

Athletics/Activities Director jhannam@cedarburg.k12.wi.us (262) 376-6261

# **HEATHER PARKINSON**

# **Athletics Manager**

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# Boys' Baseball

Program Goals, Philosophies, and Procedures

**Head Coach:** kpeterson@cedarburg.k12.wi.us **Kyle Peterson** Email: **PROGRAM PHILOSOPHIES PROGRAM VISION PROGRAM GOALS** • Provide athletes the opportunity to advance their The CHS Baseball coaches will create an We strive to create a strong culture in skills and knowledge of the game while environment encouraging all players to learn our dugout, classroom, and participating in a quality, competitive environment. and grow as individuals on and off the field. community. Our program standards • Emphasize strong leadership, sportsmanship, and We will help create an experience that is will ensure that all players see and feel the benefit of playing high school something they want to be a part of long after CHS program values. they are done playing for the Cedarburg baseball in Cedarburg. • Field a strong and competitive team at all three levels in our program each year. Bulldogs baseball program. • Our varsity team competes at the highest level we CHS Baseball: Offensive Philosophies can which hopefully leads us to the top half of the CHS Baseball: Pitching Philosophies North Shore Conference and a deep playoff run CHS Baseball: Defensive Philosophies each season.

TEAM PHILOSOPHIES			
VARSITY (9th-12th Grade)	JV (9th-11th Grade) & JV2 (9th-10th Grader)		
Coaches of varsity teams will select players who can compete/contribute at the varsity level in our competitions and show the maturity necessary to be a part of a varsity dugout.  There is no guarantee for playing time at this level. Not all players will have the opportunity to play in every competitive event. Production matters at the varsity level and the players that are contributing more will earn more playing time.	JV & JV2 coaches will try to find adequate playing time for all student-athletes. While inning is still a goal developing the skills and knowledge to be successful at the varsity level is also a goal. Playing time will not be equal among players for each game, but most student-athletes should play in most games. Coaches will attempt to find roles for players at their level.		



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# **ROSTER SELECTION & PLAYING TIME:**

The Bulldog Baseball program is a cut sport. The best student-athletes will make the team based on the evaluation by our coaching staff. The coaching staff will provide the best experience possible for players of all skill levels and experiences.

- Roster Size: Our coaching staff will make the best decisions based on the number of players we have.
  - Varsity: Approximately 14 Players (May expand during WIAA playoffs)
  - JV1: Approximately 15 Players
  - JV2: Approximately 15 Players
- \*Tryout week will help us determine the number of players kept at each level. There is only so much playing time available in a season.
- Game rosters will be determined by our coaching staff and communicated to players before games.

TEAM SELECTION				
The four criteria below are the main areas upon which decisions are made when selecting team members.				
Skills & Talent	Attitude & Work Ethic	Potential	Team & Program Needs	

# **PLAYER RESPONSIBILITIES**

# We expect our players to be committed to our program and all that comes with being a Bulldog baseball player. Our players need to be passionate about playing baseball and willing to put in the time and energy to become the best baseball player they can be. This will include putting in time out of season in the weight room to gain strength and improve athleticism. It will also include finding ways to continue to work on their baseball skills.

# PARENT RESPONSIBILITIES

- Positive support for student-athletes and coaches at all times.
- Good sportsmanship is exhibited toward officials, players, and coaches at all times.
- Notification of any schedule conflicts (such as vacations) that may occur well in advance. For sports where rosters are limited, conflicts should be shared before tryouts.
- Help with program jobs when you can.

Parent/Player/Coach Communications Protocol

# **COACH RESPONSIBILITIES**

#### Coach Duties (pg. 9-10)

- Coaches will role model good sportsmanship and respectful behavior at all times.
- Be well prepared for practices and games during our season.
- Structured, well-planned practices that promote the attainment of fundamental skills, while emphasizing teamwork and strategies geared toward successful results at competitive events.



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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting. We will use GroupMe for our communications.	Email is the main source of communication for logistical items including schedules, events, and updates.
	Groupme will be used for immediate coach/player communication.

VARSITY LETTER CRITERIA	CAPTAIN CRITERIA
Varsity Lettering:  To earn a varsity letter, a student-athlete must be in good standing with the team and meet the following requirements:  Regular Attendance practice sessions.  Demonstration of the qualities of dedication to the team and proper sportsmanship.  The player must suit up in at least half the number of games during the season.  Injured players will be a case-by-case decision.  A student-athlete who is moved up to the varsity team during the season and made a significant contribution to the team may be awarded a letter at the recommendation of the Head Coach.	Captains: The coaching staff will select the team captains each season with input from the players on the team.  A captain must have earned at least one varsity letter in baseball to be considered.  Captains:  Will be a good communicator with players and coaches in our program.  Have the respect of their peers.  Help hold players accountable on the field, in the weight room, and our community.  Demonstrate mental toughness and leadership at all times.



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#### **MISSED GAME & PRACTICE POLICY**

Practice: It is an expectation that our players are at practices and weight room times unless the following occurs:

- o School-Related: Education-related reasons These need to be communicated with your head coach.
- Illness: If you miss school due to being sick, you cannot practice. You should communicate with your coach when missing school.
- o Injury: All injuries go through your school's trainer. Trainers, parents, coaches, and players can decide on practice participation.
- Other: Arrangements can be made with a coach but these are situation-based. Communicate in advance whenever possible.
- Unexcused Absences: If you cannot commit to practice times, coaches cannot commit to playing time in games.

**Games-** Attendance at all games is mandatory. If a player misses a game due to an unexcused absence, playing time at the next game is not guaranteed. If a player continues to miss games, missing full games will be looked at.

- The coaching staff will consider the following as "unexcused" reasons for missing a game.
  - o 1) Work
  - 2) Vacations
  - 3) Failure to attend a game and properly notify the coaching staff of a reason for the absence.
- We will always make every effort to work with a player who is a multiple sport athlete that has special situations but there is no guarantee for playing time when a player misses due to an out-of-season sport.

Note: The coaching staff will 100% support a parent's decision to withhold their son from practice and/or a game for disciplinary reasons, be it academic or otherwise. Please do your best to communicate with your coach so that we can all be on the same page.

# STRENGTH & CONDITIONING EXPECTATIONS

#### In-Season:

- Players will use the Teambuildr app to record and track their lifting progress.
- All levels will work out at least twice a week throughout the season in the CHS weight room.

**Out of season:** Our athletes are expected to lift year-round and participate in our after-school lifting program if they're not in another sport. The expectation is that our basketball athletes also take part in the Summer Strength and Conditioning course.

\*\*\* Weightlifting is a huge part of what we do as a program. Not only has this proven to prevent injuries for our athletes, but it also helps us compete at the highest level from a physical standpoint.\*\*\*



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# **ABSOLUTES**

# A BULLDOG BASEBALL PLAYER...

- IS ON TIME AND PREPARED
- IS RESPECTFUL AND COACHABLE
- COMMUNICATES WITH COACHES & TEAMMATES



# THE BRANDS A BULLDOG BASEBALL PLAYER...

- IS READY TO IMPACT THE GAME
- HELPS CREATE A POSITIVE TEAM ATMOSPHERE
- HUSTLES & COMPETES UNTIL THE LAST OUT