Billingsley

Baseball

Handbook



2014

**Billingsley Baseball Coaching Philosophy:**

Our goal is to treat all players equally. There are no superstars on our teams, who are above anyone else. Team guidelines have been set and the entire program has to abide by these rules and regulations. It is our desire that the players understand that the coaching staff believes in them. Our players will be given opportunities to experience success both on and off the field. We will make every effort possible to provide our players with the most enjoyable experience, which will continue to teach life lessons for them in their futures.

Less than 5% of high school athletes go on to play team sports at the college level. This means their education received at Billingsley is more valuable than their performance on the field. Our players are expected to take pride in being student-athletes, with an emphasis placed on “student”. They are to conduct themselves in a mature manner in the school setting, out in the community, and on the playing field at all times. Players, who do not, will not be a part of the Billingsley baseball program. Billingsley players and coaches represent our school, our program, their families, and most important “themselves”. Commitment is required from our players, coaches, and parents in order to demonstrate that the Billingsley baseball program is a first-class organization where tradition is being built. With a combined effort of all those involved, we believe we can achieve our goal.

Thank you for your cooperation and continued support,

Jason Mattox Ted Kicklighter

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Varsity Head Coach Junior High Head Coach

(334) 398-0107 (334) 730-3365

\*Concession stand questions should be directed to Carrie Mattox (334) 398-0692

**Guidelines:**

1. General purpose of students at Billingsley School:
2. To get a quality education, graduate from this school, and enter the workforce or pursue an advanced degree.
3. To develop character, work ethic, confidence, teamwork, and pride that will enable you to achieve your goals in life.
4. To participate in the baseball program and assist in creating a championship team in an atmosphere that encourages mental, social, and emotional maturity.
5. General purpose of coaches at Billingsley School:
6. To monitor your grades and classroom behavior to insure that you are performing at your best to complete the necessary work to graduate and start your career.
7. To serve as good role models, setting a good example, and placing you in a proper environment, both on and off the field, so that you may be allowed every opportunity to grow as a person and become equipped for future endeavors.
8. To give you the best possible baseball education to assure that you respond properly on the playing field so that a championship team may be created.
9. A player in the Billingsley baseball program is expected to:
10. Show up on time, prepared, and ready.
11. Work hard everyday.
12. Maintain a positive attitude and encourage teammates.
13. Dedicate yourself to improvement everyday.
14. Put team goals ahead of personal goals.
15. Respect your coaches, teammates, opposing teams, and officials.
16. Represent the program appropriately in the classroom, in the community, and on the field by adhering to the rules and policies in this handbook.
17. Be prepared to accept responsibility for your actions.
18. Accept constructive criticism and use it to become a better player.
19. Discuss questions or concerns in a positive, mature manner.
20. Purpose of the Junior High baseball team:
21. Develop and refine basic skills and conditioning of the athlete.
22. Introduce, explain, and reinforce the rules of the sport.
23. Assess the students’ athletic ability which will lead to a continued involvement in the sport.
24. Provide playing time to all participants, at the coach’s discretion, and prepare each player for future competition at the varsity level.

\*The Junior High team consists of select 7-9th graders who have demonstrated mental skills, proper attitude, physical skills, and sport specific skills that indicate the potential to play on the Varsity level in the future.

1. Purpose of the Varsity baseball team:
2. Develop the physical skills and conditioning of the athlete to his fullest potential.
3. Provide talented athletes the chance to excel.
4. Provide the athletes with the opportunities to learn set goals, strive to achieve them, and serve as role models for younger athletes.
5. Develop program goals that include winning, team building skills, and enjoyment of the sport.
6. Provide appropriate and strategic playing time to players, at the coach’s discretion, that will give Billingsley the best chance to become a championship team.

\*The Varsity team consists of select 10-12th graders who have demonstrated mental skills, proper attitude, physical skills, and sport specific skills required to be starters or essential contributors at this level of competition.

*Note: Regardless of the level, each player in this program has to be chosen by the coaching staff during the annual evaluation period, pass a physical, provide proof of insurance, complete the STAR Sportsmanship Program, finish the previous academic school year with at least a 70 cumulative average while passing the four core classes, complete the concussion information form, sign the AHSAA release form, and sign a permission slip/waiver release stating that the Autauga County Board of Education will not be held liable for any loss or injury pertaining to the student .*

**Coach Code of Conduct:**

Understand that coaches are leaders and are dedicated to more than the X’s and O’s of competition. As a professional educator, leader, and role model for student-athletes, the Billingsley coaches will do the following:

* Notify school personnel, players, and parents of scheduled baseball functions with necessary details.

▪ Exemplify the highest character as a role model for young people.

▪ Recognize the individual worth and reinforce the self-image of each team member.

▪ Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.

▪ Encourage and assist team members to set goals to achieve their highest potential.

▪ Create an environment for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco, and other drugs (performance degrading substances).

▪ Strive to develop the qualities of character, work ethic, confidence, teamwork, and pride in each team member.

▪ Provide a safe, challenging, and encouraging environment for practice and competition.

▪ Gain an awareness of the importance of prevention, care, and treatment of athletic injuries.

▪ Respect the integrity and judgment of the game officials.

▪ Teach and abide by the rules of the game.

▪ Build and maintain ethical relationships with other coaches and officials.

▪ Strive for excellence in coaching skills and techniques through professional improvement.

▪ Promote personal fitness and good nutrition.

▪ Be modest in victory and gracious in defeat while displaying class.

**Parent/Guardian Code of Conduct:**

You represent Billingsley and are a reflection of the way the baseball program operates. We also understand that you play a vital role in the development and success of these student-athletes. Therefore, we expect you to do the following:

▪ Be a positive role model through your own actions to make sure your child has the best athletic experience possible.

▪ Monitor your child’s school attendance and academic performance on a regular basis.

▪ Assist in fundraising activities that will benefit the baseball program.

▪ Make sacrifices to provide or arrange transportation for your child when necessary. Discuss and clarify transportation situations with a coach.

▪ Assist at our home field by signing up to volunteer to take up gate money, work the concession stand, clean up, or perform other duties to benefit the baseball program.

▪ Be a fan, not a coach during games. A coach has earned his title for a reason.

▪ Be a “team” fan, not a “my kid” fan.

▪ Encourage the Billingsley players in their efforts by expressing positive and constructive comments that will motivate or praise them.

▪ Help the coaching staff by enforcing the contents in this handbook.

▪ Provide opportunities for your child to enhance his baseball skills at home and during the off-season.

▪ Take responsibility for any medical expenses related to your child.

▪ Understand that the varsity level is extremely competitive. No athlete is guaranteed playing time. The varsity head

coach makes decisions on playing time and should be respected in that role.

▪ Get involved with monthly Athletic Club meetings and become a member. This will give you a voice within the

school’s athletic programs and keep you updated on important activities.

ATTENTION: VIOLATING THE BELOW ITEMS MAY RESULT IN PUNISHMENT BY REDUCING YOUR CHILD’S PARTICIPATION DURING PRACTICES OR GAMES. ANYONE IN SUPPORT OF YOUR CHILD NEEDS TO BE MADE AWARE OF THESE EXPECTATIONS. THEY WILL BE HELD ACCOUNTABLE JUST AS PARENTS/GUARDIANS.

▪ Although there may be situations that cause your child to be late for or miss practices or games, try to schedule for them to miss the least amount of baseball time possible. Discuss these situations with a coach ahead of time if possible.

▪ Refrain from interfering or being a distraction during practices/games.

▪ Refrain from entering the playing field or dugout except for an injury to your child, approved photographs, or important questions that need immediate answers.

▪ Be respectful to the opposing players, coaches, spectators, and other support groups by not expressing inappropriate or degrading comments towards them.

▪ Be respectful to all officials’ decisions by not expressing inappropriate or degrading comments towards them.

▪ Be respectful of the Billingsley players by not expressing inappropriate or degrading comments towards them.

▪ Be respectful of the Billingsley coaches by not expressing inappropriate or degrading comments towards them and follow the communications process listed in this handbook to discuss issues.

* Understand that the home team administration is in charge of addressing unruly fans.

**Player Code of Conduct:**

The following team rules have been developed as a guideline for all Billingsley baseball players to follow and adhere to during the baseball season. These guidelines will set the foundation for a successful and respected baseball program. While it may be difficult at times to follow these rules, it is important to remember: “As a Billingsley baseball player, you not only represent yourself, but also your school, your parents, the Billingsley baseball program, and your community.” Your performance and success will not only be measured by wins and losses, but also by your conduct in the classroom, in the community, and within the baseball program.

ATTENTION: THE FOLLOWING ITEMS ARE HIGHLY IMPORTANT. VIOLATIONS COULD RESULT IN PUNISHMENT THAT WILL BE DETERMINED BY THE COACHING STAFF. THIS MAY INCLUDE INDIVIDUAL OR TEAM RUNNING, BEING BENCHED DURING PRACTICE OR GAMES, IN SCHOOL SUSPENSION, SUSPENSION FROM THE BASEBALL TEAM, OR DISMISSAL FROM THE BASEBALL TEAM (DEPENDING ON THE SEVERITY OF THE ACTION).

* Tardiness for scheduled baseball functions
* Lack of effort during practice/game
* Not bringing or caring for any part of uniform attire for practice/game
* Abuse or destruction of school property
* Extensive conversation with spectators during a practice/game
* Cell phone or IPod use during practice/game
* Profanity or other inappropriate comments
* Being negative towards others
* Alcohol and tobacco related products
* Hair length on head or facial hair considered unacceptable to coaching staff
* Classroom misbehavior
* Disrespect towards school faculty or staff members
* Cs, Ds, or Fs on a progress report/report card
* Violating school rules or regulations
* Failure to abide by the expectations in this handbook
* Game ejection results in a $100 or $300 fine that must be paid by the player
* Players should wear Billingsley colors with practice pants and game uniform
* Unexcused absences during a practice/game (if unexcused, a player must attend school for half the day in order to be allowed to participate in practice/games)

**An action considered a major offense will result in suspension from the team. The second major offense will result in dismissal from the team.**

**College Preparation Suggestions for Student-Athletes:**

**FRESHMAN & SOPHOMORE YEAR**

• Develop a strong academic base. Strive for excellence in the classroom.

• Plan a challenging academic program that will meet NCAA requirements.

• Maintain at least a 2.0 GPA out of 4.0 in core course.

• Participate in off-season programs in your sport.

• Attend summer athletic camps at colleges that you might like to attend.

• Join 1or 2 clubs which interest you. Be sure to choose a club that you will be in for all four years.

• Look into community service programs that interest you and that you can make a contribution.

• Keep a record of your athletic and academic achievements.

**JUNIOR YEAR**

• Continue to emphasize academic excellence.

• Continue to schedule challenging courses.

• Continue with clubs and community service.

• Attend all Billingsley School sponsored events that discuss the college process.

• Take ACT prep classes prior to taking the ACT.

• Ask a coach for a realistic athletic evaluation.

- Can you play at the collegiate level?

- What level is realistic?

• Develop an athletic portfolio that contains:

- Academic records (grades, scores)

- Athletic awards, honors, and achievements

- Coaches recommendation letters

-Written evaluations from showcases or camps

- All artifacts which show athletic success

• Send a letter of interest to college coaches along with your athletic resume.

• Organize a filling system on all colleges that respond to your inquiry.

• File form 48-H with NCAA Clearinghouse (found in Guidance Office).

• Participate in summer programs.

• Definitely begin or continue college visits. Attempt to meet with a coach during visit.

• Continue to collect artifacts that show athletic success. These would include such things as

newspaper clippings, awards, certificates, and evaluations from showcases and camps, etc.

**SENIOR YEAR**

• Write to colleges in August and request an application. Be sure to inquire about the deadline for

early admission.

• Meet with counselor to make sure you meet NCAA academic requirements and discuss your

college choices.

• File Form 48-H with NCAA Clearinghouse.

• Continue to emphasize academic excellence.

• Send out applications early.

• If necessary, complete Financial Aid Forms as early as possible.

• Visit any college that may be a late addition to your list.

• Re-take the ACT if you are not satisfied with previous results.

• Continue with clubs and community service.

• Ask a high school coach to contact coaches at the colleges on your list regarding a specific sport.

Baseball Practice Schedule:

January 6th-February 14th

Bring practice clothes to school **EVERYDAY**:

- cap

- glove

- short & long sleeve shirt

- pants & shorts

- cleats & running shoes

*\* the weather will influence whether we are inside or outside*

*\*if a practice needs to be cancelled, you will be notified in advance*

**MONDAY,TUESDAY,THURSDAY,FRIDAY:**

All players need to be dressed and in the dugout ready to begin practice at 3:25. The Junior High and Varsity teams will practice together some days and separate on others. Normal practices will end between 5:00-6:00. All athletes should have transportation home upon completion of practice.

**WEDNESDAY (modified for church):**

All players need to be dressed and in the dugout ready to begin practice at 3:25. The Junior High and varsity teams will practice separately. Each team will have access to the baseball field, weightroom, batting cage, or other areas for conditioning drills. Normal practices will end between 4:30-5:00. All athletes should have transportation home upon completion of practice.

**SATURDAY:**

Team practice may be called at the coach’s discretion.

**SUNDAY:**

There will be no team practice, but any players interested in using the field for personal practice may do so at their own will.

* On Monday, January 27th, we are allowed to begin using bats as well as the batting cage.
* On Monday, February 17th, the practice schedule will change due to the start of the season with games being played.
* If a player needs to be excused from a practice or leave early, this should be discussed with the coach.

I have read and understand the contents of the Billingsley Baseball Handbook for 2014. I will strive to abide by and uphold the high standards it contains, but also understand that certain violations could result in punishment by the baseball program. I also understand that the Billingsley baseball coaching staff may modify certain contents of this handbook when appropriate.

I look forward to a fun and exciting baseball season and take pride in being part of the Billingsley tradition.

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Player Signature Date

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Parent/Guardian Signature(s) Date

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Coach Signature Date

***\* THIS FORM SHOULD BE TURNED IN BY MONDAY BYJANUARY 27TH.***

***\* CONTACT COACH MATTOX FOR QUESTIONS OR CONCERNS RELATING TO THIS HANDBOOK.***