

# **SOUTHINGTON HIGH SCHOOL BLUE KNIGHTS BASEBALL PARENT/ATHLETE HANDBOOK**

The purpose of this handbook is to provide a reference for players and their parents about the SHS Baseball team and their supporting organization, the SHS Diamond Club. We request that all players and their parents read this handbook and the SHS Student-Athlete/Parent Handbook, and that they sign and return the contract on the last page.

## **A MESSAGE FROM THE COACH TO THE PLAYERS**

Welcome to the Southington High School Blue Knights Baseball Program. Be prepared to put forth your best effort on the field, in the classroom, and in the community. For decades, the SHS Baseball Program has been known as one of the top programs in the state. We intend to continue this tradition and to strive for excellence on and off the field.

Our coaching staff is committed to helping you become the best player and person possible, but that requires a big commitment from you. I look forward to another successful season.

Charlie Lembo  
Head Coach

## **COACHING STAFF**

Head Coach  
Junior Varsity

Freshman  
Assistant Coaches

Charlie Lembo  
James McAloon  
Evan Tuttle  
Tyler Meccariello  
Dennis Boucher  
Brian Crowley

# **STUDENT-ATHLETE/PARENT HANDBOOK**

All student athletes are encouraged by the school administration to read this handbook, but we feel it should be mandatory. Being familiar with the rules in this handbook could potentially avoid problems during the season. There is a great deal of information for parents also. Please pay particular attention to Section 19, (Athletic Attendance Policy) Section 21, (Student Athlete Code of Conduct) and Section 28 (Conflict Resolution). The handbook can be found on the high school website (under athletics) and on Southingtonsports.com

## **SPORTSMANSHIP STATEMENT**

(reprinted from the Student-Athlete/Parent Handbook)

Visiting team members, students, and adult spectators are to be accorded the courtesy and consideration that a friendly and well-mannered host would normally give. When visiting other schools, student-athletes and team supporters should behave like invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

It is recommended that each spectator, both student and adult, be encouraged to follow the sportsmanship code listed below:

1. I will consider my athletic opponents and the officials as my guests and will treat them as such.
2. I will cheer both teams as they come on the field of play.
3. I will applaud good plays made by either team.
4. I will not applaud errors.
5. I will not boo or taunt the players of either team or anyone officially connected with either team.
6. I will consider the officials as the proper authorities to make decisions and will accept their decisions.
7. I will not stir up any unfriendly rivalry among the fans or players.
8. I will recognize that the good name of the school is more important than the results of contests.
9. I will advocate that any spectator who continually evidences poor sportsmanship be directed not to attend future contests.

# **EXPECTATIONS OF PARENTS**

(reprinted from the Student-Athlete/Parent Handbook)

1. **Be positive with your athlete.** Let him know he is accomplishing something simply by being part of a team.
2. **Don't offer excuses to your athlete if he is not playing.** There is usually a reason for it. Encourage your athlete to work hard and do his best.
3. **Don't put down the coaches or other athletes.** If you are constantly berating your athlete's coach, do not expect positive results from the season. Be supportive in a positive way.
4. **Insist on good grades.** Check the number of hours your athlete spends on homework. Remember, to remain eligible to participate in interscholastic athletics, student-athletes must meet certain academic standards. Check with your student's guidance counselor or the athletic office with any eligibility concerns.
5. **Don't try to live your life vicariously through your athlete.** High school athletics are for high school students only.
6. **Being a fan and supporter of the team does not entitle you to be belligerent or abusive toward players, coaches or officials.** Coaches work with athletes and know their talents. Please respect that. **Also, consider that sons are often embarrassed by parents who can be heard from the stands.**
7. **Insist your athlete respect team rules, school rules, and game officials.** Don't let him embarrass his family, school, and team by a rude gesture or incident. Self-respect begins with self-control.
8. **Encourage your athlete to maintain a positive self-image by believing in himself.** Don't compare and contrast athletes with family members who have previously played. Don't put added pressure on your son to be much better than his siblings.
9. **Encourage your athlete to play for the love of the game** – not for a scholarship or college admission. This alleviates a lot of pressure for a young athlete.
10. **Remember that the coach is involved because he likes working with young people and is an experienced professional.** Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interactions with different kinds of leaders.
11. **At an athletic competition, you, the parent, represent the school and your son and you should be a positive role model.** Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout encouragement, you bet!
12. **Be involved with your son's team in a positive way.** Cheer for all the kids on the team. Help with booster club fundraising. There are many ways to be involved with the team and be a good parent at the same time.

## Diamond Club Calendar 2015-2016

### November 2015

- 11/04/15 Diamond Club Meeting 7pm (Wednesday)
- Car Wash 11/08/16

### December 2015

- No meeting, email blast of upcoming events/ dates
- Anthony Jack's Luncheon tickets due Dec. 21st

### January 2016

- 1/06/16 Diamond Club Meeting 7pm (Wednesday)
- Anthony Jack's Luncheon January 10 (Sunday)
- Ad Book Introduction
- Finalize dates for upcoming events (pasta dinner, can shake, car wash, Banquet)

### February 2016

- No meeting

### March 2016

- Mohegan Sun Fundraiser Bus Trip 3/5/16
- Pitchers & catchers report 3/14
- Try outs start 3/19
- 3/29/16 Meeting RM 301 (after Mandatory Player/Parent Meeting for all spring sports athletes requested by SHS Athletic Director)

### April 2016

- 1<sup>st</sup> game Monday, April 4<sup>th</sup> @ Windsor
- Pasta Dinner - 4/5/16 (Tuesday)
- Can Shake (Fancy Bagel & Stop & Shop) **DATE TBD**

### May 2016

- Car Wash - May 15<sup>th</sup>
- Pink Game - May 6<sup>th</sup>
- Senior Night - May 20<sup>th</sup>
- May 31<sup>st</sup> Play offs begin

### June 2016

- State Finals June 10<sup>th</sup> – 11<sup>th</sup>
- All State Banquet June 13<sup>th</sup>
- Jr. & Sr. All Star Games June 14<sup>th</sup> -16<sup>th</sup>
- Baseball Banquet June 20<sup>th</sup> (Monday)

# **POSTPONEMENTS/CANCELLATIONS**

Weather related changes and other last minute schedule alterations may force postponements or cancellations of athletic events. Information on these changes will be available no later than 1:30 pm for afternoon games and no later than 3:00 pm for evening games. Please call 860-628-3229, x425 after the appropriate time for an update.

Information is also available on the CIAC website (casciac.org). You may sign up on that site for email notification of schedule changes, including postponements and cancellations. Directions to other schools are also available on this website.

The game schedule is available on the high school website (under athletics) or on Southingtonsports.com.

## **KEEPING INFORMED**

1. [southingtonbaseball.org](http://southingtonbaseball.org) is the Blue Knights baseball and Diamond Club website. It has the rosters, calendar, photos, and game recaps (if we have parents that volunteer to send them in!). The contact information for the coaches and the Diamond Club board members are also there.
2. [Southingtonsports.com](http://Southingtonsports.com) has all the information about Southington High School sports, including the student-athlete/parent handbook and all forms needed to participate on a team. An important form to have is the ***Student Alternative Transportation Form***, which is required if you need to transport your son to or from a game. All players must ride the bus unless there is a valid reason that a parent must transport him. The form must be in the Athletic Office before the designated game.
3. **Email**: The Diamond Club usually has meetings throughout the year. All our information is sent through emails between meetings. Please make sure you let us know if your email changes or if you are not receiving emails. Emails should be sent to parents' email addresses, not players.
4. Anytime you have a question or concern, please feel free to contact a member of the Diamond Club Board.

# UNIFORMS AND EQUIPMENT

1. Players are required to wear the blue “Southington Baseball” t-shirt and baseball pants to every practice. You may want to purchase two of these t-shirts since they wear them every practice. (We usually have a vendor the night of the pasta dinner that has them available for purchase that evening.)  
\*\*Special note: This is the only shirt that players are required to buy. Other shirts, sweatshirts, shorts, etc. that may be available for purchase are optional.
2. Players are expected to return their uniforms in good condition at the end of every season. Seniors: If you do not return your uniform before graduation, you will not receive your diploma. This is a school policy for all teams.
3. Because our weather is so unpredictable, players should always be prepared for outdoor or indoor practices. They should have their cleats and a pair of sneakers in case they end up having batting practice inside.
4. **Players are not allowed to alter their BBcor bats in any way.** If a player is injured by an altered bat, there would be liability issues that could result in the coach or the school being sued.

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## SHS DIAMOND CLUB

The SHS Diamond Club is the parent organization for the SHS Baseball Program. All parents of baseball players are encouraged to help us reach our goals: to help support the baseball program by raising money for items not covered by the Board of Education, and to provide volunteer manpower when needed. The Diamond Club is governed by an executive board.

We normally hold several meetings a year. The first is in September to discuss anything from the previous season and to let freshman parents and players how tryouts are run and answer their questions. A second meeting is in January to organize our Anthony Jack’s fundraiser. There is a meeting immediately after the teams have been chosen (late March – early April). This meeting is mandatory for all parents because the season is discussed and we need parents to sign up on committees (details are in the next section). We ask that all families volunteer to help with at least one fundraiser or event so that a small group is not doing all the work.

# **WHY FUNDRAISE??**

Here is a list of some of the things the Diamond Club pays for:

- Equipment (helmets, baseballs, practice balls, paint for bases, nets ,etc)
- Extended freshman schedule (B of E pays for 10 games, we will have 15 this year)
- Preseason scrimmages (buses and officials, field maintenance)
- Assistant coaches
- Senior Night, senior gifts
- Banquet
- SHS players' participation in All Star games
- Misc: liability insurance, post office box, website, occasional pizza or a cookout

## **FUNDRAISERS**

In order to support our teams in their hard work, fundraising, although not mandatory, is necessary. Everyone is strongly encouraged to contribute their time in order to help make the baseball program a success. We try to design our fundraisers so that they require a minimal amount of time and effort, and do not solely depend on money from our players' families. Here is a brief description of our fundraisers:

### **1. Program/Ad Book (February – March)**

Each season we print a Program/Ad Book that is available at all varsity home games (and home playoff games!) This is our largest fundraiser and requires everyone's participation to be successful. Each family is asked to sell two business card ads for our book. Families can also place a family ad.

### **2. Anthony Jack's Luncheon (January)**

This is a Sunday afternoon lunch for baseball families and friends that is traditionally held in January. Since our families have not been together since June, this is as much a social occasion as it is a fundraiser. All families are asked to sell 4 tickets.

### **3. Car Washes (Fall and Spring)**

We hold one car wash in the fall and the spring at Southington Auto Wash on Queen Street. All the boys are expected to work a two hour shift. We need 2-3 parents per shift to chaperone (6-9 parents total), and we encourage everyone to get their car washed and tell all their friends.

#### **4. Can Shake (April)**

A can shake is held on a Saturday or Sunday in April at a couple of local establishments. The coaches of all three teams coordinate their practices that weekend so that all players can work a two hour shift. As with the car wash, we need parent chaperones for this activity. While this is a very profitable fundraiser for us, it is also an opportunity to thank people for their support and show our town the talented young men that are in our baseball program.

#### **5. “Meet the Knights” Pasta Dinner (April)**

Held a few days before the first game, this is a fundraiser and a chance to introduce our teams to our families and friends. Each family is asked to sell 8 tickets and to bring a dessert to share. We also need volunteers to set up, plate the pasta, and clean up. The players come from practice, change into nice clothes (shirt and tie), and serve the pasta. A raffle is also held during the dinner, so we are looking for donations. These could come from businesses, restaurants, or parents. For example, a parent could buy a gift card to the movies, or donate a Red Sox or Yankee shirt (this is always popular, or something for adults (tools, candles, etc). Anything would be greatly appreciated. A clinic for boys and girls (Little League age) is held before the pasta dinner in the gym.

#### **6. Banquet (June)**

There are many parent groups who fundraise to pay for the players’ meals at the banquet after the season. Instead of adding an extra fundraiser to cover this expense, we ask everyone to pay for their son’s ticket. It seems much easier to do this than to find the time and volunteers to do another fundraiser. The exception to this is that the Diamond Club will pay for the senior players’ tickets each year.

#### **7. Concession (April – June)**

The Concession stand is open for all varsity games providing we have volunteers to run it. Working the concession is very easy because we sell drinks and snacks only (no frying involved!) and you can watch the game through a window behind home plate. All varsity parents are asked to work the concession for one game. The reason only varsity parents can work is that the JV and Freshman games are at the same time until the varsity starts night games (usually the beginning of May). After that, any parents of JV and Freshman players that would like to help are more than welcome.

#### **8. Mohegan Sun Bus Trip (May)**

This is a new fundraiser that may be familiar to parents because many groups do this. We will sponsor a trip to the Mohegan Sun casino for adults only. The price of the trip will include the bus, a food voucher and a voucher for betting. We need to fill the bus to make a profit, so parents are invited to come and enjoy a safe evening out. Invite your friends too!



# **SHOW YOUR SUPPORT**

Car stickers (\$5.00) and lawn signs (\$20.00) are available for purchase for parents, grandparents, and friends of Blue Knight Baseball. They will be available at all Diamond Club meetings and at the Concession during varsity games, or by contacting a board member.

## **SPECIAL EVENTS**

### **Batboys/girls**

All boys and girls who attend the clinic before the Pasta Dinner are entered into a drawing to be a batboy/girl for a varsity home game. The batboy/girl receives a Southington baseball t-shirt, has his/her name announced at the beginning of the game, and get to sit in the dugout during the game. If we don't get enough batboys/girls from the drawing, we would love it if the players have brothers or sisters that would like to participate. Both the high school players and the younger kids really seem to enjoy this activity.

### **Hits 4 Hope (Pink Game)**

Held at a home game around Mother's Day, Hits 4 Hope is our way to help support Relay for Life. The varsity players wear pink uniform shirts and there is a ceremony before the game. All baseball families and players are encouraged to attend.

### **Senior Night**

We hold a short ceremony toward the end of the regular season (usually the last home game) to recognize our seniors and their accomplishments. This is a very special evening and we ask that a few underclassmen parents volunteer to help with balloons and flowers (for the moms) so that the senior parents can enjoy the evening.

### **Banquet**

The banquet is the official end of the season and celebrates the hard work of all three teams. It is a great evening, but there are many details to take care of to make the banquet a success. We need 5-6 people to sign up for the banquet committee at the April meeting.

# **OTHER WAYS TO HELP**

## **Game Reporters**

Every year we need a parent from the freshman, JV , and varsity teams to report the scores and any interesting details of the game so that we can put them on our website. Let us know at the April meeting if you are interested in this position.

## **Photographers**

At the banquet all players are given the opportunity to purchase a yearbook of the season. There are pictures of all three teams, fundraisers, events, practices and anything else we can think of. To do this, we need parents to volunteer to take pictures of their son's team and send them in to the yearbook. Sign ups for this will also be at the April meeting.



# **SHS BLUE KNIGHTS BASEBALL** **CONTRACT**

## **PLAYERS:**

I have read and understand the SHS Student-Athlete/Parent Handbook and the Blue Knights Athlete/Parent Handbook.

I am aware of school policies on attendance, grades, and behavior.

I understand that participation in the Southington High School Athletic Program is a privilege and not a right enjoyed by all students.

I will be a positive representative of Southington High School and the Southington community.

**Student Name (print)** \_\_\_\_\_

**Signature** \_\_\_\_\_

## **PARENTS**

I have read and understand the SHS Student-Athlete/Parent Handbook .

I have read the SHS Blue Knights Baseball Handbook.

**Parent Name (print)** \_\_\_\_\_

**Signature** \_\_\_\_\_