



ERIE SPORTS CENTER
JR SEAWOLVES
BASEBALL



PLAYER/PARENT HANDBOOK

Erie Sports Center Jr SeaWolves

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ESC JR SEAWOLVES BASEBALL – PROGRAM GOALS

The goals of our program are what we, as an organization, strive to reach each and every day. The goals of the program are as follows:

- To reach our full potential as athletes and people
- To leave the Jr SeaWolves a better program than before
- To represent the ESC Jr SeaWolves teams, coaches, players and parents with respect and class
- To understand my responsibility as a role model
- To be accountable for my own actions
- To challenge myself and teammates to achieve excellence
- To work to meet team and individual goals
- To look back on the season with no regrets
- To compete at the top level in the region

ESC JR SEAWOLVES BASEBALL – PROGRAM PHILOSOPHY

There are four (4) words we believe should define ALL members of the Erie Sports Center Jr. SeaWolves Baseball Organization

COMMITMENT

- Are you willing to do whatever is necessary to become the very best person and baseball player you are capable of becoming?

INTEGRITY

- Are you willing to do the right thing, even when no one is watching?

HONESTY

- Can your teammates trust what you say?
- Do you do what you say you are going to do?

LOYALTY

- Do you support your teammates, your coaches, and the organization?

RULE OF THUMB

IS IT BEST FOR THE ORGANIZATION?

IS IT BEST FOR THE TEAM?

IS IT BEST FOR ME?

THINK OF THESE QUESTIONS, IN THIS ORDER, WHEN ANY SITUATION ARISES AND ACT ACCORDINGLY

ESC JR SEAWOLVES BASEBALL - COACHING PHILOSOPHY

It is the goal of the ESC JR SEAWOLVES baseball coaching staff to present the organization's athletes with the opportunity to experience success in a variety of situations, both team and individual, on and off the field of play. Athletes will be challenged to reach their full potential, encouraged to develop emotional maturity, and will have the opportunity to learn how to deal with success and failure. Not only will players learn the physical skills of baseball, but they will also learn other lifelong skills such as self-confidence, self-discipline, self-motivation, goal setting, teamwork, cooperation, sportsmanship, and leadership.

Our coaching staff believes that players are young men and sons first, students second, and athletes third. We recognize and support obligations to family, school and baseball. Players will learn about commitment and balancing many obligations.

Decisions made by ESC JR SEAWOLVES baseball coaching staff will be based on what is good for the organization, what is good for the team, and what is good for the individual – in that order. Our coaches will strive to win, however, winning is defined in many ways as a result of goal setting and thus our top priority will always focus on building young men of strong character through our baseball program.

ESC JR SEAWOLVES BASEBALL - EXPECTATIONS OF COACHES

Supporters of the ESC JR SEAWOLVES Baseball Organization can expect the following from the coaching staff:

- They will be a positive role model
- They will be a leader and a motivator
- They will be a firm and fair disciplinarian
- They will follow the "TEAM first, individuals second" belief
- They will be committed to the organization, to the team, to the players and to the parents.
- They will be positive, supportive, enthusiastic, and encouraging
- They will be fully prepared and organized for each practice and game
- They will be honest with players and parents about roles on the team
- They will communicate well with each other, players, parents, other coaches and directors
- They will follow and uphold all ESC JR SEAWOLVES Baseball team expectations

ESC JR SEAWOLVES BASEBALL – EXPECTATIONS OF PLAYERS

As we build a program, it must be done from the ground up. The ideas and philosophies that serve as a foundation are VERY important. Players in this program are expected to know and buy into these ideas. These four (4) basic beliefs serve as the groundwork for you to develop as a team and individual.

“FOUNDATIONAL FOUR” BELIEF STATEMENTS

1. **TEAM** always comes first
2. Play and Live with **DISCIPLINE**
3. Choose your **ATTITUDE**
4. Maximize your **EFFORT**

1. **“TEAM Always Comes First”** is the number one philosophy in our organization. The team is greater than the individual and will ALWAYS take precedence. If a young man learns to commit to the greater team and unselfishly puts his personal interests second, he has learned a valuable lesson in life as it relates to career and family situations. We will commit to teach that every personal decision affects the team, and consequences for personal actions also come with consequences for the team.
2. Playing baseball requires tremendous personal **DISCIPLINE**. It is necessary in order to play error free defense and in order to be a smart offensive player. We will strive to build discipline in the team and in every individual. We will focus on it and demand it each and every day, in every way possible. We will do this knowing that if players learn discipline in the sport of baseball it will lead to discipline in their lives.
3. We believe that **ATTITUDE** is the key to success. Each of us receives the gift and ability to choose what our attitude will be, day in and day out, and in every situation. We will strive to teach proper and positive attitudes and will demand it from each person associated with the program. It is impossible to control many things in the game baseball and in life – but the one (1) thing you can ALWAYS control is your attitude!
4. Our goal will never simply be to “win” on the scoreboard. Our goal will always be to play hard, play with discipline, and have fun while giving the absolute best **EFFORT** possible. If this is achieved (combined with the three (3) qualities above) winning will be the natural result. If our very best effort does not result in a win, then we can still hold our heads high, feel good about our effort, and give credit to our opponent. Again, we cannot control very many things in the game of baseball or in life – but we can control the level of effort we put forth each and every practice/game. We will expect and demand 100% effort from each and every athlete at every practice and every game.

ESC JR SEAWOLVES BASEBALL – TEAM EXPECTATIONS

The ESC JR SEAWOLVES Organization's goal is to complete a team with 10 to 12 players in each age group within the program –8U, 9U, 10U, 11U, 12U, and older ages as appropriate. Teams will be added as the organization develops.

The ultimate goal is to strive, each and every day, to become better people and players as we apply the “Foundational Four” belief statements. As a member of the team, you are NOT guaranteed equal opportunity to participate in every contest. Every team member has a role, and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance.

We win and we lose as a TEAM. We work hard as individuals to better ourselves and the TEAM. In order to better the TEAM, it is expected that each individual player adhere to the following expectations:

- A TEAM FIRST attitude – unselfish, positive, encouraging, and supportive
- A COACHABLE attitude – willing to listen, improve, and accept constructive criticism
- A LOYAL commitment to ESC JR SEAWOLVES Baseball and the entire organization – supporting ALL teammates and coaches
- A COMMITMENT to give your very best effort every day – practice and games
- Be self-motivated and DISCIPLINED
- Be a positive role model – you represent ESC JR SEAWOLVES Baseball
- A commitment to strive for the highest level of personal physical conditioning
- A commitment to in-season workouts. Players are expected to attend in-season workouts and if frequent unexcused absenteeism occurs then it could lead to dismissal from the team.
- We believe in multi-sport athletes, but we also offer off-season weekly practices and other skill development programs, including drills that can be done at home. We will do our best as coaches to work with individual players situations, but we expect all players to develop as an athlete in the offseason as well.
- Understand and accept your role on the team

ESC JR SEAWOLVES BASEBALL – EXPECTATIONS OF PARENTS

Parents of athletes in the ESC JR SEAWOLVES Baseball program are expected to abide by the following expectations:

- Be aware of your son's needs, feelings, and concerns
- Attend as many games as possible so you can get a full and complete picture of the program
- Support the "TEAM FIRST, individual second" belief
- Demonstrate sportsmanship at all games
- Allow you son to participate on the team in his own way; do not relive your career through his
- Show positive support and encouragement for your son, for all members of the team, and for the organization
- Bring any concerns to the coaches/directors so that they can be addressed in a timely fashion
- Let twenty-four (24) hours elapse before initiating communication with the 3-step process listed below. Do NOT try to resolve a conflict with a coach twenty-four (24) hours before or after a game – that will likely create more conflict. Encourage your son to begin the 3-step communication process:
 1. Athlete meets with individual coach and/or head coach
 2. Athlete and parent meet with individual coach and head coach
 3. Athlete, parent, and head coach meet with the ESC JR SEAWOLVES Director or Commissioner

Things parents should NOT ask about:

- Playing Time
- Game Strategies
- Other players on the team

Things parents SHOULD ask about:

- Does my son work hard and have a positive attitude?
- How would you evaluate my son in terms of his offensive, defensive and/or team skills?
- In what area(s) does my son need to improve?
- Is my son a positive addition to the team?
- What can I do to help?

IN ORDER TO RUN A RESPECTFUL, CLASSY, AND SUCCESSFUL PROGRAM, WE ALL NEED TO BE SUPPORTIVE AND RESPECTFUL OF EACH OTHERS

ESC JR SEAWOLVES BASEBALL – TEAM RULES

It is a privilege to be on the ESC JR SEAWOLVES Baseball team. Because of that privilege, our players must strive to be the kind of quality young men that we are trying to teach them to become. In order to participate in games, a player must be in good standing with the organization (fees paid, fundraisers completed, no disciplinary infractions, etc.) and must have met all of the weekly team practice requirements (both on field and at home requirements).

In addition to the aforementioned, all athletes will be expected to adhere to the following rules/requirements:

- Alcohol, drugs, and/or tobacco are not allowed at any time during the season or out of season. Our team rule is as follows: “A player must abstain from smoking, chewing tobacco, drinking alcohol, and the use of any illegal drugs. Breaking this rule will result in the immediate removal from the team for the remainder of the season. Players must abstain from attending any gatherings or riding in any vehicles while any of the above substances are present. Breaking this rule can result in the immediate removal from the team for the remainder of the season.” If you happen be at a function while these substances are present, we ask that you leave immediately and call your parents or a coach for a ride.
- Players may not miss practice without a legitimate excuse from a parent, coach, or doctor. If you cannot be a practice, you or your parents must notify your coach with the valid excuse. Contact information for each member of the coaching staff is located at the beginning of this handbook. **DO NOT LEAVE WORD WITH ANYONE ELSE – ONLY THE COACHES.** Remember, if you cannot practice – you cannot play. The potential practice tardiness and absence consequences are described below. The ultimate decision is left up to the coaches and/or the directors and commissioners should it become necessary.
 - If a player is late to practice without a legitimate excuse:
 - 1st violation – additional conditioning at the end of practice
 - 2nd violation – additional conditioning and suspension from the next game
 - 3rd violation – dismissal from the team
 - If a player misses practice without a legitimate excuse:
 - 1st violation – additional conditioning and suspension from the next game
 - 2nd violation – additional conditioning and suspension from the next two (2) games
 - 3rd violation – dismissal from the team
- We, as a coaching staff, will NOT tolerate any insubordination or back talk toward coaches. Players will address each member of the coaching staff with respect.
- Athletes are representatives of the ESC JR SEAWOLVES Organization. Swearing, throwing equipment, cheating, or any other unsportsmanlike acts will NOT be tolerated. Suspension from one or more games and/or dismissal from the team may result from these acts.
- You are responsible for your equipment and its maintenance. If any of your gear needs maintenance, get it taken care of before or after practice.

- TEAM GEAR comes FIRST. Team gear gets picked up and put away before your personal gear gets taken care of.
- Athletes will receive practice jerseys and game uniforms. Practice jerseys must be worn for each practice. All jerseys/uniforms are expected to be clean prior to practice/games. Athletes should bring their entire uniform (all jerseys/pants) to each tournament.
- Regarding INJURIES: Make sure your coach is aware of any injuries that you may have. It will ultimately be the parents'/doctor's decision as to whether or not the athlete can participate in practice or compete in games. If a player must see a doctor, the coach MUST know and have a written release from the doctor in order to resume play.
- SKILLS/DRILLS to be completed AT HOME by athletes. These will be determined by the coaches specific for each team's age group. Should these skills/drills not be completed, the athlete may be suspended from participation in a single game or up to an entire tournament.

Following is an example of skills/drills required:

- For ALL PLAYERS
 - 200 Swings/Week – tee work, soft-toss, pitching machine, live, etc.
- For PITCHERS
 - 100 Pitches/Week – drills, live, etc.
- For POSITION PLAYERS
 - Assigned footwork and glove work drills will be completed two times per week. A video of you completing these drills will be sent to your coach at least once per week as verification that this is being completed.

**ATHLETES SHOULD KNOW YOUR TEAM RULES AS WELL AS THE
CONSEQUENCES FOR BREAKING THOSE RULES**

ESC JR SEAWOLVES BASEBALL – RULES OF TRAINING & CONDUCT

ATTITUDE – You are a select athlete and will be expected to perform as one. This means that when you come to practice, or to a game, you should bring an attitude which is conducive to the progress of the team. You must try to leave behind all your daily frustrations, or anything else that will detract from your performance on the field. We, as a coaching staff, will maintain a positive attitude toward you. There will be times when you will be confronted with mistakes you have made. We ask that you use the constructive feedback that you receive as it is intended, to make you a better player/person.

DRESSING FOR THE WEATHER/PRACTICE/GAME – You are a select athlete and will be expected to perform as one. This means that when you are out during the late fall, winter, and early spring months, you need to take care of yourself and dress properly. Any time the temperature is below 40 degrees, you are expected to have a coat, hat (stocking, etc.), and long pants on when outside. If you are observed not adhering to this requirement, you will be required to complete 500 crunches at the next practice. We cannot have our athletes getting sick and consequently losing the ability to participate in practice/games.

For practice, athletes will be expected to wear the practice jersey they were issued. DO NOT modify this jersey in any way (cut sleeves off, v-cut the collar, etc.).

For games, coaches will have the ultimate say in uniform combinations for games. Coaches may or may not leave this decision up to the athletes, but regardless, the ultimate decision is left to the coaches. All uniforms are expected to be clean prior to the first game on tournament weekends and for each and every scrimmage/league game/single game competition.

EQUIPMENT CARE – Your equipment is your responsibility to take care of. The TEAM equipment is your responsibility to take care of. When it comes to practice, games or tournaments, the TEAM equipment comes FIRST. Team equipment is picked up and put away before any personal equipment is take care of.

FAN SUPPORT – The coaching staff and organization encourage you to invite your parents and friends to enjoy our games. However, all spectators will be expected to separate themselves from the players during the game. Players need to be free from distraction to focus on the game. It will be the responsibility of the players to remind their parent(s) and/or inform any guests who are unaware of this policy. Parents are not permitted on the field at anytime during the game unless invited on during an injury.

STARTING LINE-UP – The line-up for each game may vary as the season progresses. There may be a change in personnel as well as unforeseen circumstances that occur during the season. It should be further noted that if a player goes on vacation, he is NOT guaranteed his “old spot” when he returns. He must earn it back.

For tournaments, during Saturday pool play, the coaching staff will do their best to assure that each player on the team receive equal playing time. There may be slight differences here and there based on the opponents and playing to the strengths of our athletes, but the coaches will try to make sure each player sees as close to equal playing time as possible. During Sunday bracket play, the coaching staff will be putting the best players for any given situation on the field for each game. There is NO guarantee that all athletes will see playing time during bracket play. These decisions are the sole responsibility of the coaching staff.

DUGOUT/GAME EXPECTATIONS – Players will remain inside the dugout during all games. Do NOT leave to talk to parents, friends, etc. ONLY players and coaches are permitted in the dugouts during games. The dugout should remain clean and in

order during the game. The only food (other than sunflower seeds) allowed in the dugout during games is healthy snacks for energy (fruit, granola bars, etc.). NO meals (nachos, hotdogs, etc.) will be allowed in the dugouts during the games. Use your time between games to eat meals. All players are expected to be in tune with the game and need to be cheering positively for ALL teammates. If we are on offense, we are on the fence! And occasional team cheer/chant is okay, but only to start a rally or celebrate a big play – it must be positive and in good sportsmanship. Chanting just for the sake of chanting takes the focus off the game and is a distraction to some players.

WRITTEN, YET “UNWRITTEN RULES”

- “10 minutes early is 5 minutes late” – be 15 minutes early to all practices/games to assure you are dressed and ready. If practice starts at 5:00, you are expected to be there by 4:45, and to have your cleats laced up and ready to start practice at 5:00 sharp. Not being dressed and ready at 5:00 counts as being tardy.
- NO DRAMA – if you make other players on the team unhappy, FIX IT
- HUSTLE – hustle on and off the field. You have 8 seconds to get on the field and 8 seconds to get off the field. This can be the difference in winning and losing a “timed” game
- If you are NOT playing, CHEER for those who are
- ALWAYS tell your coaches the TRUTH
- You are responsible for setting up and tearing down practice/warm-up equipment
- Always have your uniform clean and tucked in properly
- Treat team and personal equipment with RESPECT
- RUN when you know you might be late
- At practice, be FOCUSED and put forth 100% EFFORT EVERYDAY – you can talk to your friends about social plans, school, etc. AFTER practice
- Dugouts will be cleaner when we leave them than they were when we entered them
- Coaches do NOT touch/carry your equipment – that is your responsibility
- Players WILL treat their parents/family with the utmost RESPECT

ESC JR SEAWOLVES BASEBALL – PREPARING FOR COMPETITION AND RECOMMENDATIONS FOR SUCCESS

VISUALIZATION

- Play the game through in your head. Imagine yourself using perfect footwork and throwing execution in the field and with perfect swing mechanics at the plate.

PHYSICAL PREPARATION

- Maintain a good, balance diet
- Obtain adequate rest on nights before games. Lack of sleep will cloud your mind, dull your senses and slow your reaction times
- For an energy boost during game days, eat a healthy snack of fruits, protein bars, or simple carbs – Avoid candy or junk food

BE DETERMINED

- Determination begins with a goal. Decide how to achieve that goal. Start with - take pride in what you are doing, not what you cannot do; learn from your mistakes - do not let them eat you up; do NOT be afraid to fail – we learn most from failure; be willing to sacrifice to reach your goal; reward yourself for your accomplishments
- Once you get close to game day, the physical aspects of optimum competition become overshadowed by the mental aspects. Work on mental toughness.
- If you have prepared well – worked hard at practice (worked at game speed, listened, and implemented constructive criticism from coaches, etc.) – your body will automatically know how to perform. Your MIND must now be tough enough to handle the situations during the game.
- To be at the top level of performance, an athlete must be equally strong in mind and in body.

MENTAL TOUGHNESS

- Believe and have faith in your abilities – “I BELIEVE... I OWN IT.” Make a commitment to live that mantra and develop that faith.
- Faith quiets the voice of doubt in your head. You MUST quiet any self-doubt.
- Believe it is your responsibility to do the very best you can with the tool you have been given and worked hard to refine.
- Accept the fact that faith is a growing process, not an absolute.

ESC JR SEAWOLVES BASEBALL – FEES/REFUND POLICY

You are part of a travel baseball organization. It should be understood that travel baseball is NOT cheap. ESC JR SEAWOLVES is a new organization, and the ORGANIZATION is doing everything in their power to keep the team fees as low as possible, yet provide a great travel baseball experience for its athletes.

FEES

The team fees you pay go toward the following costs associated with operating the program:

- Facility rental fees – winter practice facilities, indoor batting/pitching cage facilities, field rental fees, etc.
- Tournaments – tournament fees range from \$350 to \$1000 per tournament depending on the type and size of the tournament
- Insurance – the organization is required to carry \$1,000,000 in liability insurance to participate in tournament play
- Equipment – balls, hitting nets, batting tees, equipment for special drills, etc.

TEAM FEES FOR EACH PLAYER ARE AS FOLLOWS:

- For a single player - \$500.00 for the year
- For families with multiple players
 - 2 players - \$450.00 per player
 - 3 players - \$400 per player

It should be noted – *NO CASH WILL BE ACCEPTED.* Fees must be paid via check or money order.

TEAM FEE PAYMENT SCHEDULE IS AS FOLLOWS:

- For SINGLE PLAYERS
 - 1st payment due September - \$100
 - 2nd payment due October - \$100
 - 3rd payment due November - \$100
 - 4th payment due January - \$100
 - 5th payment due February - \$100
- For FAMILIES WITH MULTIPLE PLAYERS
 - 1st payment due September– Team Fee / 5
 - 2nd payment due October - Team Fee / 5
 - 3rd payment due November - Team Fee / 5
 - 4th payment due January - Team Fee / 5
 - 5th payment due February - Team Fee / 5

It should be noted that if team fee payments are not made on time, on or before the due date, the coaches may not permit the athlete to participate in practices/games.

UNIFORM FEES

The ESC JR SEAWOLVES Organization will try to keep uniform fees to a minimum as much as possible. With athletes ranging in age from 8 – 14+, it is a given that they are still growing and will change sizes almost yearly.

Uniform fees for all new players will be \$250 and are due at signing. The uniform fee is separate from the team fee discussed above. The uniform fee covers, at a minimum, the following:

- Four (4) Button Down Jerseys
- Two (2) Pairs of Pants
- One (1) Belt
- One (1) Pair of Socks
- One (1) Bag
- One (1) Hat

Uniform fees for returning players will depend on whether all new uniforms are required (\$250) or if we are using the same uniforms as the previous year. If the organization decides to use the uniforms from the previous season, each returning player will need to evaluate whether they need new pieces of the uniform or an all-new uniform due to physical growth, damage to the uniform, etc. Fees for individual pieces of the uniform will be discussed and assessed on a case-by-case basis.

REFUNDS

As previously stated, your team fees are used immediately upon receipt to cover the aforementioned costs. With that being said, the ESC JR SEAWOLVES Organization does NOT issue refunds for Team Fees. Exceptions may be made by the directors for injured players. Refunds will NOT be issued should a player decide to leave the organization mid-season to play for another organization or should they just decide to quit. The uniform fee may be refunded if uniforms have not been ordered prior to the player's departure from the organization. Fundraising monies are not refunded for any reason.

ESC JR SEAWOLVES BASEBALL – FUNDRAISING REQUIREMENTS

As stated previously, you are part of a travel baseball organization. It should be understood that travel baseball is NOT cheap. ESC JR SEAWOLVES is a new organization, and the Board is doing everything in their power to keep the overall cost as low as possible yet provide a great travel baseball experience for its athletes.

With that being said, fundraising is a necessity for the organization. As a member of the ESC JR SEAWOLVES Organization, you will be required to participate in fundraises as well as help gather sponsors for the team and fields. Credits towards team fees will be provided for certain sponsorship opportunities. Each team is expected to help raise funds to assist in travel dues to large tournaments.

**Please keep in mind - a portion of your team sponsorship money
CAN BE USED TO OFFSET TEAM AND UNIFORM FEE COSTS!!!!**

We encourage EVERYONE to participate in the fundraising events. The more money we can raise, the less your out-of-pocket cost is as well as it gives us the ability to do MORE for the athletes. If the money is there, we can send athletes to clinics or camps, we can bring other clinicians to us, we can upgrade training facilities/equipment, etc.

ESC JR SEAWOLVES BASEBALL – PLAYER / PARENT ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING

PLAYER

I hereby certify that I have read and fully understand the contents of the ESC JR SEAWOLVES Player / Parent Handbook. My signature below certifies my knowledge, acceptance and adherence to the ESC JR SEAWOLVES Player / Parent Handbook.

I acknowledge that the ESC JR SEAWOLVES Organization has the right to modify or amend the ESC JR SEAWOLVES Player / Parent Handbook at any time.

PLAYER SIGNATURE: _____

PLAYER PRINTED NAME: _____

DATE: _____

PARENT

I hereby certify that I have read and fully understand the contents of the ESC JR SEAWOLVES Player / Parent Handbook. My signature below certifies my knowledge, acceptance and adherence to the ESC JR SEAWOLVES Player / Parent Handbook.

I acknowledge that the ESC JR SEAWOLVES Organization has the right to modify or amend the ESC JR SEAWOLVES Player / Parent Handbook at any time.

PARENT SIGNATURE: _____

PARENT PRINTED NAME: _____

DATE: _____