



Player/Parent

Handbook

Program Philosophy

1. To provide a positive experience for our players that will create lifelong friends and memories.
2. To be mindful that our players are students first, family members second, and athletes third.
3. To exhibit and practice good sportsmanship to opposing schools, officials, and each other.

Program Objectives

1. Maintain the tradition of success that Manasquan Baseball has achieved over the years.
2. Improve our abilities, as a team and individuals, in the sport of baseball on a daily basis.
3. Develop overall physical fitness through proper nutrition, proper rest, conditioning, and strength training.
4. Strive to improve the Manasquan Baseball program on yearly basis.
5. To compete in and win conference and state championships.

Team Policies

School

All team members, from all levels, are to follow the Manasquan High School Student Handbook regarding all school policies in the areas of:

1. Eligibility
2. Attendance
3. Tardiness
4. Conduct and Behavior
5. Drugs, Tobacco, and Alcohol

Cell Phone Use

Cell phone use by players during games and practices is not allowed.

Use of Profanity

The use of profanity is not allowed. This goes especially when it comes to our opponents and officials.

Practice

1. Practice days for Varsity and JV players will be Monday-Saturday. Freshmen practice days will be Monday-Saturday at Mallard Park. On some occasions, the JV team will be at Mallard Park along with the freshmen team.
2. All players are expected to be at practice everyday and on time. Players will be excused for being late if they have to attend extra help with a teacher. They will bring a note signed by that teacher when they arrive to practice. A player **MAY** be sent home by coach if late to practice.

3. If a player cannot attend practice, they will contact a member of the coaching staff to inform them of their situation.
4. No players will be admitted to practice if they were not in attendance in school during that day. Exceptions will be granted in situations where the school excuses their absence.
5. All players and coaches will wear the school colors for practice clothing. All players are to wear grey practice pants with belts.
6. All players and coaches will be responsible for putting away all equipment after each practice and that all lockers and team rooms are secured.
7. All indoor practice sessions are CLOSED to spectators. Parents are to wait outside the gymnasium until practice has concluded.

Games

1. Players will arrive at the school for home and away games at the time given to them by the coaching staff.
2. Players will dress as the coach has determined appropriate for their home and away games.
3. All players will travel with the team to and from away games unless permission is granted by the coaching staff and they get a note from a parent signed by the Athletic Director. All players will have to leave site with their parent unless special permission is granted by Athletic Director.
4. All players and coaches will exhibit the highest degree of sportsmanship at all times. This includes to each other, the opposing team, officials, and spectators. Any and all displays of poor sportsmanship are unacceptable and subject to action to be taken by the coaching staff and or athletic director.
5. Players will also clean up all trash from bench and seating areas at the conclusions of each game at all three levels. Coaches and players must ensure that all equipment is secure at the end of each game.
6. Freshmen players are encouraged to attend JV and Varsity games if at all possible when they are not competing.

7. JV and Freshmen seasons will conclude when informed by their coaches. Some players will be assigned to practice and possibly play with Varsity during post-season games in May and June.
8. An unexcused absence from practice will result in the possible suspension of one game for a player or not starting that game (this decision will be left to the discretion of the coaching staff). Any unexcused absences thereafter may result in the removal of a player from the team. An unexcused absence of a player from a game will result the automatic suspension of that player from the next contest. Any unexcused absences thereafter from a game will result in the suspension or removal of a player from the team.
9. Vacations and travel over holidays are NOT acceptable excuses for missing games. We have games and practices over vacations that you will be expected to attend. By your spot on one of the three levels, you have committed yourself to the Manasquan Baseball program until the season is over. Please refer to your schedules and speak to your coaches about game and practice dates before committing yourself to travel plans.

Injuries

1. Report all injuries to the coaching staff and athletic trainer.
2. You will then be sent to see the athletic trainer for treatment and diagnosis.
3. The athletic trainer will determine if you need to be seen by the doctor. In which case, your parent will be notified.
4. You may not return to practice or games unless your coach has received a note from the trainer or doctor informing them you are cleared to participate.

Uniforms

All players are responsible for all uniforms and practice gear assigned to them by their coach. Any lost items will result in the player being financially liable to replace the lost article and or equipment.

The Media

1. All interviews by the media must first be given the permission by the coaching staff. This includes interviews that are asked of players by telephone at home. Please contact the Varsity coach before granting these requests.
2. No players or coaches will speak to media until permission to do so has been given by Varsity coach at the conclusion of a game or post-game meeting.
3. These rules are in place for your protection and not as a deterrent to giving interviews to the media. We at all times want to reflect positively on our school, program, teammates, and especially our opponents. Never make any comments that will end up on our opponent's locker room wall as inspiration or as a source of hatred. Always find something positive to say about your opponents. Never comment on officials or report team strategies to the media.

Varsity Letters

To earn a Varsity letter the following criteria will be used:

1. Senior on Varsity program
2. Underclassmen who have earned a Varsity uniform in pre-season and have practiced and played with Varsity all season
3. Appear as a position player in at least $\frac{1}{3}^{\text{rd}}$ of the Varsity games or a pitcher in $\frac{1}{4}$ of the games.
4. Coach's decision in special cases
5. Team managers and scorekeepers

Parents

1. Support the school, team and coaching staff through positive interaction.
2. Take concerns directly to the coaching staff. We encourage that your child speaks to us first, but if necessary, parents should be contacting the coach initially with their concern.
3. Please do not address the coaching staff after a game if you have a concern. Please notify us the next day or schedule a meeting with us if you desire.
4. Exhibit good sportsmanship while attending our games. We emphasize this to our players and staff. We are asking you as parents to do the same.

Please read and sign statement:

We have read and reviewed this handbook with our child and we accept the rules and policies as stated.

Player's Name: _____

Player's Signature: _____

Parent's Name: _____

Parent's Signature: _____

Parent's Name: _____

Parent's Signature: _____

Please return this page to your child's coach and keep the handbook for your reference. At least one parent's signature is required.