



GIBBS HIGH SCHOOL  
**BASEBALL HANDBOOK**

What's your REP?  
Respect. Excellence. Pride

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## Introduction

Welcome to the Gibbs High School (GHS) Baseball Program! Participation in the GHS Baseball Program (Program) as a player and spectator is a privilege, not a right. This privilege carries with it responsibilities to one's self, family, the TEAM, student body, school, and community.

This handbook has been developed in an effort to communicate all things Gladiators Baseball, or as much as possible, in order to provide you the most essential information for this coming season. Please review the information within as it will provide you with the basic understanding of our Program, how we expect to operate on a daily basis, and key responsibilities of players, parents and coaches.

## Vision

Become a well-respected and model Baseball Program in Pinellas County.

## Mission

Challenge every player to realize their potential in developing their baseball skills and knowledge while modeling respect, excellence and pride in our Program values.

## Program Values

A TEAM is a group of individuals working together towards a shared goal. While each player is encouraged to be their unique self, we stress a TEAM first mentality with emphasis on Program values. Our program values are the foundation of the Program's culture and provide a framework for how decisions will be made. All players, parents, guardians, coaches, and anyone else associated with the Program are expected to abide by these values.

Accountability	Loyalty
Commitment	Pride
Communication	Respect
Cooperation	Responsibility
Ethics	Self-Discipline
Honesty	Sportsmanship
Integrity	

## Goals & Strategies

As a program, we have established basic goals that dictate our overall strategy. It is expected that each TEAM will have more specific long and short-term goals that will drive their daily activities. Our Program goals are:

- Provide each individual player throughout the Program sufficient coaching in order to maximize competitiveness and development.
- Be consistent in how skills are taught and practices throughout the program

We will implement a variety of tactics in order to meet our program goals.

## Coaching Philosophy

Our overall philosophy is to coach players in a way that best prepares them for playing baseball at the High School level. Our basic philosophies are:

- Academics will always be the priority of every player.
- We will **work** in practices, prepping to the greatest of our ability, so that we may **play** in games.
- Playing time will be earned based on skill level, work in practices, and application of Program values, goals and strategies.
- Players will respect and take care of all things that take care of them (i.e. helmets, uniforms, field, gloves, bats, etc.)
- Field set-up, take down, and maintenance will be the responsibility of EVERY player and will be done before and after every practice and game.
- Our pitching will be managed with the long term health and development of pitchers in mind. Each pitcher's workload (e.g. pitch count and/or innings pitched) will be handled individually.
- Winning is an objective, but will never be used as a justification for abandoning Program values. Winning is a potential result of implementing skills learned, practices, and perfected during games. Again, winning will never come at the cost of our Program values.

## TEAM & Playing Time

The objective of the team will be to compete at the highest level in accordance with our Program values. Players will be the highest skilled players within the Program at their respective positions, regardless of year / grade. It is expected that competition for playing time will increase and vary greatly between players depending on individual roles. Roles are determined during practice, scrimmages, and games. Coaches will utilize players according to their skill sets in a manner that best positions the TEAM for victory and in a manner consistent with our Program values.

## Roster Size

Roster Sizes are the sole discretion of the coaches and are expected to vary year-to-year. Roster sizes will depend upon numerous factors including: number of players trying out, position needs, depth of skill, and others. The following is an approximation for how rosters may be broken down:

<b>Position</b>	<b>Varsity</b>
Pitchers	6-8
Catchers	2
1B	1-2
2B	1-2
SS	1-2
3B	1-2
OF	4-6
<b>Total</b>	<b>14-16</b>

NOTE: All pitchers will have secondary position

## Tryouts

All players interested in playing baseball will be offered a tryout. Tryouts will begin the first day of practice and last for a minimum of 3 days. Tryouts may be shortened if practices are cancelled due to poor weather. Students are only allowed to attend one (1) practice per day. Therefore, any player who is still playing a winter sport will be allowed to begin their tryout once their winter season is completed. If winter athletes miss the scheduled tryout window, the player(s) will be allowed to tryout on an individual basis as agreed upon between the coach and player.

## Cuts

The Program has limited resources (e.g. field space, practice materials, playing time, etc.) which limits the number of players we can carry. Coaches will inform players and parents if cuts will be made.

Coaches will evaluate all players trying out in accordance with the “Selection Criteria” section of this Handbook. Whenever possible, cuts will be done face-to-face with the player. If a face-to-face meeting with the player is not possible, other appropriate means of communicating will be made (i.e. phone conversation, email, etc.). Regardless of how cuts are communicated, Coaches will provide reasoning as to why the player was cut and, if requested, how they could improve.

Seniors that do not make Varsity will be cut from the Program.

## Selection Criteria

Players will be evaluated on a number of criteria. These criteria include:

- Arm strength
- Running speed (60 yard dash & home to first)
- Pitching ability (for pitchers only)
- Fielding ability (catcher, infield, & outfield)
- Hitting ability
- Hitting power
- Hustle / work ethic

These criteria are not in any order of rank. Players may be selected for the TEAM for any one or combination of these skills.

While selection of players is based on skill sets specific for baseball, other characteristics of players will also be considered. These include drive (strong desire to succeed), coachability, maturity, temperament, consistency, knowledge of the game, and competitiveness. These characteristics form the player’s makeup and is vital to their success. Often the player with the greatest desire will develop into a better ball player than the one with better physical tools.

## Captains

We will have at least two (2) but no more than three (3) captains. The roles of the captains include:

- Assist coaches with communicating with players
- Encourage teamwork and improvement
- Attend the pre-game conference with managers and umpires
- Provide sound advice to other players
- Understand what his teammates are thinking and feeling; if players are upset by things a coach or coaching staff is doing, the team captain serves as his teammates’ representative and presents that information to the coaching staff. If the team captain can get involved early, it keeps situations from festering.

## Schedule

The following is a general schedule for the coming season. These dates are subject to change. Coaches will communicate any changes and important dates as appropriate. Detailed game schedules will be distributed separately. All players are expected to attend all practices and games. Any expected absences or tardiness should be communicated in writing/via email to their Coach with as much notice as possible.

January 18, 2016	First Day of Practice
January 18 – 21	Tryouts (All players)
January 29, 2016	Final Cuts & Team Named
February 3, 2016	Parent Meeting
February 9, 2016	First Regular Season Game
March 21 – 25	Spring Break
April 1, 2016	Senior Night
April 14, 2016	PCAC Championship Game
April 16, 2016	End of Regular Season
April 18, 2016	District Playoffs Begin

Weekly schedules may vary. However, we believe a consistent practice schedule is easier to follow for all involved. A normal weekly schedule (once games begin) will look similar to this:

Monday	6:00-8:00	Practice
Tuesday	5:00*	Game Day
Wednesday	6:00-8:00	Practice
Thursday	6:00-8:00	Practice
Friday	5:00*	Game Day
Saturday	TBD	Optional Practice

\*Denotes that times vary depending on game location and/or start time.

There are a few games scheduled on Monday's and Thursday's. Those weeks will be adjusted accordingly.

## About Our Coaches

Our coaching staff has been assembled in order to provide the expertise necessary to teach players the necessary skills of the game and provide players a game plan for life while instilling our Program values. Everything we do will be done under the philosophy of TEAM first. We will strive to be consistent in the way we do and teach things, focusing on answering the “why” questions. Answering “why” is meant to provide players with a better understanding of the benefits associated with performing a certain way (i.e. hitting mechanics, footwork of an infielder, base running, etc.) and results in an increased ‘buy-in’ from the players.

Knowledge and information will always be open to those that are willing to learn. Coaches will work to have interactive relationships with players, focusing on open communication. We encourage players to openly communicate any struggles or issues with their coaches. Together we can work to develop an appropriate plan of action that will assist them in realizing their goals.

## Communication

Regular communications will be made to the Program and TEAM. The majority of communication will be done using Remind.com. This website allows for various mass communications, messaging and chats to communicate the latest and greatest with our Program (rainouts / cancellations, schedule change, upcoming events, etc.)

Our coaches will have an “open door” for communication when addressing personal issues (i.e. playing time, conflicts, and other issues) with all players. When addressing personal issues, players and parents are asked to do so at an appropriate time as to keep the conversations private.

We request that players and parents refrain from discussing playing time and game management issues with any coach immediately following a game. We also request that parents and fans refrain from entering the dugout and/ or communicating with players in the dugout during the game.



## Responsibilities

### PLAYERS

- Be a student first & get the best education they can (minimum GPA = 2.0).
- Adhere to our Program values and philosophies.
- Never sacrifice honor for better athletic performance by breaking rules or taking steroids.
- Always work as hard as they can to give their all.
- Fulfill commitments by doing what they say they will.
- Be loyal to their school & TEAM: put the TEAM above personal glory.
- Live & play with class: be gracious in victory & lose with dignity.
- Be a good sport; compliment extraordinary performance.
- Don't engage in disrespectful conduct, obscene gestures, offensive remarks, trash talking, taunting, boastful celebrations, or other such acts. Act like you've been there before.
- Exercise self-control.
- Safeguard their health; maintaining nutrition & hydration.
- Protect the integrity of the game.
- Live up to the high standards of fair play.
- Always be willing to listen & learn.
- Demonstrate concern for others.
- Promote the wellbeing of TEAMmates.
- Report any unsafe conditions.
- Report any injuries immediately.
- Always be punctual.
- Call timeout & ask questions to maintain consistency & understanding.
- Respect and support all officials (umpires, scorers, public address announcers and others charged with conducting the game).
- Establish & work to achieve goals.
- Not use alcohol or illegal drugs.
- Not engage in extracurricular sporting activities.

## COACHES

- Be concerned for student's academic, mental & social growth; always placing the academic, emotional, physical and moral well-being of your players above desires and pressure to win.
- Monitor player conduct on & off the field; discourage and disallow (1) the use of illegal or performance enhancing drugs, alcohol and tobacco, (2) unsportsmanlike or uncomplimentary remarks to opponents, umpires, or spectators, (3) taunting, boasting, and fighting, (4) profanity,, obscenities, and vulgar language.
- Be candid with players and parents about the likelihood of getting a scholarship or playing on a professional level.
- Conduct themselves so as to uphold and maintain the integrity and dignity of GHS.
- Discuss problems with the AD and/or other superiors in a professional manner, and then accept and support decisions that have been reached.
- Develop & implement individual & TEAM goals.
- Motivate athletes to be well disciplined, communicate effectively, perform to the best of their ability, model good sportsmanship, & allow for leadership opportunities.
- Be clear about expectations and communicate clearly with players & families.
- Respect and support all officials (umpires, scorers, public address announcers and others charged with conducting the game.
- Know and abide by school, district, and rules of the game.
- Provide basic First Aid as necessary.
- Always be punctual.
- Provide consistency.
- Maintain appropriate professional relationships with student-athletes, managers, and trainers and respect proper coach/player boundaries.
- Treat news media with courtesy, honesty, and respect.
- Use positive coaching methods to increase players' self-esteem and enjoyment, and to foster a love and appreciation for baseball. Refrain from physical or psychological intimidation, verbal abuse, and any conduct that is demeaning to players.
- Be fair in selecting the TEAM, competitive situations, disciplinary issues, and all other matters.
- Be open-minded and willing to listen and learn.
- Put safety and health considerations above the desire to win.

## PARENTS

The primary responsibility of the parents is to provide support to the Program. Specific responsibilities include:

- Attend pre/post season meetings.
- Support player development by allowing players to communicate directly with coaches.
- Respect and promote Program values and TEAM priorities.
- Assist with any concessions and fundraising.
- Participate as requested with our Booster Club.
- Assist with transportation of players to/from Program activities (practices & games)
- Cheer in a positive manner.
- Respect and support all officials (umpires, scorers, public address announcers and others) charged with conducting the game.

## Program Rules

**All** players in our Program will be expected to adhere to the following rules **at all times**:

- Hustle!
- Don't embarrass yourself, your teammates, your opponents, or your family.
- Never show up an umpire or opponent.
- Know when enough is enough; never stop competing, but do stop manufacturing runs.
- Never cheat.
- HUSTLE!!!!

## UNWRITTEN TEAM RULES

GHS will play baseball the 'Right Way' or in accordance to unwritten rules for the overall betterment of the experience and teaching of valuable life lessons. **All** players in our Program will be expected to adhere to the following rules **at all times**:

- Never swing at a 3-0 pitch when we have a comfortable lead.
- Never make the first or third out of an inning at third base.
- Always run out ground balls, even routine ones.
- Never lose track of the count, or the number of outs.
- Never mention a "no hitter" when a pitcher has one working.
- Never put team or personal gear away until the last out is recorded and the game is officially over.

## RULEBOOK RULES

In addition to these unwritten rules, our Program takes a firm stance in adhering to the following two rules, which are meant to comply with FHSAA rules:

1. No jewelry. This means NO JEWELRY. No chains or anything around the neck. No earrings or anything on the ears. No bracelets, watches or anything around the wrists other than sweat bands.
2. Only BBCOR Certified Bats are to be used!!! If a GHS player uses an altered bat, they will be suspended one game for the 1<sup>st</sup> offense and kicked off the TEAM for any subsequent offense. Wood bats are legal but should only be used in a practice setting unless otherwise permitted.

## Miscellaneous

### FORMS & TRAININGS

A variety of forms must be completed and submitted in order for students to be cleared to play. During our preseason meeting we will remind players what must be completed. Students will not be CLEARED to play if these documents are not in. Forms are available in the main office and coach's office. Forms that must be submitted include:

1. FHSAA Athletic Packet (includes medical form)
2. GHS Player information form (completed online at [www.pcsb.org/gibbs-hs](http://www.pcsb.org/gibbs-hs))
3. NFHS Learning Center Trainings (completed online.
  - a. Register at [www.nfhslearn.com](http://www.nfhslearn.com)
  - b. Register and complete "Concussions in Sports" & "Sudden Cardiac Arrest" trainings
  - c. Email certificates to Coach Mosley upon completion.

Students will not be allowed to participate in any capacity until CLEARED to play and confirmation via certificates that the trainings have been completed. Parents & guardians are strongly encouraged to go through the trainings with the players. This training is done as a baseline in case a player suffers an injury resulting in a concussion or sudden cardiac arrest. The head coach will ensure players have these completed if they are unable to complete them at home.

### STUDENT ATHLETE ELEGIBILITY

All players are responsible for maintaining their eligibility. Coaches will be proactive in ensuring players are eligible through regular communication with the AD, principal, and/or assistant principals. If players are ineligible, they will not be allowed to participate in **any** TEAM activity. Students may be able to get a one-time probation for grades under a 2.0 grade point average (GPA) as a 10<sup>th</sup> grader only. However, there is no probation for students who use alcohol and drugs; they will be dismissed from the team.

## Definitions

Accountability	The state of being responsible to someone or for some action.
Commitment	Act of binding or obligating one's self to a position.
Communication	Open interchange of thoughts, opinions or information through speech.
Cooperation	Act of working together for a common purpose or benefit.
Ethics	Being in accordance with standards for right conduct or practice.
Honesty	Condition of being truthful, sincere or frank.
Integrity	An adherence to moral & ethical principles.
Loyalty	Sense of allegiance to something or someone.
Pride	A satisfaction taken in something done by oneself or as a TEAM.
Respect	Showing regard or consideration for someone or something.
Responsibility	Condition of being accountable for something within one's power.
Self-Discipline	Act of training or holding one's self to a plan of action.
Sportsmanship	Exhibiting fairness, generosity, abiding by rules and humor in losing during sport
TEAM	A group of individuals working together towards a shared goal.
Strategy	A plan of action designed to achieve a goal.
Program	The entirety that makes up GHS Baseball.
Philosophy	Belief of how things will be done throughout the Program.