity experience and ability are not recognized as factors used in determining the staff's selection of team captains.)

The coaching staff defines the responsibilities of a team captain as:

- **Being a role model** – hardworking, committed, dedicated, humble, leader by example, positive attitude, shows respect for coaches, teachers, adults, teammates, umpires and opponents.
- **Exhibiting good citizenship** – dependable, loyal, trustworthy, unselfish, has a great deal of pride in the team, school and community.
- **Committed to being alcohol and drug free** – shows social confidence.
- **Having a strong self image** – mature, motivated, and good communication skills.
- **Exhibiting good school behavior** – acceptable academic progress.
- **Having a willingness to follow team rules and act as a liaison between teammates, coaches and athletic director.**

AWARDS POLICY

The Ephrata Mounts Baseball Program has established the following criteria for granting individuals awards given by the Ephrata Area School District:

Certificate of Participation – awarded each time a student-athlete participates.

Certificate of Outstanding Athletic Achievement – awarded to student-athletes earning *First Team All-Star recognition or a First Place Award in post season.*

Varsity Letter Award – awarded to players who contribute to the varsity program's success, either through direct participation in competition or through a role that adds to the overall achievement of the team. The varsity letter is only awarded once.

Metal Sport Insert – awarded each time a student meets the criteria for earning a varsity letter after he has already earned one.

Senior Sports Plaque – awarded at the end of the senior year to only members of the senior class who won **3 or more** varsity letters while at Ephrata Senior High School. The plaque lists all of the sports activities in which varsity letters were earned.

Tri-Athlete Award – awarded to athletes who participate in 3 sports during their senior year.

TEAM WEB SITE

The Ephrata Mounts Baseball Program operates an independent web site (www.mountshardball.com) that features personal player information and individual photographs of players. If you **do not consent** to having this personal player information (height, weight, statistics, etc.) and/or photographs posted on the world-wide web, please inform the coaching staff of this request, otherwise, it will be assumed that we have permission to make such information accessible.

INTERSCHOLASTIC ATHLETIC PHILOSOPHY

The baseball program at Ephrata shares in the Ephrata Area School District's philosophy that the opportunity for participation in a wide variety of interscholastic athletic activities is an integral part of a student's educational experiences. Such participation is a privilege that carries along with it responsibilities. The aim of this participation is the acquisition of a wholesome attitude toward a cooperative effort, an appreciation for the benefits of hard work and discipline, and a respect for the values of competition and good sportsmanship.

If you are in need of contacting the Head Coach with a question, comment, or concern, feel free to send an e-mail to admin@mountshardball.com.

MOUNTS

2010 PLAYER EVALUATION FORM

Name _____ Age _____ Grade _____
 Ht. _____ Wt. _____ Bats L R B Throws L R GPA _____
 Primary Pos. _____ Sec. Pos. _____ 60 Time _____ / _____

Evaluation Scale

	Poor	N.I.	Avg.	Good	Exc.	Comments
Pitchers						
Mechanics	1	2	3	4	5	
Fastball Velocity	1	2	3	4	5	
Off-Speed	1	2	3	4	5	
Control	1	2	3	4	5	
Catchers						
Receiving Mechanics	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Blocking Technique	1	2	3	4	5	
Infielders						
Fielding Technique	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Range	1	2	3	4	5	
Outfielders						
Fielding Technique	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Range	1	2	3	4	5	
Hitting						
Swing Mechanics	1	2	3	4	5	
Bat Speed	1	2	3	4	5	
Zone Awareness	1	2	3	4	5	
Bunting Skills	1	2	3	4	5	
Intangibles						
Athleticism/Versatility	1	2	3	4	5	
Attitude/Team-focused *	1	2	3	4	5	
Hustle/On-field Effort	1	2	3	4	5	
"Coachability" *	1	2	3	4	5	
Speed	1	2	3	4	5	
Physical Conditioning	1	2	3	4	5	

(*) – For Returning Players Only

Evaluating Coach's Signature _____ Date _____



OUR COACHING PHILOSOPHY

The following section contains segments of our coaching manual and provides some insight into the beliefs that the coaching staff adheres to in effectively assisting in player development for each of the baseball players at Ephrata Senior High School. The foundation of our coaching philosophy is based on the primary belief that winning is secondary and that teamwork, enthusiasm, quality instruction, and leadership serve as the core components for establishing a successful baseball program.

Our coaches are expected to:

Be passionate about providing quality instruction.

Teach the lesson before expecting results. Believe that winning is a by-product of the instruction you provide.

Encourage winning by always striving to be the best.

Always use losing as an opportunity to promote improvement and sportsmanship.

Believe in yourself. Confidence leads to execution.

Be a positive role model at all times.

Develop a plan and stick with it. Have flexibility within your system for constant improvement, but stick with what you believe. Consistency facilitates clear expectations.

Discipline, pride, and unselfishness contribute to team and staff morale. In times of judgment, always consider choosing what is best for the team.

Build self-esteem and self-confidence through positive communication. Encouragement promotes perseverance. Always find a positive in every situation.

Stay open-minded by always seeking a better way of doing things.

“In the end, it won’t be the games or the trophies you’ve won that you most remember. It will be the players you’ve coached. And they will remember you and what you’ve taught them. Championships don’t transcend time. Legacies do.”

Adrian Shelley

WHAT CONSTITUTES A GOOD COACH

Acknowledging that the most important characteristic of a successful coach is his or her ability to teach. Games are not won by what the coach knows, they are won by what the players have learned.

Instructing by knowing and showing the how to’s and the why’s. Possessing thorough knowledge of fundamental techniques. “Just do it!” doesn’t apply if they don’t know how to apply it.

Being prepared – at meetings, practices, and games.

Constantly seeking new knowledge and better instructional practices.

Having a positive attitude.

Being an endless worker willing to devote time to all phases of the program.

Having a winning attitude and modeling the desire to succeed through dedication and hard work.

Paying attention to details. Persistence and perseverance to the finer details increases a team's self-awareness to analyze their own need for constant improvement.

Assuming responsibility for the development of an overall plan for team achievement and for creatively solving problems that deter its progress.

Being loyal, honest, and dedicated to the head coach, his fellow coaches and the organization, the players, and the parents.

Injecting energy and inspiring motivation through constant enthusiasm.

Demanding good work habits and discipline.

Being self-disciplined. The following will not be tolerated:

Drinking or smoking during a practice or game; Drinking with players or promoting the use and abuse of alcoholic beverages, tobacco or drugs; Using drugs; Receiving a citation for Driving Under the Influence of alcohol or drugs; Dating a student; Conversing about sex or in a sexual manner; Cheating or encouraging breaking established rules for competitive play; Abusive or profane language or behavior directed toward any player, coach, or official; Conversing about or encouraging gambling; Abusing expense accounts, telephones, or internet accounts; Sexual harassment.

EVALUATING PLAYERS

Be consistent, thorough and fair.

Evaluate technique, effort and execution separately; give priority to production.

Allow adequate time for the evaluation process; avoid making spontaneous decisions during times of evaluation.

Share evaluation and comments with players.

Move players up and down the depth chart based on daily performance.

When in doubt, play the player who loves competition and who takes great pride in his performance.

HOW WE COACH

Practice winning every day; demand the best from each player on and off the field.

Keep your poise on and off the field.

Be responsible for your player's progress. If one player is performing poorly, re-evaluate him. If your players are playing poorly, re-evaluate yourself.

Be clear on what is important to winning the game at hand. Clearly state the objectives necessary for the team's success. Each game's objectives may be different, depending on the strengths and weaknesses of the team and the opponent.

Practice simplicity regarding the technical aspects of the game.

Encourage the players to be self-confident, to walk with a swagger.

Never verbally attack your players, physically assault them, or use profanity directed toward them.

Never encourage a hurt player to participate in practice; defer that decision to the team trainer.

Minimize distractions.

Play as many players as possible without compromising the team's success.

We control our own destiny. We are responsible for our performance and our performance only. Therefore, we must build better men and better coaches than our opponents; focusing too much on what the opponent or the umpires are doing becomes wasted energy.

"A positive anything is better than a negative nothing."

Adrian Shelley

HOW WE WIN

Have a burning desire to win.

Make each practice as intense as possible. Make players comfortable with pressure by familiarizing them to it in practice.

Maintain your poise after a bad break. Be strong enough to change momentum.

Be excellent fundamentally:

Pitching, Catching, Fielding, Hitting, Throwing, Baserunning.

Know our assignments. Eliminate mental mistakes.

Be in top-notch physical and mental condition. Have superior mental toughness.

Establish a relentless offensive attack through aggressive hitting and baserunning.

On defense, throw strikes and allow the fielders to make plays. Make every effort to get the lead out.

Play guys who get results. Potential means "ain't done it yet."

"Hustle – from the first pitch to the last out."

Adrian Shelley

Positive Expectations for Parents

for helping to build a successful baseball program

Support your son and attend as many contests as possible.

Avoid putting pressure on your son to start, get a hit, or be the star of the team.

Support the coaching staff and the organization in public around other parents and fans. Avoid constant and chronic complaining.

Avoid speaking negatively about the coaching staff in front of your son. It may create a major barrier in his hope for improvement in the sport.

Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school and life, and participation in athletics is a privilege and not a right.

Serve as good role models for the community, athletes, and other fans.

Contribute as members of the support group (booster club). This means volunteering to help with projects and committees.

Appreciate the educational opportunity that your son is receiving in our baseball program. This includes the enormous time and effort provided by the coaching staff.

Attend the pre-season parents' meeting and read our *Parent/Player Handbook*.

Serve as beacons of good sportsmanship and fair play.

Show respect to everyone involved in the organization and in athletic competition – the coaching staff, athletes, fans, officials, and administrators.

Follow the chain of command in the *Parent/Player Handbook* when you have a concern.

Express concerns and questions in a courteous and civil manner and do it at an appropriate time and in the proper setting.

Abide by all procedures and regulations for our baseball program.

Understand that the goals of the team and the organization are more important than the hopes and dreams you may have for your son.



PARENT/PLAYER HANDBOOK AGREEMENT FORM

This handbook is designed to familiarize the parents and players with the primary policies and procedures used within the baseball program at Ephrata Senior High School. Our goal is to develop an efficient and effective program in which all of us can be proud. Therefore, it is imperative that we fully cooperate individually and collectively in following all of the guidelines listed. This handbook has been developed only for the baseball program and should not be referred to for other interscholastic athletic programs in the Ephrata Area School District. If you have any questions please feel free to contact the Head Coach or call the Director of Student Activities.

(Please complete the form below and return by the completion of the third practice date)



PARENT/PLAYER HANDBOOK AGREEMENT

I acknowledge that I have read, or had read to me, the Parent/Player Handbook and understand the guidelines and information provided and agree to follow the rules of Ephrata High School and the coaching staff with the understanding that the Coach has the authority to exercise disciplinary measures against team members found to be in violation of any of the aforesaid rules and regulations.

I also acknowledge that I have read, or had read to me, the terms regarding playing time and understand how coaching staff decisions involving the amount of playing time a participant earns are deduced.

Parent's Signature

2nd Parent's Signature (Optional)

Date

Student-Athlete's Name

Student-Athlete's Signature

Date

