

GLENBROOK NORTH
HIGH SCHOOL BASEBALL PROGRAM

Program Principles



GBN BASEBALL 2017

imPROVE IT



BASEBALL – THE SPARTAN WAY

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BASEBALL – THE SPARTAN WAY

MISSION STATEMENT / PHILOSOPHY

The purpose of the Mission Statement of the Glenbrook North High School Baseball Program is to make all members aware of our values, goals, and vision. This three-step mission statement covers every aspect for a young man: his life, his academics, and his athletics.

1. To create an atmosphere, culture, and environment for all student-athletes to be successful as people; their involvement in the Glenbrook North High School Baseball Program will help them be more successful in life.
2. To provide the necessary academic support for each student-athlete to become a more successful student, earn their high school diploma, and attend a college or university of their choice.
3. To help each student-athlete reach their full athletic potential and be a member of a championship team.

PROGRAM PHILOSOPHY

OUR TEAM PHILOSOPHY IS BASED UPON ACHIEVING A FUNDAMENTAL GOAL BY CONSISTENTLY ACCOMPLISHING A MAIN OBJECTIVE. IT IS BUILT UPON THE PRINCIPLE OF SYNERGY – THE WHOLE IS GREATER THAN THE SUM OF THE INDIVIDUAL PARTS.

FUNDAMENTAL GOAL

THE FUNDAMENTAL GOAL OF THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM IS TO MAXIMIZE OUR POTENTIAL AS PEOPLE, AS STUDENTS, AND AS ATHLETES. AS THIS HAPPENS, IT WILL HELP US MAXIMIZE OUR POTENTIAL AS A TEAM.

MAIN OBJECTIVE

IN ORDER TO ACHIEVE OUR FUNDAMENTAL GOAL, WE MUST WORK TO IMPROVE ON A DAILY BASIS AS PEOPLE, AS STUDENTS, AND AS ATHLETES. AS THIS HAPPENS, IT WILL LEAD TO THE OVERALL IMPROVEMENT OF OUR TEAM.



BASEBALL – THE SPARTAN WAY

PROGRAM VISION

HOME OF THE 2017 IHSA CLASS 4A STATE CHAMPIONSHIP





BASEBALL – THE SPARTAN WAY

PLAYER APPROACH (A.C.E.)

THE WAY IN WHICH YOU APPROACH THE GAME OF BASEBALL IS DIRECTLY RELATED TO THE LEVEL OF SUCCESS YOU WILL EXPERIENCE. THIS APPROACH FOCUSES ON THREE SPECIFIC COMPONENTS THAT ARE FULLY WITHIN YOUR CONTROL AT ALL TIMES. THE WAY IN WHICH YOU CHOOSE TO APPROACH THE GAME OF BASEBALL IS A CONSTANT CHOICE.

ATTITUDE

THE GREATEST POWER YOU HAVE IS THE POWER TO CHOOSE. ATTITUDE IS A CHOICE YOU MAKE EVERYDAY. ATTITUDE IS EVERYTHING. SEE THE WORLD THROUGH A FILTER OF OPTIMISM. LOOK AT EVERY SITUATION AS AN OPPORTUNITY FOR SUCCESS. SEE EVERYTHING AS A POSSIBILITY AND NOT A LIMITATION. ATTITUDE IS THE FOUNDATION UPON WHICH EVERYTHING ELSE IS BUILT.

COACHABILITY

THE LEVEL OF YOUR COACHABILITY IS DIRECTLY RELATED TO THE AMOUNT OF IMPROVEMENT YOU WILL EXPERIENCE. YOU MUST BE WILLING TO ACCEPT CONSTRUCTIVE CRITICISM WITHOUT ANY ALIBIS. THE IMPROVEMENT YOU EXPERIENCE WILL LEAD TO SUCCESS. IT IS ESSENTIAL TO BE A COOPERATIVE INDIVIDUAL WHO IS WILLING TO LISTEN AND LEARN. YOU WILL BENEFIT BY MAKING CORRECTIONS. IT IS IMPORTANT TO ABSORB THE COACHING, MAKE ALL OF THE NECESSARY ADJUSTMENTS, AND APPLY THE SKILLS IN COMPETITIVE SITUATIONS.

EFFORT

ANYTHING LESS THAN YOUR BEST EFFORT IS UNACCEPTABLE. GIVE YOUR BEST AND YOUR BEST WILL BE GOOD ENOUGH. EVERY OUNCE OF ENERGY YOU HAVE MUST BE APPLIED IN ORDER TO TRULY STRIVE FOR PERFECTION AND MAXIMIZE YOUR POTENTIAL. DURING TOUGH TIMES, REMEMBER THAT YOUR BEST EFFORT WILL HELP YOU DIRECT YOUR FULL ENERGY TOWARDS ACCOMPLISHMENT AND ACHIEVEMENT.



BASEBALL – THE SPARTAN WAY

COACH APPROACH (3I)

THE WAY IN WHICH THE COACHING STAFF OF THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM APPROACHES THE GAME OF BASEBALL IS DIRECTLY RELATED TO THE LEVEL OF SUCCESS WE WILL EXPERIENCE. THIS APPROACH FOCUSES ON THREE SPECIFIC COMPONENTS THAT WILL POSITIVELY IMPACT ALL MEMBERS OF THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM. THIS COACHING APPROACH WILL START ON THE INSIDE AND WORK ITS WAY OUT.

INSTILL

THIS COMPONENT IS THE FOUNDATION UPON WHICH ALL OTHER COMPONENTS OF THIS APPROACH IS BUILT. OUR COACHING STAFF WILL WORK TO DEVELOP THE ESSENTIAL QUALITIES AND VALUES OF SUCCESSFUL PEOPLE, STUDENTS, PLAYERS, AND TEAMS. THE ESSENTIAL QUALITIES AND VALUES ARE AS FOLLOWS: RESPONSIBILITY, DETERMINATION, INDUSTRIOUSNESS, SELF-MOTIVATION, DISCIPLINE, LEADERSHIP, AND HUMILITY.

INSPIRE

OUR GOAL WITHIN THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM IS TO BE CHAMPIONS IN EVERYTHING WE DO. IT IS OUR JOB AS A COACHING STAFF TO INSPIRE OUR PLAYERS, OUR TEAMS, AND OUR PROGRAM TO LEARN, TRAIN, PRACTICE, COMPETE, AND PERFORM AT A CHAMPIONSHIP LEVEL. IT IS OUR RESPONSIBILITY TO MOTIVATE THE MEMBERS OF THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM TO BE GREAT IN EVERYTHING THEY DO.

INSTRUCT

TEACHING IS NOT TELLING AND COACHING IS NOT YELLING. WE WILL WORK TO TEACH OUR PLAYERS, OUR TEAMS, AND OUR PROGRAM EVERY ASPECT OF OUR BASEBALL SYSTEM. WE WILL TEACH EACH MEMBER OF THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM THE MENTAL, PHYSICAL, AND EMOTIONAL ASPECTS OF THE GAME OF BASEBALL.



BASEBALL – THE SPARTAN WAY

PROGRAM STANDARDS

PROTECT THE PROGRAM

MAKE THE PROPER DECISIONS BOTH ON AND OFF OF THE BASEBALL FIELD. YOU KNOW THE DIFFERENCE BETWEEN RIGHT AND WRONG; DO NOT LET SOMEONE ELSE DECIDE FOR YOU. MAKING SOUND CHOICES IN ALL ASPECTS OF YOUR LIFE IS VITAL TO ACHIEVING CONSISTENT LEVELS OF ACHIEVEMENT. DO WHAT IS RIGHT AND AVOID WHAT IS WRONG.

BE ON TIME

ARRIVING TWENTY MINUTES EARLY IS ON TIME. ARRIVING ON TIME IS LATE. ARRIVING EARLY AND LEAVING LATE IS A DIRECT REFLECTION OF YOUR COMMITMENT LEVEL TO THE GLENBROOK NORTH HIGH SCHOOL BASEBALL PROGRAM. WHEN YOU ARRIVE LATE, YOU ARE SENDING ONE OF TWO DIFFERENT MESSAGES – YOU SUFFER FROM A LACK OF SELF-DISCIPLINE OR YOUR TIME IS MORE IMPORTANT THAN OUR TIME.

CONSTANTLY COMPETE

CONSTANTLY COMPETE WITH ENTHUSIASM AND INTENSITY. COMPETE IN THE CLASSROOM, IN THE WEIGHTROOM, AND ON THE BASEBALL FIELD. AN ENTHUSIASTIC AND INTENSE APPROACH WILL LEAD TO IMPROVEMENT AND SUCCESS. WE WILL OUTWORK EVERYONE AND LEARN TO ENJOY DOING IT.

THE TEAM COMES FIRST

WE ARE IN THIS TOGETHER. SACRIFICE YOURSELF FOR THE GOOD OF THE TEAM. ASK YOURSELF, "HOW CAN I HELP THE TEAM BE SUCCESSFUL?" STICK TOGETHER; DO NOT BE STUCK WITH ONE ANOTHER. WE WILL ACHIEVE AT THE HIGHEST OF LEVELS WHEN WE COLLABORATIVELY CHANNEL OUR COLLECTIVE EFFORTS TOWARD A COMMON GOAL.



BASEBALL – THE SPARTAN WAY

PROGRAM EXPECTATIONS

PLAY WITH PASSION

LOVE THE GAME OF BASEBALL. IT IS A PREREQUISITE.

ALWAYS EXPECT MORE

IMPROVE ON A DAILY BASIS. NEVER BE CONTENT.

HAVE A SENSE OF PURPOSE

FOCUS ON SPECIFIC OBJECTIVES. WORK WITH URGENCY.

ATTENTION TO DETAIL

CARE ABOUT EVERYTHING. IT ALL CARRIES OVER.

HAVE FUN

ENJOY WHAT WE DO. HAVE A BLAST DOING IT.



BASEBALL – THE SPARTAN WAY

OBLIGATIONS AND RESPONSIBILITIES

Overview

Participation in interscholastic sports is a privilege, not a right. Therefore, certain obligations and responsibilities will be placed upon those student-athletes who earn the opportunity to be a part of the Glenbrook North High School Baseball Program. For those student-athletes, a commitment to the school, the Glenbrook North High School Baseball Program, and the team is required. They will be expected to follow the rules, expectations, and policies as set forth by the Glenbrook North High School Baseball Program.

The Glenbrook North High School Baseball Program, however, is not the number one priority in a student-athlete's life. It should, however, take its proper place behind only family, religion, and academics. Athletics play an important role in the educational process and overall development of a student-athlete. There are a number of lessons and principles to be learned from athletic participation. Among these are:

- Learning to compete within a given set of rules.
- Learning the importance of controlling emotions.
- Learning to accept direction, correction, and criticism.
- Learning to understand other people's actions, attitudes, feelings, and opinions.
- Learning to properly manage time relative to priorities.
- Learning to be a contributing member of a program and team.
- Learning to deal with success, adversity, and failure.
- Learning the importance and value of self-discipline.
- Learning to persevere toward a common goal.
- Learning to think and perform under pressure.
- Learning to be loyal, committed, and dedicated to a cause.
- Learning to make the necessary adjustments to improve.

Conduct

Student-athletes are leaders of the school so it is imperative to be a role model by setting an excellent example for others. It is extremely important to do what is right at all times as a person, as a student, and as an athlete. It is as simple as – do what is right, avoid what is wrong. Everything you do and everything say is a value statement. It is a direct reflection of the character of the Glenbrook North High School Baseball Program. The decisions you choose to make will affect our program either positively or negatively. Make the right choices in all that you do.

All members of the Glenbrook North High School Baseball Program, will be expected to follow the athletes' code of conduct. The use of alcohol, illegal drugs, and tobacco is strictly prohibited. Stay committed to your preparation for baseball. If you are unable to handle the peer pressure that comes along with this commitment, then blame it on me. Just say, "Coach Savino says I can't..." Swearing and inappropriate language will not be tolerated. If you have developed a bad habit, then learn to break it. Your teammates will greatly appreciate it. Baseball is a game filled with emotion. You need to play and stay under control at all times. You will be expected to treat all umpires, opposing coaches, opposing players, opposing fans, and teammates with respect. Unresolved conflicts with your peers or teammates will not be tolerated. Here are a few thoughts to think about:

- Self-discipline is what we do when no one is watching.
- There is the pain of discipline and the pain of regret. The pain of discipline is never as difficult as the as the pain of regret.
- You have the freedom of choice, not the freedom of consequences.
- Ask yourself three questions before you make a choice. Will it make me a better person? Will it make me a better student? Will it make me a better athlete?
- Excellence is expected, good is commonplace, and being average will not be tolerated.
- Baseball not only provides the opportunity to build character; it reveals character.

Academics

Academics and education is the reason Glenbrook North High School exists. It is extremely important that each member of the Glenbrook North High School Baseball Program understands and believes that they are a student first and an athlete second. Athletics are merely an extension of the classroom. If you are willing to work hard in one, you must be willing to work hard in the other. Everything carries over. The difference between what we are and what we want to become is education. This applies to everything we do in life.

The standards as set forth by the Illinois High School Association require each student-athlete to be passing four subjects in order to be eligible to participate in high school athletics. If you are unable to maintain grades above and beyond athletic eligibility standards, then you must seek help from your teacher(s) in a timely manner and attend mandatory team study tables. It is not enough just to be eligible. We must strive for academic excellence in every course we take. A lack of effort is what leads to failure in most classes. Remember that it is much easier to keep up than it is to catch up. Put the effort in now and it will pay off later. Not doing your homework and expecting to do well on a test is the same as not showing up to practice and expecting to perform well in a game. It will not happen. There are many resources available to assist you in your studies, but you are responsible and accountable for your performance in the classroom. The following strategies will help in earning excellent grades and maintaining eligibility:

- Complete an academic progress sheet on a weekly basis (if necessary).
- Sit in one of the first two rows in all of your classes (if allowed).
- Arrive early at each class and stay on task throughout each class period.
- Contact each teacher outside of class time (if necessary).
- Ask questions in class about everything you do not understand.
- Treat all teachers and fellow students with the utmost respect. Disrespectful behavior will not be tolerated.
- Any problem or issue that arises should be discussed in a one-on-one setting with the teacher.
- If you are having difficulty in a class, contact Coach Savino and he will be of assistance.
- Complete homework assignments before they are due. Make it a habit.
- Eliminate procrastination on all long-term assignments. Get it done and do it right.
- Study for all assessments in advance. Do not wait until the night before.

Attendance

Each of you will receive a schedule for the season that includes all scheduled team meetings, practices, and games along with the times at which they will begin. Arriving early and being prepared to start at the scheduled time is considered being on time. Tardiness will not be tolerated. Arriving early and staying late is a direct reflection of your dependability. If you are going to be absent from or late to any scheduled event, notify your coach as soon as possible. If your coach does not answer the phone when you call, then leave a message.

There are two types of absences. Excused and unexcused. Excused absences are those due to illness, religious activities, family emergencies, or situations cleared with your coach in advance. Phone calls must be made prior to the event in order for an absence to be excused. Absences that the coach is unaware of will be considered unexcused. Unexcused absences could affect playing time. Three unexcused absences will result in a player's dismissal from the Glenbrook North High School Baseball Program. Procrastination on academic requirements will not serve as excuses for missing practice.

Travel

Part of the responsibility of playing on a team is riding the bus to and from away games. You will be expected to ride the bus at all times unless prior arrangements have been made with the Coach Savino or the athletic director. Appropriate behavior will be demanded on the bus at all times. While riding on the bus, behave in a manner that allows us to be proud to be a member of the Glenbrook North High School Baseball Program. Allow yourself, your teammates, and your coaches the opportunity to properly prepare for the upcoming game. The bus will be silent on the way to all games. Once we arrive at the baseball field, you are expected to be thoroughly involved in the game at all times. Socializing with parents, friends, or fans once we officially begin our work will not be tolerated.

Appearance

Your appearance plays an essential role in the way you are perceived. Perception becomes reality. The way you look is extremely important. We will dress, look, and act as professionals. Practice uniforms and game uniforms are

to be worn properly at all times. IHSA rules also prohibit a player from wearing jewelry (other than religious jewelry). This rule applies to practices as well. Players will also be expected to remain clean-cut throughout the baseball season. Hair styles and facial hair need to be neatly trimmed at all times. Your appearance at baseball should be similar to that of a job interview. Guidelines for appearance are as follows:

- All players will wear their hat facing directly forward at all times.
- All players will wear baseball pants to practices and games.
- All players will wear their baseball pants and socks in the same manner.
- All players will keep their jerseys tucked in at all times.
- All players will keep their jerseys fully buttoned at all times.
- Take pride in the way you wear your uniform.
- Take pride in being a Spartan.

Locker Room

The locker room is your domain. It should be a special place for you and your teammates. Keep the locker room very neat and orderly at all times. Do not allow yourself or your teammates to leave equipment, garbage, or tape lying on the floor. There is no maid service, so each of you is responsible for cleaning up after yourself. Any unclaimed equipment should be immediately turned in to a coach. Any time you plan on leaving your locker – remember to lock it before walking away. Do not provide others with an opportunity to take what belongs to you.

Equipment

The equipment that has been issued to you is expensive. Take care of it. The equipment was in high quality condition when it was issued to you. Make sure the same can be said for the person who uses it after you. You are accountable and responsible for all equipment that has been issued to you. Know where it is at all times. Cleats will be put on when you arrive at the practice field and taken off when you leave the practice field. They will never be worn inside the school building. When your cleats have accumulated dirt, do not use the walls or the ground to clean them off. This will not only damage your cleats, but will also leave excessive clean up. Gently tap your cleats together over the surface from which the dirt was accumulated.

Injuries and the Training Room

Our goal is to minimize the number and severity of injuries by staying committed and dedicated to the Glenbrook North High School Baseball Program's strength and conditioning program. Unfortunately, injuries occur in all sports and baseball is no exception. As a baseball player, it is imperative to understand the difference between being hurt and being injured. When an injury occurs, it is extremely important to immediately notify the head coach. He will then send the injured player to have the injury evaluated by the trainer. After an initial diagnosis has been completed, the trainer will recommend the next course of action. If he feels it is necessary, the trainer will notify the injured player to see a doctor. Unless it is an extreme emergency, do not see a doctor before seeing the trainer.

The trainer or doctor making the final diagnosis will determine whether or not the injured player is able to practice or compete in games. If they are unable to do so, they will also determine the necessary steps to be followed to ensure a safe and healthy return to the playing field. It is the injured player's responsibility to follow the recommended training schedule as set forth by the trainer or doctor. If daily treatment or taping is required, it is mandatory to complete it prior to or after practice. Being in the training room will not serve as an excuse for being late to practice or games. Also, the training room is not a place to socialize. It is a place for those student-athletes in need of treatment or care for injuries. Get in and get out. If you need taping, get in early, get taped, and get out.



MENTAL PREPARATION – THE SPARTAN WAY

STAGES OF SUCCESS

STAGE ONE: TRUST

The first stage is TRUST. TRUST is the foundation upon which all other stages are built. TRUST is reliance on the integrity or justice of a person (coaches) or confidence in some quality or feature (direction of the Glenbrook North High School Baseball Program). TRUST is credit or confidence in the ability or intention of a person to pay at some future time (organized and diligent preparation leading to success). TRUST is to have faith or confidence in something (one's own ability) and someone (teammates and coaches). TRUST is to rely on and believe in (the Glenbrook North High School Baseball Program).

The more TRUST that is present between the members of the Glenbrook North High School Baseball Program, the greater the program. Players need to trust coaches. Coaches need to trust players. Players need to trust teammates. Coaches need to trust fellow coaches. It is a privilege to have that responsibility, opportunity, and obligation. It is also one that should never be taken lightly. TRUST is part of our higher nature. It is extremely difficult to do, but very rewarding when it is done.

Players need to know they can count on one another. They need to know they can rely on one another. If you were holding onto a rope that was keeping you from a one thousand foot fall, who would you want holding onto the other end of that rope? When you respond that it does not matter, as long as he is a teammate of mine, we have attained TRUST. That is TRUST!

STAGE TWO: BELIEF

BELIEF is to be convinced of the truth, dependability, or existence, of something without demonstrable evidence (confidence in the chances for success). To credit, have confidence in, rely on through faith (teammates, coaches, and the Glenbrook North High School Baseball Program). Accept on the basis of credibility (leadership by teammates and coaches).

BELIEF is one of the most important qualities that we will develop. It is the unshakable confidence in ourselves, our ability, our teammates, and our coaches to be extraordinary in everything we do, regardless of the circumstances or situation. We

need to BELIEVE in ourselves, our teammates, our coaches, and the Glenbrook North High School Baseball Program. Whatever we BELIEVE, with feeling, becomes reality.

When we BELIEVE we are champions, we will walk and talk like champions. Other people will get the message, and we will succeed. Our behaviors will make our BELIEFS a reality.

STAGE THREE: EXPECT TO EXCEL

The third and most powerful stage is EXPECT TO EXCEL. EXPECT is to await or look forward to (the competition). EXPECT is to regard as likely to occur (success). EXPECT is to anticipate the occurrence of (excellence). EXPECT is to consider probable (championships). Each time we enter the classroom, the weight room, or the baseball field, we will EXPECT TO EXCEL.

Great baseball teams such as the New York Yankees and the Louisiana State University Tigers did not think they could excel. They did not believe they could excel. They EXPECTED TO EXCEL. In their minds, anything less than excellence was unacceptable. Their countless number of championships and amazing comebacks are testimony to their mindsets.

During practice, on the day before the championship game of the 2001 College World Series, the University of Miami Hurricanes EXPECTED TO EXCEL. At the end of their batting practice session, players practiced their post game celebration that would be used the following afternoon. Needless to say, the Hurricanes were 12-1 winners. Was finishing second even a thought that crossed their minds? Not a chance!

As individuals, as students, as baseball players, and as a team we will EXPECT TO EXCEL with confidence in everything we do. Our deepest thoughts are obsessed with and consumed by doing nothing, but our best. When we EXPECT TO EXCEL, we will be sure to add to the tradition that has been created by the teams that have come before us.



BASEBALL – THE SPARTAN WAY

WHAT IS A SPARTAN?

A SPARTAN IS:

A citizen or resident of Sparta, Greece
(a city known for its military prowess)

A warrior described as:

- *rigorously self-disciplined*
- *possessing courage and resolve*
- *uncompromising in discipline and judgment*
- *courageous in the face of pain, danger, or adversity*

**BE PROUD
TO BE A
SPARTAN**



SUCCESS – THE SPARTAN WAY

CHAMPIONSHIP QUALITIES

There are certain qualities that exist amongst all championship teams that require no talent whatsoever. Each of these qualities lies within the full control of each member of our team. Make the decision to work, practice, and play like champions.

What does a championship team sound like?

Championship teams constantly communicate.

- They are noisy from start to finish. It is a skill.
- Encouragement with baseball-specific information.
- Eliminate chatter and use meaningful communication.

What does a championship team look like?

Championship teams compete with extraordinary effort.

- Always hustle. No one walks. Sprint from place to place.
- Their uniforms are consistently covered with dirt.
- Intensity is a key ingredient to effort.

What does a championship team feel like?

Championship teams have spirit.

- They constantly fight to succeed regardless of the score.
- They congratulate each other following a great play.
- They pick each other up after experiencing failure.

If each player says 2 positive comments per minute, they will have said 240 positive comments at the conclusion of a two hour practice. Multiply 240 by the number of players on the team. It takes no talent whatsoever to create an extremely positive environment for our team.