

# PROGRAM HANDBOOK



March 5, 2020



## **BETTENDORF HIGH SCHOOL BASEBALL**

### **VARSITY COACHING STAFF**

Head Coach – Blake Hanna  
Assistant Coach – Zach Paustian  
Volunteer Coach – Steve Burwinkel  
Volunteer Coach – Jake Peterson

### **SOPHOMORE COACHING STAFF**

Head Coach – Mike Budka

### **FRESHMAN COACHING STAFF**

Head Coach – Everett Hamner  
Volunteer Coach – Bryce Melton

Dear Players and Parents,

I am honored to be the head coach of the Bettendorf High school baseball program, and I am excited about the 2020 season. We have 4 different levels of baseball Varsity, Junior Varsity, Sophomore and Freshman teams and our staff looks forward to working with our student athletes at every level of our program.

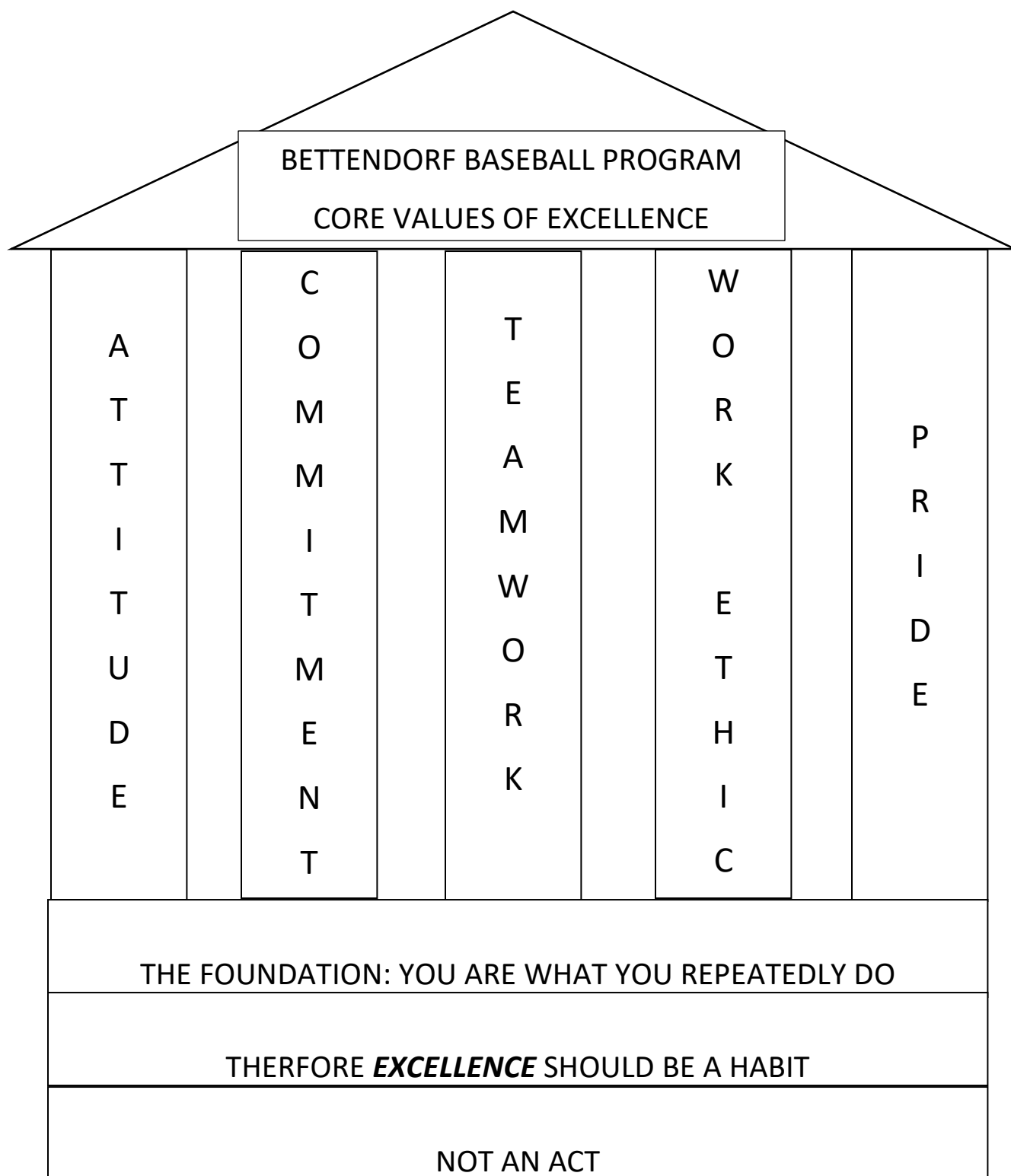
I feel that we have assembled a great coaching staff this season, and while each team will have its own designated coaching staff, all of our coaches will have the opportunity to work with all players at all levels.

Our goals as coaches is to develop our players both on and off the field. They are student's first and then athletes, so their first commitment must be to school. Through our program, we want to develop fundamentally strong sound baseball players that understand and respect the game of baseball. We'll place a strong emphasis on teaching fundamentals of the game a playing smart baseball.

For the Bettendorf High School baseball program to be successful, we'll need your support as players and parents. Please read the team policies, procedures, and expectations in this manual. Some of the rules are in accordance to Bettendorf High School rules and others are unique to our baseball program. Most of what is here was established with a focus on simple common sense, courtesy and respect for all involved in the Bettendorf High School baseball program.

Please remember that it is a privilege to play baseball at Bettendorf High School and not a right. We hope your experiences in the Bulldog Baseball Program will provide you enjoyable memories and when you look back on the season you are proud of what you have accomplished as a team and individual.

Coach Hanna and Staff





## ATTITUDE: AN *ENABLER* OR *DISABLER*

Having a bad attitude is like driving around on a flat tire. You won't get better until you change it.

Zig Ziglar – Body Language  
Personification of Attitude

“The only disability in life is a bad attitude.”

Dabo Sweeney – Head Football Coach  
Clemson University



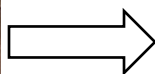
## BHS BASEBALL VISION

The only thing worse than being blind is having sight but no vision – Helen Keller

Our vision.....is to demonstrate a process of excellence in everything we do, with the purpose of creating successful students, men, husbands, fathers, citizens and overall better baseball players.



## WHOSE JOB IS IT?



An hour after winning a national title in his last collegiate game.... [@Stephen\\_Scott7](#) stayed & picked up every piece of trash in our dugout.

No one asked him to.

He just did what was right.

*A Winning Culture is easy to see*

Our definition of LEADERS:

- Sees a need that needs to be met, and meets it without being prompted or asked
- Attitude to SERVE > EGO



BAD TEAMS = NO ONE LEADS

AVERAGE TEAMS = COACHES LEAD

GOOD TEAMS = PLAYERS LEAD










**The difference between CHAMP**

**and CHUMP is U**

**BE A 10 AT ALL TIMES**



The Bettendorf Baseball Coaching Staff's focus is to prepare, instruct and develop student-athletes. The coaching staff is committed to the team and each player. Coaches will be held to these expectations:

-  Assisting our players to be the best they can be in the classroom and on the field. We are not just baseball coaches.
-  Developing character in our players and teaching them to be responsible and accountable for their words and their actions.
-  Leading by example, demonstrating a passion for the game and respecting all players.
-  Modeling and expecting honesty, punctuality and a committed desire to be the best.
-  Encouraging communication, integrity and confidence in the classroom, on the field and in the community.
-  Demanding respect for teammates, opponents, coaches, umpires, parents, fans, Bettendorf High School and the community
-  Providing a facility and equipment that the players can be proud of, and that offers every opportunity for learning the game of baseball.
-  Providing an experience for our athletes that are rewarding, memorable and fun.
-  Holding our players and coaches accountable to playing baseball the BULLDOG WAY.

The coaching staff is proud to be a part of the Bettendorf Bulldog Baseball Program. We are fully committed to making it one of the best baseball programs in the STATE OF IOWA.





## BASEBALL PHILOSOPHIES

The key to accomplishing each one of these in a game setting is the team and coaches ability to be on the same page, which begins in practice.

### **Practice Philosophy**

Do the right thing every single time, no matter what it is. We win or lose during practice. When our players show and step through the gates, they are expected to get after it. Game like tempo and focus are stressed in every drill, situation or scrimmage. We routinely break down practices into three manageable parts: individual work, group work, and finish with scrimmages or situations. We will put our players into countless baseball situations at practice so when it happens in a game they can feel confident and successful. Our coaching staff (if possible) will also track stats during practice. Tracking stats in practice will hold players accountable and also help coaches make tough decisions.

### **Team Philosophy**

We must play team baseball; we will win and lose as a team. Players must be willing to work together and play together to be successful. A confident, skilled team working together is our goal.

### **Mental Philosophy**

Mentally tough people will be successful. We are making this a focus every day for our players. Baseball is a game of failure and can be very frustrating if we cannot deal with it. The teams and players that can deal with failure and learn from it will be the toughest and most successful. We will do daily mental training sessions during practices to help our players not only develop routines for when they fail but also during big moments to help them refocus and give them the best chance to be successful.

### **Defensive Philosophy**

We will work hard and take great pride in our defense and our players must be able to play sound defense in order to be in our starting lineup. Our focus – **MAKE THE ROUTINE PLAYS**, anticipate before a play happens and get outs. To be great on defense, you must focus and work hard in practice because championships are won with great team defense.

### **Pitching Philosophy**

Pitchers and catchers control the game. Our pitches will be aggressive, throw strikes and work fast. Get ahead early (first pitch strikes), change speeds/locations, and hit their spots. Our goal is to locate pitches, change speeds and force contact in 3 pitches or less.

**Offensive Philosophy**

Our hitters will be aggressive and productive. Our focus will be on quality at bats with an emphasis of driving the ball up the middle. We will constantly talk to our hitters about "Having a plan when each time they come to the plate." We will put the ball in play and force the defense to make the play. We are aggressive on the base paths and will take advantage of other teams lack of discipline. Baseball is a game of adjustments. We will make necessary adjustments and whatever it takes to get the job done.



## THE BULLDOG WAY

-  Complete Focus
-  Play Team Baseball
-  Play Hard for 7 Innings
-  Good Defense – Make the play – 21 outs
-  Defense Wins Championships
-  Look Good, Feel Good, Play Good
-  Have Fun
-  Have a Plan When You Go To the Plate
-  Quality At-bats
-  Communicate on Every Play
-  Bulldog Pride at All Times
-  Practice at Game Speed
-  Encourage Your Teammates
-  Master The Fundamentals Of The Game
-  Strive For Perfection
-  Have Pride In Yourself and The Uniform You Wear
-  Always Confident, Never Cocky – Respect The Game
-  Stave Positive
-  If You Make An Error – Move On To The Next Play
-  Know The Situation At All Times
-  Be Accountable
-  Believe In Yourself
-  Work As Hard In The Classroom As You Do On The Field
-  Respect Your Coaches and Teammates
-  Play The Game The Right Way
-  No Excuses, No Regrets
-  Set High But Achievable Goals
-  Be A role Model
-  Lead By Example
-  Winning Is A Habit, Expect To Win



## PLAYER EXPECTATIONS

### **Student-Athletes**

Playing baseball here at Bettendorf High School is a reward for achieving your highest potential in the classroom you are a student first and an athlete second.

### **Positive Attitude**

Players will be expected to be open to learning and must be coachable. Players will also understand that every member of the team plays an important role to the success of our program, whether you are on the field or serving a role in the dugout.

### **Commitment/Dedication**

Players will be expected to exhibit commitment and dedication both on the baseball field and in the classroom. What you do on the field, you do in your life. Learning and exhibiting these important character qualities during your 4 years at Bettendorf High School will better prepare you for life outside the white lines

### **Sportsmanship**

Good sportsmanship is an important part of our baseball program and you will be expected to model it at all times. We will encourage and support our teammates and we will respectfully and graciously acknowledge our opponents – win or lose. Unsportsmanlike behaviors, such as the throwing of equipment, taunting of opponents or disrespect will not be tolerated in this program.

### **Teamwork**

Baseball is not an individual sport. Our success on the field will be measured by how well we play together as a team, not as a group of individuals. You will be expected to support and encourage your teammates, and in return, you can expect to be picked up by those around on days you are not doing your personal best.

### **Work Hard**

You are expected to come to practice and games and give 100% effort at all times. Giving your best effort at all times does not require you to be the best player on the team. In fact it has nothing to do with your baseball skills. You will be expected to run hard on and off the field, to hustle between drills at practice, to run out “routine” balls and to hustle back to the dugout.



### **Communication**




The coaching staff will model open and honest communication at all times. Players who have an issue with a coach or another player will be expected to communicate their concerns as soon as possible. The first attempt at handling concerns will be between the player-player or player-coach. If the issue is not resolved to the satisfaction of both parties, parents might be contacted.

### **Be Accountable**

You are expected to be on time for all practices, games and team functions. If you are going to be late, or miss contact a coach as soon as possible. You are expected to keep the commitments you make to your teammates and coaching staff throughout the season. You are also expected to be responsible for communicating all necessary information to your parents. We will hold our teammates and ourselves accountable.

### **Dressed to Play**

It is expected that when you walk off the bus or in the dugout you are ready to play. That means that your shirt or jerseys will be tucked in, your hats will be on straight and you will not be wearing any jewelry.








-  Have gear available for practice including long sleeves
-  Pants are required at all practices. Do not wear your game pants for practice.
-  Cutoff shirts are not allowed

### **Behavior**

How you behave on and off the field is a direct reflection of you and the baseball program at Bettendorf High School. You are expected, especially when you are wearing a part of the Bettendorf Baseball uniform, to behave like a gentlemen. You are expected to think before you act and to understand that all of the choices you make have a consequence whether intended or not. You are expected to follow all rules and laws of the school and the community. Any behavior issues will result in disciplinary action and possible suspension.

### **Game Day Routine**

Varsity Home Game (Away game will be the same except get to the field 90 minutes before bus time)

-  2:30 arrive at the field
-  2:45 batting practice
-  3:15 defensive work
-  4:00 J-bands/stretch/throwing progression
-  4:35 home pregame in-field
-  4:45 visitors pregame in-field
-  5:00 game time



### **Field Work and Equipment**

Players are expected to assist in general maintenance duties after each practice and games during the season. We take great pride in our facility we have created and expect our players will do the same. Each player will be assigned a job at the field, once you get your job done find somebody else to help – don't wait to be asked. Each player will also be assigned equipment and you are responsible for having that equipment ready for practice and games.

### **School Policies**

If you are ineligible because of grades, you will not be allowed to practice or play until your eligibility is reinstated. If you get suspended from school you will not be allowed to practice or play until your suspension has been lifted. You also may be subject to a longer suspension enforced by the baseball program. Don't let your team, coaches, parents or this program down.

### **Weight Training**

In season athletes are expected to lift 2 times a week. Out of season athletes are required to lift 3 times a week. We will lift as a team during the baseball season.

### **Zero Tolerance**

There is a zero tolerance policy within our baseball program dealing with Drugs and Alcohol. Anybody caught participating in the activities will receive a 5 game suspension on top of whatever school punishment they receive. If the punishment carries into the baseball season, then that player will serve the 5 game suspension. This is not a subject that I will discuss or give lenience on. Choose your friends and social activities wisely. Following team rules and expectations is a requirement for playing baseball at Bettendorf High School. Players who violate team policies and or expectations for behavior will be subject to immediate consequences, which could include dismissal from the team. Hang around your teammates and friends who have the same beliefs and goals as you.

### **Parent Expectations**

Support the team, players and coaches

### **Coaching Decisions**









The coaching staff will make decisions that are based on what is best for the baseball team and overall program. Decisions about playing time are not always based purely on baseball talent but also include how each player fills certain positions and how they fit into the team concept. Players who have negative attitudes or who are disrespectful to teammates or coaches will find themselves on the bench or dismissed from the team, no matter how talented they are.

**Other Sports/Activities**











All baseball players are encouraged to participate in other BHS sports and school activities throughout the school year. Multi-sport athletes are well rounded and maintain their conditioning at a higher level. Those participating in other sports or activities gain valuable knowledge, experiences and friendships. We as a coaching staff want you to enjoy your high school years by participating in as many activities that you choose. However, once baseball season begins, all players are expected to be fully committed to the team beginning the first day of practice. On occasion there might be conflicts and we will address them on an individual basis.



## **How to know if your team is ALL IN!!!**

-  Shows up early, leaves late
-  Competes at everything
-  Eye Contact w/coaches
-  Good body language
-  Hold themselves accountable
-  Encourages each other
-  Enjoys practice and being around the team
-  Making good decisions

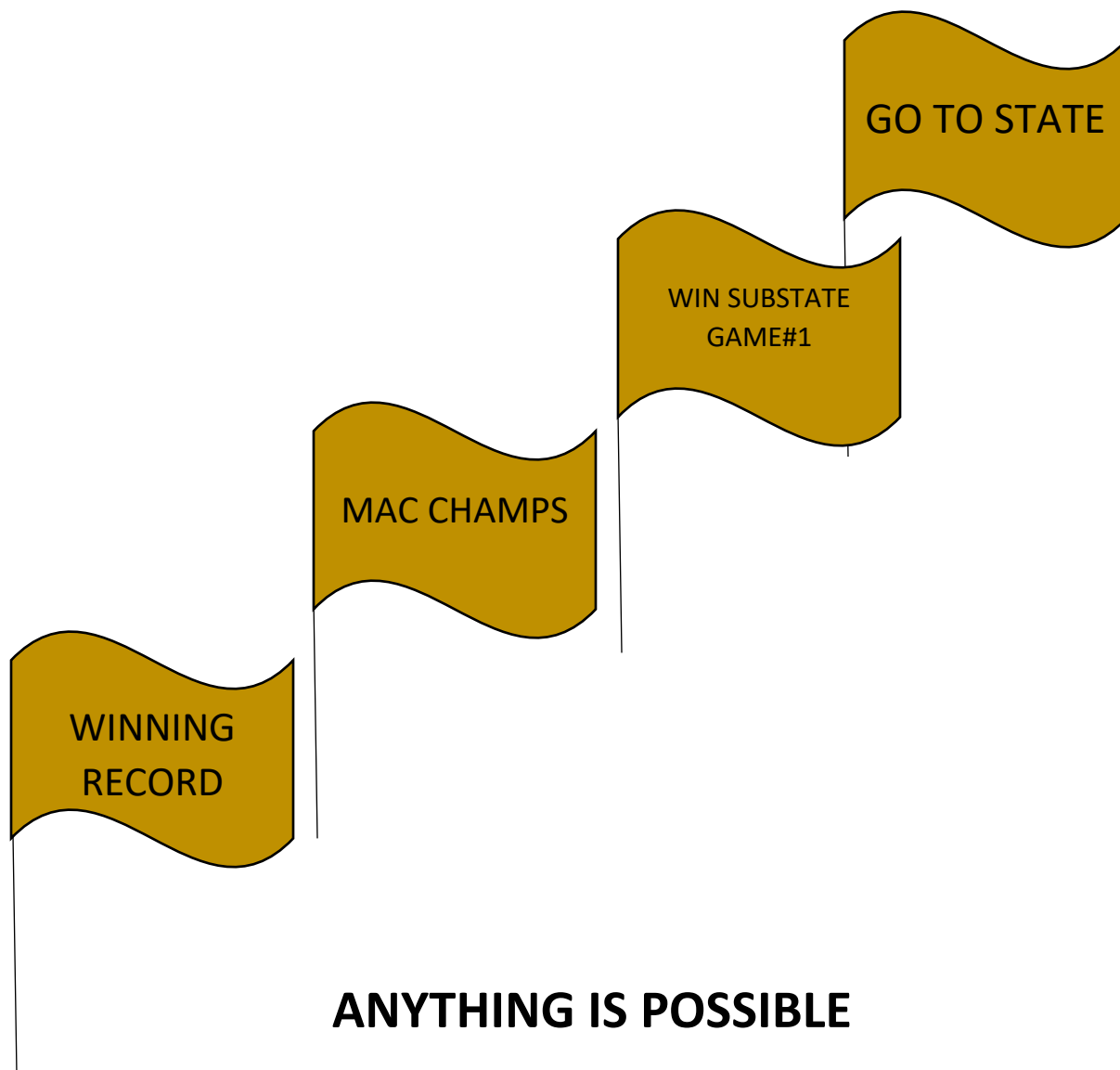
## **10 THINGS TEAMMATES DO IN CHAMPIONSHIP CULTURES**

-  Willing to do whatever it takes for the team
-  Uses positive words when a team faces adversity
-  Holds themselves accountable, instead of making excuses
-  Unselfish
-  Respect one another
-  United with each other
-  Support and enhance Coaches objectives
-  Make the program proud
-  Step up and lead when the program needs leadership
-  Pick each other up



**IT TAKES EVERYBODY TO HELP CREATE A  
CHAMPIONSHIP CULTURE**

**BUT WHEN IT GETS CREATED.....**



**ANYTHING IS POSSIBLE**

