

KINGS BASEBALL

2011-2012

COACHING STAFF

- COACH MCCLUNG – kmcclung@kingslocal.net
- COACH MOORE – kmoore01224@roadrunner.com
 - COACH FREAD – kfread@kingslocal.net
- COACH SCHEARING – gschearing@kingslocal.net
 - COACH STEVENS – mstevens@kingslocal.net
 - COACH ROBISON – rrobison@kingslocal.net
 - COACH REESE – dwr89@zoomtown.com
- COACH SULLIVAN – j.sullivan03@hotmail.com

Checklist

- Contact list
 - All emails and numbers correct?
- Game schedule
- Off season calendar
- PowerPoint Handout
- Pre-participation forms

PLAYER EXPECTATIONS

- Be a good Student-Athlete
 - Classes – Must pass five 1 hour credit classes, PE classes will not count in the 5
 - Eligible after 2nd quarter???
 - Weekly eligibility done every Monday
 - Grades – 32 Scholar athletes last year.
- Be there! Hard work pays off.
- Attitude and Effort are everything.
- Bring enthusiasm.
- Be a good teammate
- Demonstrate character...doing what is right.
 - On the field/in the weight room
 - Off the field and in the classroom
- Show self-discipline
- Hold yourself accountable. You are young men now and are responsible for what you do or fail to do.
- RTG

“RESPECTING THE GAME”

- We will play the game the way it is supposed to be played.
- We will play harder and smarter than anyone else.
- We will play with a confident winning attitude...attitude and effort will take us further than talent alone.
- Focus on doing the little things that make a big difference.
- Be a competitor...compete, compete, compete.
- No excuses...just get it done!
- Play as a team!
- We will take our play to the next level...Believe it and work for it.
- RTG...Baseball is a great game that will teach you more than you will realize. You can relate baseball to many life lessons.
- This is our pledge to do the best that we can and put ourselves in a situation to succeed.

10 Commandments of Baseball

Paul Reddick

1. Nobody ever became a ballplayer by walking after a ball
2. You will never become a .300 hitter unless you take the bat off your shoulder.
3. An outfielder who throws back of a runner is locking the barn after the horse is stolen.
4. Keep your head up and you may not have to hold it down.
5. When you start to slide, S-L-I-D-E. He who changes his mind may have to change a good leg for a bad one.
6. Do not alibi on bad hops. Anybody can field the good ones.
7. Always run them out. You can never tell.
8. Do not quit.
9. Do not find too much fault with the umpires. You cannot expect them to be as perfect as you are.
10. A pitcher who hasn't got control, hasn't got anything.

PARENT EXPECTATIONS

- Be supportive of your son, our coaching staff, and our program. We want what is best for the kids.
- Making the team? Exit Interview/role meeting with each individual player.
- Playing Time?
 - Chain of command
- Issues?
 - Chain of command
- Don Meyer: “More often than not throughout the course of the year, players need parents more than they need coaches.”

OFF SEASON PROGRAM

- We will have open field and open hitting as long as the weather cooperates...hopefully it gets better.
- Lifting: Mondays, Tuesdays, and Thursdays 2:30-4:00(ish). We will lift in the Beacon Center.
 - Mandatory???
 - Lifting Cycles
 - Power phase – getting stronger
 - Functional Training phase – injury prevention
 - Plyometrics and core
- We will have open hitting on Saturdays.
 - This will start in November
 - Mandatory???
 - Outside if the weather permits/KEC if weather is bad
 - Outside cage is available anytime you want to hit
 - Any other facilities???
- Conditioning Week – this is mandatory for everyone not in a winter sport.
 - Monday, February 13th through Friday, February 17th.

Important Information

- Pre-participation forms
 - OHSAA Physicals
 - Emergency Medical Form
 - OHSAA Waiver
 - Kings Waiver
 - Beacon Waiver
 - Student Athlete Pledge – Drug and Alcohol Policy
- Mandatory Pre-Season Parent Athlete Meeting – March 20th
- Attendance Policy - communication
- Eligibility
- Listen to announcements/check out the video boards
- New Bat Regulations
- Summer Baseball

PRACTICE IN THE SPRING

- The OHSAA finally got rid of “pitchers and catchers week” and everyone can practice starting Monday, February 20th.
- Not your typical summer baseball practice.
 - We will practice for 3+ hours at the beginning of the season
- Big focus on pitching and defense...especially with the new bats
- Fundamentals
 - Hitting/Bunting
 - Throwing/Pitching
 - Defense
 - Baserunning
- Situations
- Announce teams/Role Meetings on March 2nd

Season

- Hopefully we have a more cooperative 2012 season...last minute changes will happen!
 - Baseball hotline
 - Email changes
 - www.highschoolsports.net
 - Announcements at school and on TV's
- 1 week of scrimmages and 6 weeks long of regular season...very compact season (27 Games)
- Spring Break – we have 8 games scheduled over spring break and everyone is expected to be here.
- New bat regulations
 - BBCOR
 - Quality Sports – Wilson DiMarini's – I have them available for sale
 - Nike Bats are discontinued due to poor performance.

PLAYING TIME

- Playing time is earned...not given
 - Practice is a good way to get in the lineup.
- No playing time is ever guaranteed to anyone at any level.
- What goes into playing time?...
 - Attitude and Effort
 - Performance
 - Situations
 - It's not like other sports where you can substitute freely.
- My Goal is to make this an enjoyable experience for everyone, but we are here to win also.
- Playing time questions... the players should talk to the coach their coach first and then follow the chain of command.

FUNDRAISING

- What have we done with our \$
 - Best freshman field in the league - +\$10,000
 - 26 tons of dirt
 - Irrigation system
 - Sod infield
 - Best varsity field in the league
 - 4 coaches paid by district
- KABC Obligations
 - Fall and Winter Concession dates
- Kroger Cards – Connie Glischinski
 - Easy to do. Made around \$1500.00 last year...
- Breakfast with Santa – December 3rd
- Spring Training – March 10th
- Write way campaign for 100 inning game.
- Concessions at our home games

IMPORTANT DATES

- Concession Dates
 - We will email out reminders for Fall and Winter game coverage.
 - We need everyone's help and players will get community service hours for their time.
- Monday and Wednesday open field sessions weather permitting
- Lifting will start on November 7th.
- Breakfast with Santa: Dec. 3rd
 - Setup will be on Friday, Dec. 2nd
- Conditioning on February 13th
- First day of practice on February 20th
- Announce Teams/Exit Interviews will be on March 2nd
- March 20th – Mandatory OHSAA Parent/Athlete Meeting
- 100 inning game fundraiser: Names and addresses due on March 5th.
- 100 inning game: Saturday, March 17th, 10:00am

ACT AND SAT DATES

Take these tests in the fall and winter... The earlier the better.
Please try to avoid taking these tests in the spring.

■ ACT Tests dates:

- October 22nd, 2011
- Dec. 10th, 2011
- Feb. 11th, 2012
- April 14th, 2012
 - Please Avoid this date!
- June 9th, 2012

■ SAT Tests dates:

- October 1st, 2011
- November 5th, 2011
- Dec. 3rd, 2011
- Jan. 28th, 2012
- Mar. 10th, 2012
- May 5th, 2012
 - Please Avoid this date!
- June 4, 2011

KABC REPRESENTATIVES

- JULIE BENNETT, DANITA BEARD, TINA RICE
- CONFIRM EVERYONE'S EMAIL ADDRESS
- CONCESSION DATES
- HELP WITH BREAKFAST WITH SANTA
- 100 INNING GAME COOKOUT
- PARENT AND PLAYER HELP
- VOLUNTEER FOR THE RIGHT REASONS!
- WE NEED EVERYONE'S HELP!