



PANTHER Baseball

Parent Handbook

It all starts with ATTITUDE

Welcome to the 2023 PANTHER baseball season.

The primary purpose of this manual is communication. Building a baseball team that the community can take pride in is an evolving and challenging task. All participants involved in the process; the parents, the players, and the coaches must acknowledge their responsibilities associated with this task. Once the expectations associated with these responsibilities have been established, we must all work together to ensure that there is a collective effort to meet these standards.

Success in athletics can be measured in multiple ways. First, there is the scoreboard and our win-loss record. Our coaching staff and players will work to give our best each week and compete to win each game. The second measure of success is harder to see but is even more important than our on the field success. As a program we will work to develop high character young adults through building relationships and regular character lessons. By working as a team, I am confident that we will see great things from our players as they move forward in life and we will win our share of baseball games.

Program Mission - Bring Honor to our Community, School and Team – Everything Matters

Core Values – It all starts with ATTITUDE

--The reality is “attitude” is relevant in life and on the baseball field and it can be an asset or our biggest liability. How relevant is it on the baseball field? Well, do you like being a part of a team without team players? What about poor leadership? Do you feel inspired to give your best playing with teammates who don’t care that much? Do you like it when someone does a job, but they didn’t do it right? You see attitude adds up and when there is an average attitude circulating on the field, it can turn a program toxic.

Parent Expectations

- Be Supportive of the Program
The goal of the program is to help develop high character young adults. Each and every member of the program should be completely supportive of that aspect of what we are trying to do. The coaches, parents, and support staff should help each other in the positive development of the young adults in the program. Make it a point to attend games in a positive way.
- Closely monitor your child’s academic progress – we have a program goal of a 3.0 GPA for each player
- Make sure your child gets proper rest and nutrition
Meals before and after workouts and practices as well as proper hydration are essential to keep the body performing at top levels. Students who are participating in athletics should be getting a minimum of 7-8 hours of sleep per night.
- Understand the Role of Parents
The role of a parent in the program is to support their child and contribute to the positive development of the athlete academically, physically, mentally, and emotionally. This does not include speaking negatively about other players in the program, coaches in the program, in-game calls, or game planning.

Team Website

www.springlakeparkbaseball.com/

Download the Remind App

Go to the following site and create an account if you don’t already have one:

- www.remind.com/join/slpbase

You will receive all updates through that app as soon as Coach Miller knows any changes that are happening.

Preseason Requirements

All baseball players must have the following completed prior to the first practice session:

- Physical Exam on file in the athletic office.
- Registration complete & Participation fee paid.
- Participation and eligibility form read and signed by player and parent.

*Meet academic eligibility requirements for MSHSL and SLP schools.

Lockers / Locker Room

Players are encouraged to store their equipment in the locker room. We do not provide locks for lockers, athletes need to purchase a lock to secure their items and our equipment. Players are expected to keep the locker room clean.

Equipment Needs

School Provides: Helmet (if needed), Baseballs

Player Provides: Blue helmet if wearing non-school helmet, Cleats, Glove, Blue undershirt, Bat

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Practices

All practices will begin on time. Players should come prepared with all necessary pieces of authorized equipment. Practice sessions are designed to be up-tempo, competitive, and fun. Players are expected to have a good attitude and play the right way. Attendance at practice is required, missing practice may impact playing status.

Injuries

Anytime an athlete is feeling pain or feels discomfort of any kind he must make the coaches and trainer aware of his situation so that necessary care can be provided. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor. Any player who is under medical care by a physician will not be allowed to participate in any practice sessions or games without written clearance by the doctor. All injured players that cannot take part in practice or in games will still be required to be at practice or games.

Athletic Training Room

The training room is a place to get taped before a practice/game. It is also a place to do preventative and rehabilitative exercises. It is not a place to meet or hangout with other athletes and socialize. If at any time a player becomes injured they must inform a coach and also get checked out by the trainer before leaving school.

Any player who does not follow through with the rehabilitation program set forth by the trainer will not participate in the upcoming game. If a player gets injured during practice, they may get checked out by the trainer. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor.

Strength & Speed

Our Strength & Speed program is critical in the success and development of our team. We expect our players to participate in a strength and conditioning program in the offseason and during the season of competition, it is a year-round commitment. Players that participate in strength training and speed development are more likely to have a positive contribution to their team; they are also more likely to enjoy their season and avoid injury. Hard work, mental toughness, and discipline are all great byproducts of the program.

Coach/Parent Communication

The coaches will have an open-door policy with parents when communicating with anything EXCEPT playing time. If a player is concerned about his playing time, it is up to them to have a conversation with their coach. The coaches will always be available to the players to have those conversations. If there are any other concerns, the communication should go as follows:

1. Player meets with coaches
2. Player and parents meet with coaches
3. Player and parents meet with team coaches and Coach Miller
4. Player and parents meet with team coaches, Coach Miller, and Mr. Wackman (athletic director)

While coaching for the past 15 years, I have found that open communication with player and coach will solve MOST, but not all concerns.

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SLP PANTHER BASEBALL - TEAM RULES

Program Mission: Bring Honor to our Community, School and TEAM – Everything Matters

Team Philosophy:

- ❖ Work Hard, Have Fun, Play Baseball
 - Baseball is supposed to be fun, while working hard. I want the guys who come through the program to remember their experience as one that was ultimately fun. That is not to say that everything will be fun along the way but do your best to make baseball fun. Celebrate the small victories and remember that wins and losses do not define you.
- ❖ Improve Baseball Skills
 - We need to improve in baseball fundamentals, the mental aspect of the game, and we have to get stronger. The sustained success of our program depends on consistent improvement in all three areas.
- ❖ Learn to Overcome Adversity
 - As in life, things in baseball never go as planned. In order to overcome adversity, we (players AND coaches) must take responsibility for the things we can control and learn to react appropriately to things we can't control.

Team Membership: *We will have a maximum of 15 players on each team, but there may be less. There also may be cuts for each level depending on our numbers.*

Team Appearance (Dress Code): We expect everyone representing our baseball team to look respectable at all times. If an individual does not look appropriate, the coach will have a personal conference with that player. Game jerseys will be worn on games days, when wearing our jerseys players will not wear jewelry. Players will wear team sweatshirts or jerseys while on the bench or during pregame warmup.

Uniform/Jersey: We will look like a TEAM – **Uniforms are expected to be washed and clean.**

-Jewelry, Wrist/Arm Bands – against MSHSL rules – don't wear them

-Game Socks

-V/JV – You are to wear your jersey or team sweatshirt while warming up or on the bench

-Undershirts should be royal blue. You may choose what royal blue long sleeve shirt to wear.

Team Conduct: We expect our players to carefully consider their every action at practice, in games, in school, on social media, and out in the community. We represent our school and expect our players to conduct themselves in a positive manner at all times. Anyone acting inappropriately will be dealt with by the coaches; inappropriate conduct may result in reduced playing time or further disciplinary action.

Language: We expect appropriate language to be used by everyone representing Spring Lake Park Football. This includes during games, practice, school, home, social media, and in the community. During a game no one will talk to the referees but the coaches. Any talk to teammates will be in a positive manner.

Attendance: We have a limited amount of time to prepare for each game; attendance at practice is critical to game preparation. If possible, any absence should be communicated to a coach ahead of time. Missing practice for any reason may change playing status. If you miss a practice before a game for any reason other than a school sponsored event, you will not start the next game.

Academics: Our goal is for each player to have a 3.0 GPA Schoolwork needs to be a priority. No athlete should ever use baseball as an excuse for not completing obligations in school. Athletes should schedule any make-up work or tutoring before school or during academic study periods. If a student is having problems in a class, tutoring is encouraged. Missing practice may result in a change of playing status.

Respect: Baseball players are expected to respect their teammates, coaches, teachers, and classmates. If the coaches see a problem, they will meet with that individual. Players with respect issues will have consequences.

Team Rapport: A winning team is one in which team members are close friends on the field and off. Squads that don't stick together fall apart under pressure. Every squad member, starter or not, is equally important to the success of our team.

Transportation: Away games are viewed as a business trip. Players will only be taken on away trips if they have earned the right to go by showing a desire to cooperate and willingness to follow expected behavioral guidelines. Players are expected to keep the buses clean and to follow all district and state rules regarding bus travel. The expectation is that players ride with the team to and from away games. Lower level players may ride home with parents as long as that has been communicated with to the coach.
--9th and B Squad will get a ride, if they need one, when there is practice at Lexington TO THE FIELD ONLY. They will be driven back to the high school after practice or games at Lexington.

Coach Contact Info: Coach Miller: phone (763) 600-5272 / email cmille3@district16.org

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