

NORFOLK BASEBALL ACADEMY

# TEAM GUIDE



established  
2010

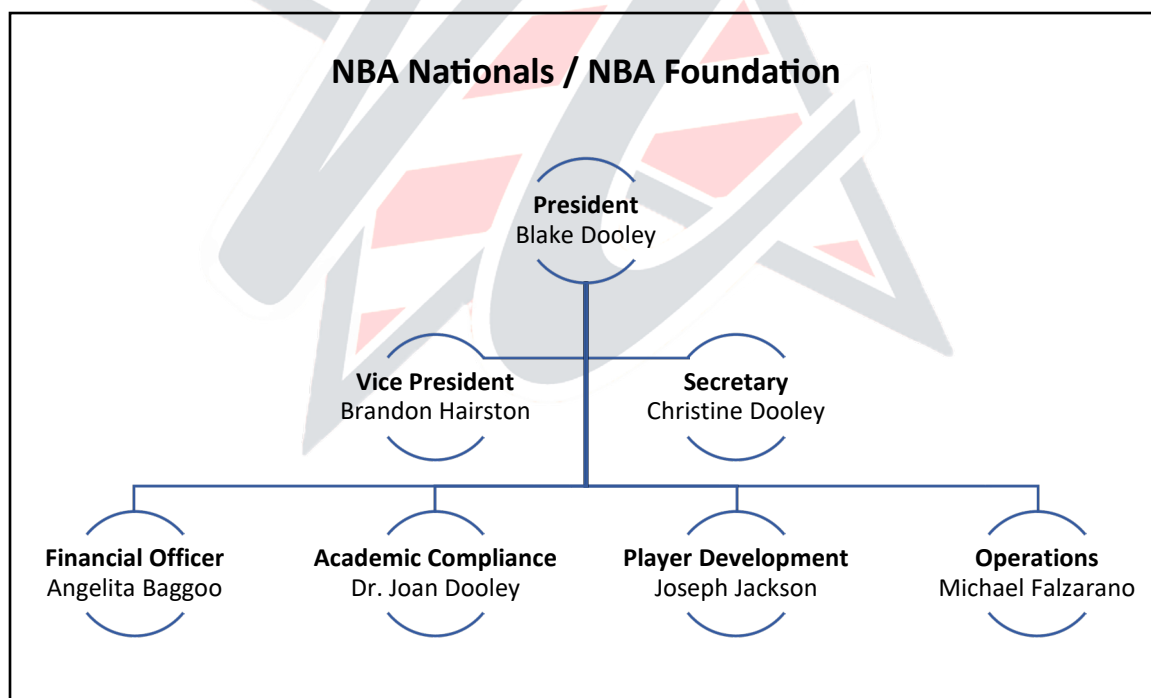
## NBA NATIONALS

### 1. Purpose Statement

Norfolk Baseball Academy created the Nationals program to provide a higher level of competition for talented and motivated players in and around the Hampton Roads area. Teams will compete to win games, but winning will never become more important than development. Norfolk Baseball Academy's staff will challenge its players to overcome mistakes, move forward and work towards excellence, not perfection. Player development will be the guide and standard for our program.

### 2. Mission Statement

Adopted 2010. *Through the game of baseball, we will develop the characteristics of good sportsmanship, loyalty, courage, respect, and commitment not only as athletes but as young men. We will broaden the experiences and position players in an arena that will provide potential opportunities to advance in the sport of baseball. We will promote and foster relationships with volunteer organizations. We will prepare young men for success in any endeavor and will prepare them to be positive influences in their families and communities. We will provide a complete opportunity for personal growth both on and off the field.*



## TEAMS

### 1. **Developmental**

Evaluations will be used to form teams as evenly as possible. Our developmental program will be focused on improving the fundamentals of baseball through repetition and skill development. Players will have the ability to learn and play multiple positions. Playing time **WILL NOT** be equal.

### 2. **Competitive**

Evaluations will be used to form these teams and when applicable, split rosters (A/B). The primary goal will be development of baseball skills; however, players at this level will begin to develop complex game strategy, situation training, and compete at a higher level. Playing time **WILL NOT** be equal and players will be limited to a few positions on the field. Teams will not roster bat and will follow all standard baseball rules for competitive play. Attitude, ability, commitment, and development will play a larger role in determining playing time at this level.

### 3. **Showcase**

Evaluations will be used to form these teams and players can be selected by invite. Our rosters will consist of high school players that want to transition to college baseball. The goal of our showcase program is to provide opportunities for each player to demonstrate their skills and abilities to college coaches and recruiters. Playing time will be determined by ability, potential, the event, and those in attendance.

## TRYOUT / EVALUATION

### 1. **Attendance**

The Nationals are a tryout-based program, and teams will be formed based on performance. Norfolk Baseball Academy reserves the right to consider additional information and/or to schedule additional tryout sessions to accommodate unique circumstances.

### 2. **Evaluation**

Evaluations will also be used as a developmental tool. For instance, how a player performs under pressure and in front of an audience. At each level of baseball, a player will be required to “tryout”.

## AGE DETERMINATION

### 1. Travel Teams

A player's age, "born on or after May 1<sup>st</sup>", determines his eligibility to participate.

### 2. Showcase Teams

Norfolk Baseball Academy will decide if a player plays his age group or his graduating class. There are several factors that will aide this decision, to include, development, ability, team needs/requirements, and the scheduled event. Players may be moved up/down throughout a season.

## TEAM SPECIFIC RULES

### 1. Developmental & Competitive Teams

We encourage participation in other sports and programs. Norfolk Baseball Academy will try and coordinate schedules so that players do not have to choose between a specific sport or program.

- a. In-season practices will be held twice per week (1.5-hour practice).
- b. Practice commitment is required for game participation.
- c. A coach determines playing time based off ability and may choose to reduce a player's playing time based on practice participation.
- d. School affiliated programs are the only programs that will take priority over the Nationals program.
  1. Players are expected to participate whenever there is not an overlap in time and/or training.
- e. Norfolk Baseball Academy may adjust practice schedules and times.

### 2. Showcase Teams

There will not be a mandatory practice schedule. At this level, your time and commitment should be on your High School team.

- a. Training sessions and/or workouts will be available.
  1. Attendance is optional.
- b. Players will be responsible for their individual development.
  2. Norfolk Baseball Academy will assist with a development plan.
- c. Players will communicate with Norfolk Baseball Academy regarding all player development plans specific to their school program.
- d. Players are expected to maintain a high level of play throughout the school ball season. **NO HIGH SCHOOL BASEBALL = NO SHOWCASE BASEBALL.**

## TEAM SCHEDULING

### 1. Training Schedule

| TEAM          | FALL      | WINTER    | SPRING     | SUMMER     |
|---------------|-----------|-----------|------------|------------|
| Developmental | Sep – Nov | Jan & Feb | Mar - June | Off        |
| Competitive   | Sep – Nov | Jan & Feb | Mar – June | Off        |
| Showcase      | Sep – Nov | Optional  | Off        | June - Aug |

- a. Training will be at an outdoor field when permissible, otherwise training will be held at Norfolk Baseball Academy.

### 2. Game Schedule

| TEAM          | FALL                | WINTER | SPRING              | SUMMER     |
|---------------|---------------------|--------|---------------------|------------|
| Developmental | Mid Sep – Early Nov | Off    | Late Mar – Mid June | Off        |
| Competitive   | Mid Sep – Early Nov | Off    | Late Mar – Mid June | Off        |
| Showcase      | Mid Sep – Early Nov | Off    | Off                 | June - Aug |

- a. Games will be scheduled based on team needs.
- b. The schedule will be a mix of mid-week games, double headers, tournaments, and showcases.
- c. There is not a specific “target” number of games/events.

## TRAVEL

1. Our program does require a significant amount of travel. It is the responsibility of the player to arrive and depart from training and games, on time. There is a difference between “start time” and “showtime”. When a practice starts is not when a player should arrive. Showtime for a game is typically one hour prior to start time.
2. Lodging is the responsibility of the player. In most cases, event coordinators require teams to “Stay to Play”.
  - a. When an event has a “Stay to Play” requirement, Norfolk Baseball Academy will coordinate reservation blocks for each team.
    1. Players will be required to book their lodging within the Norfolk Baseball Academy reservation block.
    2. When the “Stay to Play” requirement is not met, Norfolk Baseball Academy incurs a penalty/fee from the event coordinator.

## TEAM FINANCES

1. **Player Fees.** Billed monthly (Sep – Aug) at a rate of \$100.00 per player made payable to Norfolk Baseball Academy. Player Fees are due on the first day of each month and will be assessed a 10% late fee if not received prior to the 15<sup>th</sup> day.
  - a. Player Fees will cover:
    1. Training Fees
    2. Game Day Fees
      - a. Coach
      - b. Equipment
    3. Team Field Use
    4. Team Facility Use
2. **Team Fees.** Billed per season (Fall / Spring / Summer). Team fees will be divided equally among all rostered players and will be inclusive of the following:
  - a. Game / Tournament Registration (Published Cost)
  - b. Umpire Fees
  - c. Coach Lodging (1 Room per night)
  - d. Coach Travel (Flat-Rate Per-Diem / Mileage + Food)

### Cost Estimates / Examples

*(Based on a Roster of 14)*

**Local Tournament:** \$650 Registration (\$46 per player)

**Local Double Header:** \$150 Umpire Cost (\$10 per player)

**Travel Tournament:** \$650 Registration / \$300 Lodging / \$100 Per Diem (\$75 per player)

**Showcase Event:** \$1450 Registration / \$300 Lodging / \$100 Per Diem (\$130 per player)

3. **Annual Fee.** \$50.00 per player billed annually. Your annual fee will cover the insurance and sanction fee of every organization we play with.
4. **Uniforms.** Players are responsible for the purchase of all required uniform items. Required uniforms will be offered as a package and will only be replaced as needed. Norfolk Baseball Academy **WILL NOT** require new uniforms each season.
5. **Fundraising.** Players are encouraged to participate in fundraising opportunities and seek sponsorship assistance. All funds raised will be used to offset Team Fees.
6. **Assistance.** Norfolk Baseball Academy offers a financial assistance program, WePlay. WePlay is an application based, scholarship program.

## EXPECTATIONS

### 1. Norfolk Baseball Academy

- Provide a fully equipped facility and/or field for training purposes.
- Provide a qualified instructor for each training session.
- Provide one (minimum) coach for each game or showcase event.
- Provide a challenging and rewarding schedule.
- Clearly explain and articulate plans for each team.
- Provide a team budget and articulate associated team fees.
- Maintain timely communication.

### 2. Coach/Instructor

- Offer positive support to all players, coaches, and officials.
- Challenge and develop every player.
- Prepare a training plan for each session.
- Prepare a game plan for each event.
- Articulate the developmental needs of each player.
- Set expectations with each player.

### 3. Parent / Guardian

- Have your player to practice and games on time.
- Ensure your player has the correct uniform items.
- Ensure player waiver and registration is current and accurate.
- Offer positive support to all players, coaches, and officials.
- Do not engage with any official, event organizer or opposing fan.
- Demand that your child treats others with respect.
- Refrain from making negative comments about your coach.
- Refrain from coaching your player during practice/games/events.
- Observe a 24-Hour “cool-down” period before approaching your coach.
- Do not enter the dugout, field, or training area during practice/games/events.
- Maintain timely payment for Player and Team Fees.

### 4. Social Media

- Pause and think before you tweet, post, or send.
- Once it is out there – you cannot take it back.

### 5. Injuries

- Injuries are part of the game and must be reported to a Coach/Instructor.
- If you are injured, you are still expected to participate (when able).

## 6. Player

- **Respect Yourself, Your Family, and Our Program in a Positive Way.**
  - As a member of our program, you are visible in your school and in your community. Your choices reflect upon the our program.
  - Control your language and choose your words carefully.
  - Dress in a way that shows respect for yourself and our program.
  - Keep your composure and demonstrate self-control in difficult situations.
  - Be a role model for younger players in our program.
- **Treat Others with Respect**
  - Treat your family, teachers, teammates, coaches, and others with respect.
  - Respect your opponent and respect the game.
- **Be on Time**
  - Punctuality is a life skill.
  - Plan to be on time for practices and games.
- **Accept Coaching**
  - When a coach asks you to do something, there is a reason for it.
    - Do your best to do what is being taught.
  - Be willing to accept constructive criticism.
    - It is **NOT** personal.
  - Coaches will correct mental and physical mistakes to make **YOU** better.
  - Coaches will have high expectations for you.
    - Have high expectations for yourself.
- **Respect Your Facilities and Equipment**
- **Adjust Your Lifestyle**
  - If you are academically ineligible at school, you will not participate!
- **Attendance**
  - Continued absence or tardiness will reduce your opportunities.
- **Playing Time**
  - Playing time is **NOT** an entitlement. It will be earned.
- **Trust**
  - Know your positional assignments. If you do not, we cannot play you.
  - Demonstrate that you are reliable. Your teammates must trust you.



- **Effort**
  - Work hard every day. Be coachable and disciplined.
- **Your Ability**
  - Your physical skills must allow you to execute the fundamentals.
  - Perform on a consistent basis.
  - When given the opportunity, get positive results.
- **Communication**
  - Your coach is committed to treating you with respect and honesty.
    - Most issues can be resolved with a simple discussion.
      - Be prepared for a truthful response.
- **Little Things Make a Big Difference**
  - You will address Coaches: “Coach \_\_\_\_\_”
  - You will **NOT** address umpires, opposing coaches, or opposing players.
  - You will **NOT** address family, friends, or fans during practice or games.
  - Phones are **NOT** allowed at practice or games.
  - Uniforms will be worn correctly.
  - Family/Friends/Fans are **NOT** allowed in the dugout or on the field.
  - Plan & Prepare for all practices and games accordingly.
    - Food/Drink/Transportation/Equipment/Uniforms

## **WAIVER**

1. A Safety and Liability Agreement between Norfolk Baseball Academy and the “Client” must be electronically signed and on file before participation.

## **COMMITMENT**

1. Norfolk Baseball Academy will not require a “Player Contract”; however, we ask for a year-long commitment. Our program is based on developmental milestones spread throughout the year.
2. Norfolk Baseball Academy never wants a player or family to feel “trapped”. If our program is not meeting your expectations, players are welcome to break their commitment. If a player/family is not meeting expectations, Norfolk Baseball Academy reserves the right to dismiss any player from any of its program(s).

## FREQUENTLY ASKED QUESTIONS

**1. What is the primary method of communication?**

**Email.** Teams: ops@nbanationals.com / **NBA:** admin@norfolkbaseballacademy.com

**2. I have a billing issue, who do I contact?**

**Email.** admin@norfolkbaseballacademy.com

**3. I do not need financial assistance, but payment arrangements will help, do you offer that?**

**Yes.** Payment arrangements can be made on a case-by-case basis.

**4. My player is unable to attend a select number of events, do I still have to pay for them?**

**Yes.** The budget is set and divided equally between the number of rostered players.

**5. Players left my team mid-season; will my team fees increase?**

**No.** Norfolk Baseball Academy will offset the difference in cost. Once the budget is set, its final.

**6. Why do I have a Player Fee and a Team Fee?**

Player Fees are used to cover all training, equipment, and instructional expenses. Team Fees cover your game expenses.

**7. Do players get full use of Norfolk Baseball Academy?**

**No.** Players do not receive unlimited access to Norfolk Baseball Academy; however, they do receive discounted rates for facility use, clinics, and open training sessions.

**8. Is my son required to get Individual Lessons?**

**No.** Private lessons are beneficial, but they are not required.

**9. Will my team have the same dedicated coach throughout the season?**

**No.** An Academy approach is used. The idea is players in our program will benefit from every instructor that Norfolk Baseball Academy offers.

**10. I have a Showcase Player, but I am confused on the next steps. What do I do?**

Schedule a meeting with Norfolk Baseball Academy Staff/Coach.

**11. I have a Showcase Player; how do I get his high school stats and video published?**

Every Showcase player has a folder on our ShareDrive to upload relevant info.

**12. Why does the game schedule change?**

Game schedules are set early for planning purposes; however, they are subject to change. If an event does not look competitive, college coaches will not attend, etc. – we will adjust.

**13. Rain is in the forecast, why are we playing?**

Many events require prepayment and teams risk forfeiting their entry fee if they drop.

**14. My event was cancelled; will I get a refund?**

Each event has their own refund policy. Entry fees are often credited to a future event.

**15. What is the weather policy?**

Each event has their own refund policy. Typically, one game played (5 innings) = full payment.