

**Hamilton**



**Baseball**

**Program  
Handbook**

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# **The Charger Baseball Guiding Principles**

**The Charger Guiding Principles are in place to create a consistent approach for all who are involved in the program. It is expected that all who associate with the program fundamentally believe in these core beliefs for these core beliefs will define who we are as people, student athletes, and baseball players.**

**Character - Through the modeling of its leaders, the program will surround itself with people who have character and integrity. People who, on and off the field, make choices and decisions that are both strong in morality and merit.**

**Humility - Through the modeling of its leaders, the program will surround itself with people who, on and off the field, have the ability to handle success.**

**Attitude - As a program we will work in and out of season and compete in games and in practices with a positive attitude. We will show our worth through positive actions not negative words.**

**Responsible - It is expected each individual associated with the program take responsibility for their individual actions ensuing what they do individually is what is in the best interest of the whole. We will strive for unity not individuality.**

**G**reatness – The program will have a reputation as a program that surrounds itself with people who, on and off the field, settle for nothing less than their very best. This will be accomplished by establishing and maintaining an outstanding work ethic.

**E**thical - The program will surround itself with people who, on and off the field, conduct themselves in an ethical manner.

**R**elentless – We will be relentless in our pursuit to be a great. Doing things the right way, we will not be out worked and we will not be out hustled. Opponents will have to beat us because we will not beat ourselves.

**In the program when it is said;**

**“Be a Charger”**

**As an Athletic Program when it is said  
do things the;**

**“Charger Way”**

**It means, on and off the field, apply  
the Charger Guiding Principles to  
everything you do.**



# **Hamilton Baseball Team Policies and Player Expectations**

## **HHS Academic and Athletic Handbook**

**All players must follow the HHS Academic and Athletic Handbook at all times. Failure to comply will result in suspensions per these guidelines.**

### **Academics**

- I. It is expected each player understand they are a student first baseball player second. It is expected each player respect their teachers and other students in the school, work hard in their studies, maintain respectable grades, and have no unexcused absences.**
  
- II. Per WIAA policy if a player is found to be academically ineligible in the last grading term of the academic school year that student athlete must wait 21 calendar days before they can be reinstated for baseball. Generally speaking this means the player in question will not be eligible to play until early July. Failure to comply with this WIAA policy may result in dismissal from the team.**
  
- III. A player's academic standing and attendance will be taken into consideration when players are evaluated during try outs. Poor grades and/or attendance can become a determining factor when making final roster cuts.**

## **Practice and Game Attendance**

- I. It is your responsibility to inform your coach about any absence you may have during the season. Please plan ahead, if you know you're going to be gone let your coach know in advance. Failure to do so may result in loss of playing time and/or removal from the team.**
  
- II. In the event a player has an unexcused absence/tardy during the season the following will be the resulting consequence:**

**First Violation – If it is a practice the player be asked to sit to the side and observe practice without participating. If the violation occurs on a game day the player will not start/lose half the playing time they were projected to play that day.**

**Second Violation - The player will be asked to leave the practice/game facility and will not be allowed to participate that day.**

**Third Violation - The player will be permanently dismissed from the team for that year.**

### **Unexcused absences include but are not limited to:**

- Not being dressed and ready to go at the designated start time.**
- Showing up past the designated start time without an acceptable excuse.**
- Not informing the coach of your whereabouts the day the absence occurred. Informing the coach the next day will be considered “unexcused” (as long as there is an acceptable message/email/text from either the player or the player’s parent waiting for the coach, the player will be excused).**
- Sending a message “word of mouth” through another player.**

## **Player Conduct on the Field**

- I. It is expected each player represent himself, his team, his coach, and HHS with the highest degree of sportsmanship. It is expected each player; “Be a Charger!”**
- II. Examples of behaviors that will not be tolerated on the field include but are not limited to:**
  - Swearing, taunting, arguing with coaches and or umps, throwing equipment, and engaging in unnecessary physical contact.**
- III. Any behavior deemed as inappropriate will result in disciplinary action and/or removal from the game and/or ultimately from the team.**

## **Player Focus**

- I. It is expected that there be 100% focus at all practices and games. During games excessive laughter and joking around, discussing other “topics of interest,” talking to parents and friends through the fence or any other behavior the coach deems as “inappropriate for the situation” will not be tolerated. If a player(s) is found to be engaging in any of these behaviors that player(s) receives one warning in regards to their behavior. If the behavior persists it is the coach’s discretion to ask that player(s) to leave the premise of the dugout area and/or playing field. The coach then has the discretion to decide what disciplinary action is necessary for the behavior. If this becomes a habitual problem, that player(s) will be dismissed from the team.**
- II. It is expected players hustle, concentrate, and gives their best effort at all times. This is to include hustling onto and off the field, knowing all signals, counts, outs, and situations.**

## **Playing Time and Evaluation of Players**

- I. Player evaluation is based on a comprehensive judgment that factors in both how we as coaches feel a player compares to the other players within our program as well as how we feel a player compares to the elite players and teams in our conference. Our goal is to establish ourselves as an elite team therefore we base some of our roster judgments on how well we think the players we have chosen will perform against the best teams in the conference. We will pick players we feel give us the best chance to be elite.**
  
- II. When it comes to determining the starting lineup, a player must display a significant amount of separation to win a starting spot. If, in the opinion of the coaching staff, that separation is not evident the player who initially held the spot in question will maintain the spot in question.**
  
- III. Questions regarding playing time, coach's decisions, or other personnel can be had per procedures as laid out in the HHS Athletic Handbook. It is our policy not to engage in email conversations about playing time and/or player status. These conversations must take place in person. On game days, it is program policy parents/players wait 24 hours (the "24 Hour Rule") to request an in person meeting with the coach to discuss adverse concerns.**
  
- IV. As coaches we will pride ourselves on being honest and impartial when it comes to making personnel decisions. We expect our players to be of this same mindset when it comes to assessing their status and/or role on the team.**
  
- V. As coaches we will not engage in conversations about other players.**

## **Jewelry, Uniforms, and Eye Black**

- I. It is expected each player be in proper uniform for practices and games. The WIAA jewelry rule will be enforced during games and practices.**
  
- II. It is expected that the uniform be worn by all members in the same fashion. Personal variations in the uniform will not be allowed. It is a program wide policy that players cleats be black, red, white, or any combination of (check with Coach Schramek if you are unsure if your cleats are acceptable) and all players wear the same Hamilton baseball dry fit shirt under their uniform on game days (see Coach Schramek to purchase/make arrangements to get a shirt). Additionally, uniforms will be maintained and kept clean for all games and end of season return.**
  
- III. A straight, modest strip of eye black should be worn under each eye. Eye black worn as “war paint” or in any other obnoxious fashion will not be tolerated. Failure to comply with this expectation can result in loss of playing time.**

## **Equipment**

**Each athlete is personally responsible for all Hamilton equipment issued. Failure to return it will result in a personal charge for replacement, possible loss of end of season awards, and possible suspension from other Hamilton extra-curricular activities.**

## **Riding the Bus**

**We ask that players ride to and from the game on the player bus. It is an important time to prepare for and reflect upon the game. Personal rides should be for extreme circumstances and should be scheduled in advance.**



# **Hamilton Baseball Parent Roles and Expectations**

## **Support the Charger Guiding Principles**

**As a person that has significant interest and impact on the program, as coaches we ask that you read, understand, and support the Charger Guiding Principles for these core beliefs are a framework for our success.**

## **Understanding our Coaching Philosophy**

**Understand our program philosophy is to improve each day as we become the best team that we can. As a program we have a set of coaching philosophies that will develop player skill, foster teamwork, and promote sportsmanship. We do not emphasize winning, rather we emphasize that our players and coaches make an effort to perform at their very best at all times. In our opinion the winning will take care of itself when our very best is better than the opponents. We ask that you keep this in mind when measuring the success of your son and/or our program.**

## **Parent Conduct**

- I. Be a positive fan. You represent the integrity of your family name, the coaches, and our school. The coaching staff and administration of Hamilton High School ask you “Be a Charger” as you consciously recognize how you treat the umpires, the opponent’s fans and players, and anyone else involved with the game. We ask you remain aware of the types of behaviors you are modeling to our student athletes.**
  
- II. Remember that there is more than one way to approach most situations in a game. Coaches are doing their best to make the right decisions based upon situations and the ability of their players. Respect and support their decisions and factor in execution of the players before forming opinions of their abilities. We all make mistakes and none of us start with those intentions.**
  
- III. Please do not coach your son from the sideline. This presents confusion to the player and places an unfair pressure upon him to decide loyalty. Ultimately, your son is expected to do what he is being coached to do. If you have any questions or concerns regarding a matter such as this, we ask that you follow the problem solving procedures that are found within the HHS Athletic Handbook.**
  
- IV. Remember that it takes everyone to be a success. It is human nature to be critical. But in a team sport success is based upon the commitment of all. A program has a higher potential for success if everyone supports it.**



# **Hamilton Baseball Coach's Roles and Expectations**

## **Be Positive**

**In the most positive way possible, it is expected the coach gets the very best out of each player both on and off the field. The coach should be a teacher not a dictator. Help players learn from their mistakes not be scared to make them.**

## **Know the Fundamentals of the Game**

**The coach's role is to improve player's skills through the teaching of proper fundamentals. It is expected the coach works continuously to establish and maintain an expertise on all the fundamentals of the game of baseball.**

## **Establish a Proper Mindset in our Student Athletes**

**The coach's role is to ensure the players concentrate on reaching their full potential. Helping them understand their athletic preparation will dictate wins and losses. Helping the team understand when they are physically and mentally better, they will win. Furthermore, in cases where the team is physically out matched the coach's role is to ensure the player's understand they can make up for their inabilities by being educated, confident, and fundamentally sound. It is expected the coach connect this mindset to the player's everyday lives and show the player's how this mindset can help them be successful people.**

## **Be Prepared**

**It is expected coaches have a practice and game plan each and every day. It is expected that plan is efficient; a plan that reduces down time and maximizes repetition.**

## **Model the Expected Behavior**

**It is expected the coach “Be a Charger” and model the Charger Guiding Principles to the players. This includes but is not limited to; using appropriate verbal and non-verbal language, treating people with respect, making character based decisions both on and off the field, and maintaining a humble approach in times of success.**

## **Communicate**

**Be diligent about communicating with players, parents, and other coaches. It is expected coaches do not assume knowledge and expectations are known and understood. It is the job of the coach to make sure all involved have a clear understanding of the “who, what, where, when, why, and how.”**

## **Support the Program**

**It is expected each coach supports the program and has a loyalty to the program. In order for the program to be a success the coaches must work as one. If a problem or issues ever arises, it is expected that problem be worked out within the program and not be made public.**

## **Support Spring Sports**

**It is important as coaches we ensure the student athlete's high school experience is as rich and fulfilling as possible. In an attempt to stay true to this philosophy it is important we support student athletes who wish to participate in a WIAA sanctioned HHS spring sport. It is expected the coach be flexible and accommodating to student athletes who work diligently to fulfill their commitment to both sports.**

## **Be Responsible**

**It is expected the coach ensure the safety of the student athlete. Make sure the environment is safe, make sure the facility is properly cared for, make sure the student athletes are accounted for at all times, and make sure they are diligent in times of crisis; have emergency information on hand, make sure the proper support staff is alerted, and make sure the proper medical procedures are followed.**



# **Strength and Conditioning, Off Season Baseball Workouts, and Spring Sports**

## **Strength and Conditioning Program**

**It is expected players are involved in the HHS strength agility, and conditioning program (SAS) both in and out of season. If you play another sport during the off season it is assumed you are involved in SAS therefore it will be assumed you are in compliance with this expectation. If you are not involved in an off season sport it is expected you sign up for SAS after school. Your commitment to the weight room during the off season will be factor into your try out evaluation. Failure to build your strength, agility, and conditioning in the off season can become a determining factor when it comes to making the baseball team.**

## **Playing in a Fall or Spring Baseball League**

**Players in the program are welcome to voluntarily join a fall or spring baseball team. If you elect to do this make sure you are familiar with and/or thoroughly understand the WIAA regulations that pertain to playing baseball out of season. Two things to keep in mind:**

- 1. You may assemble as a collective team – Meaning all HHS players may be on one team. However, a contracted coach MAY NOT coach the team or have any involvement with who is or who is not on the team.**
- 2. A player on the active high school roster (which includes a player “trying out”) is not allowed to play for any other baseball team while in the active high school season – A player is welcome to play for a “non-high school baseball team” upon the completion of the HS season.**

## **Off Season Baseball Workouts**

- I. The single most important thing you can do in the off season is get involved in the HHS strength, agility, and conditioning program (SAS). This is all the baseball coaching staff expects of you.**
- II. The Hamilton baseball program does not promote nor demand players hit, throw, or field during the winter months. The program itself will provide limited if any baseball open gym opportunities.**
- III. Players can voluntarily seek out camps, clinics, and/or workouts in the off season. Although it is illegal for your coach to work with you directly on baseball specific skills in the off season, your coach can and will help you find a good camp, clinic, or workout if you ask. Do keep in mind, players will not be forced to do this nor will they gain any significant advantage over those who decide to exclusively put their time and energy into what is expected which is join SAS.**

## **Lifting and Working out During the Season**

**During the season it is expected you maintain your core muscle strength. Using the SAS strength and condition program can help you accomplish this. Research will prove players who stop working out during the season increase their risk of injury and are susceptible to an overall decrease in production. During the season players will use a modified work out but it is expected they continue to work out.**

## **Try Out Format**

- I. Try outs entail each player getting a total of three days to make the team. The first three practices of the year are considered “try outs.”**
  
  - II. In order to try out a player must get administrative clearance per the HHS Athletic Handbook. Failure to do so will result in an unexcused absence from the try out, an absence that cannot be made up.**
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- III. Try out attendance is mandatory. In the event a player is absent from a try out, failure to get the absence excused can result in the player not making the team.**
  
  - IV. At the programs discretion, the format of try outs can be changed from year to year.**