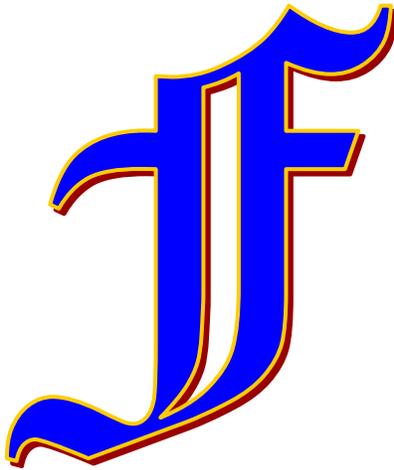


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**FALMOUTH BASEBALL  
PLAYER & PARENT  
HANDBOOK**



## **Academic Eligibility**

The Falmouth Baseball Program will follow all rules and regulations as defined in the Falmouth High School Athletics Handbook. Under Falmouth High School and the MPA's eligibility rules, students **MUST** be passing a minimum of 4 academic subjects for the preceding quarter to be eligible to participate in any activity sanctioned by the school.

## **Alcohol, Tobacco & Drugs**

The Falmouth Baseball Program will follow all the regulations as defined by the Falmouth High School Athletics Handbook in regards to Alcohol, Tobacco and Drugs.

## **Booster Club**

The Baseball Booster Club's primary function is to raise money to benefit the Falmouth baseball program. The board, committee members and all volunteers work to help make the program run smoothly for the players, coaches and parents. We thank you in advance for volunteering to help our program be successful.

The activities and opinions of the booster club board and membership are not factors in the operation of the baseball team on the field or in determining which players are on each roster. While the coaching staff has close and important working relationships with members of the booster club, those relationships **WILL NOT** influence coaching decisions. Players are evaluated on their abilities, performance, attitudes, work ethic and attendance, not the financial or volunteer contributions of their parents.

## **Cell Phones**

Cell Phones are not to be used during practice or games. Any player using a cell phone during practice or a game without prior approval from a coach will result in disciplinary action.

## **Coaching Staff**

The Baseball staff includes well-rounded coaches who have played and coached at high levels of baseball. While coaches have been designated to work with specific teams, every coach will spend time working with players at all levels in an effort to better the program. All coaches are here because they love the game and they bring something valuable to the Falmouth baseball program with their knowledge and experience. Please give them the respect they deserve. You might not agree with them, but they are doing what they think is best for the players and the program. Please understand that all decisions are made for what is in the best interest of the players and the program.



## **Communication**

Communication will occur in several ways:

\* Information about on-field activities and player issues will be communicated directly between coaching staff and student athletes.

\* Information can be found on the baseball website

<http://www.falmouthbaseball.com>

**please monitor this site for daily updates. The site should be updated by 2:00 daily.**

\*Booster club information will be e-mailed by club President

## **Contacting the Coach**

In contacting the coach with an issue or concern, please adhere to the following procedures.

- 1) The player should first discuss the issue with the coach or coaches
- 2) If the issue is not resolved then the player, parent and coach will meet.
- 3) If the issue is still not resolved the player, parent, coach and AD will

meet.

Through their daily practices and interactions with coaches, players should have a clear understanding about why they are or are not playing or the positions they are playing. If not, they should ask their coach. If parents have a question about playing time, please talk with your student-athletes. We expect them to have an understanding of what is happening with their team. If there is an issue that a coach might not be aware of, please have your son speak directly with the head coach and allow him the opportunity to address the concern.

**Please do not contact the coach over issues such as playing time or game decisions.** If the matter is an off-field issue, please address the question to the proper authority (booster president, school teachers or counselors).

## **Contact Information**

Kevin Winship	Cell 415-3915 Email: <a href="mailto:coachwinship.fhs@gmail.com">coachwinship.fhs@gmail.com</a>
Craig Pendleton	Cell 590-9617 Email: <a href="mailto:craig.pendleton5@gmail.com">craig.pendleton5@gmail.com</a>
Tony Dibiasse	Cell 233-2770 Email: <a href="mailto:dibiasan@spsd.org">dibiasan@spsd.org</a>
Bob Milliken	Cell 252-0759 Email: <a href="mailto:bmilliken1524@yahoo.com">bmilliken1524@yahoo.com</a>
Matt Lee	Cell:318-7739 Email: <a href="mailto:MLJ9231@yahoo.com">MLJ9231@yahoo.com</a>
Paul Reny	Cell:615-6704 Email: <a href="mailto:pyreny@plymouth.edu">pyreny@plymouth.edu</a>



## Coaching Decisions

Coaches' make decisions based on what they think is best for the team and overall program. Coaches will make decisions to try and win games. Decisions about playing time are not always based on baseball talent, but rather on how each player fills certain positions and how they work within the team concept. Players who have negative attitudes or who are disrespectful to their coaches and or teammates may find themselves on the bench or off the team no matter their skill level. This applies to both teams.

## Detention/Suspension

If a player receives a detention for inappropriate behavior in school the following will be used as consequences:

- \*First Detention: Player will run foul poles during practice
- \*Additional Detentions: Player will be suspended for 1 game and run.
- \*Suspensions: Player will make up the practice time missed before returning to competition.

## Dugout

Most dugouts that we use are in close proximity to parents and fans. Players will remain in the dugout and should avoid socializing with friends or family during the game. This includes accepting food or drinks during the game. Parents are asked **NOT** to bring food or drinks to players in the dugout during games. If a player wishes to have their own drink, sunflower seeds, gum, etc. it is their responsibility to get this before the game. Food is **ABSOLUTELY PROHIBITED** to be eaten in the dugout unless prior approval from the coach. Players should be ready to enter the game at any time, which includes staying stretched and warm. This also means keeping mentally aware of what is happening in the game by anticipating what may happen, especially for role players like relief pitchers, pinch hitters/runners etc. All players should remain supportive of their teammates. Players not currently in the game may have other assignments, such as charting pitches, warming up outfielders, retrieving foul balls, etc.

## Equipment

All program equipment should be treated with care and respect. If a player brings their own bat to games or practice they need to share that bat with teammates. If a player is unwilling to do this then don't bring the bat!



## **Fundraising**

All fundraising efforts come from the Baseball Booster Club. Fundraising efforts go towards items needed that are above and beyond what the school can provide. More information on this years fundraisers will be provided by the Booster Club. Thank you in advance for your much needed assistance.

## **Game Days (also see "Travel")**

Players will be provided copies of the game schedule. Schedules are also posted on the Baseball website. There will be practices and scrimmages scheduled on Saturdays. To participate in athletic practices and contests, the player must be in attendance for all classes during the school day. There will be 5 acceptable reasons for not attending classes, 1) An appointment with a health professional, 2) Observance of religious holiday, 3) A family emergency, 4) A planned absence for a personal or educational purpose which has been approved in advance, 5) A field trip or other related activity.

On some occasions players may be responsible for providing their own transportation to scrimmages. The proper paper work must be on file with the school.

## **Injuries**

All baseball players should report all injuries to Coach Winship immediately regardless if the injury occurred during a baseball game or practice, or is not baseball related. This is important to assure that the player can receive the proper injury diagnosis and treatment for a healthy recovery. FHS trainer Rob Sullivan should be notified of any injury.

## **In-Season Practice**

Players are expected to attend practice everyday. Practice times will vary throughout the year. Players are strongly discouraged from missing practices. However, there are times when this is unavoidable. Coaches can only evaluate the talents, attitudes and work ethics of those players they see in practice everyday. If it is impossible to avoid scheduling conflicts, please talk to Coach Winship ahead of time so arrangements can be made. Practice plans are based on everyone attending practice. Players should email, text or call Coach Winship in the morning if they are going to be absent from practice. ALL players are expected to help with field clean up and maintenance after games and practices. Players will be dismissed as a team after the field is cleaned up.

## **Parents**



The biggest role that parents can play is to support their student-athletes in school and with their athletic endeavors. Attendance and demonstrating good sportsmanship at our games and functions is expected and greatly appreciated. Please remember to keep comments positive, whether they are to or about your own son, another player or parent, a coach, an umpire, or any other opposing player, parent, or coach. Parents, too, represent Falmouth High School.

## **Philosophy**

Our basic philosophy starts with building a strong foundation. We want to develop good baseball players regardless of what team they are on. Players will play hard and play the game the right way. School comes first, and we want our players to strive to go to college and play baseball at the next level. We hope that our players develop strong character and work ethics, and they respect each other, their coaches, themselves and the game of baseball. We hope to be an aggressive team that puts pressure on other teams to make mistakes. We also will strive to be fundamentally sound both offensively and defensively. With every win and loss, we hope our players learn from their experiences. They are part of a team with a common goal, and they'll share success and failure.

## **Player Appearance**

Players represent Falmouth High School, the FHS Baseball program, their families and themselves. As such, they are expected to maintain a neat and orderly appearance. Uniforms and any practice gear should be cleaned and properly maintained. Hats will be on straight and uniform shirts will be tucked in at all times. We urge players to take pride in how they look both at school and on the field.

## **Player Conduct**

Players should play the game with pride and class. It is a privilege to play baseball for Falmouth High School, not a right. All coaches, players, fans and umpires should be treated with respect. The heat of competition can be trying at times. However, the coaching staff will not tolerate inappropriate conduct. Inappropriate behavior is grounds for discipline from the coaching staff, including suspension or removal from the baseball program. The use of profanity, throwing equipment, arguing or questioning an umpire and/or any other embarrassing, demeaning or offensive behavior is strictly prohibited.

## **Playing Time**

The concept of "equal playing time" does not exist at the high school level, especially on the varsity team. Positions will consistently be earned, and the starting line-ups may change from game to game or week to week. Because coaches are looking at an entire roster in a variety of situations, there are players who might play one game and then not play the next. This may or may not be



because of their performance or abilities. A player's attitude and work ethic will also contribute to how much he plays. Early in the season, playing time may fluctuate for most players as coaches determine their strengths and weaknesses in game situations. As the season progresses, coaches often utilize players who are playing well at the time or who fit well with the specific conditions. Players may be asked to fulfill certain roles, such as pinch-hitting, pinch-running or playing defense late in the game. Every role is an important one and is crucial to the overall success of the program. It is our goal at the JV level to get players as much playing time as possible.

### **Program Support**

Falmouth Baseball is a program, not just a varsity team. Some players will, on occasion, be moved from one team to another during the season. Some players may also practice with the Varsity team on a daily basis; this does not mean that all of the players that practice with the Varsity will play in the Varsity games. Because of the new MPA scrimmage regulation there will be many combined Varsity and JV scrimmages against other schools. Parents are encouraged to attend as many games as possible to show support for our baseball program.

### **Selection & Placement**

Players will receive a comprehensive evaluation prior to the start of the baseball season. The teams will be selected after careful discussion and consideration from the entire coaching staff. Players will be assigned to teams based on how they will contribute to that specific team, as well as how they will best develop as a baseball player. Players are not evaluated on skill alone. Respect, cooperation, enthusiasm, hustle, dedication, work ethic, attitude, and attendance will also be considered.

### **Spring Break & Vacations**

The high school season officially starts March 21st. There will be practices and scrimmages that will be held from that point forward and through April break. If a player is going to miss baseball because of a vacation we will use the following policy. However many days a player misses from practices and or games they will need to make up that many practices before they are eligible to compete in a regular season game. For example if a player misses 5 days of practice, they need to practice 5 days before they have the opportunity to play in a regular season game. This does not necessarily mean they will get their position back. Pre-season scrimmages count as practice days.

### **Team Concept**

Players will be part of Falmouth Baseball throughout the next several months. Your actions should be for the benefit of the team. Please demonstrate respect and support of your teammates at all time. The quickest way to begin losing is to



create unnecessary dissention on the field or in the dugout. Please respect the privacy and confidentiality of your teammates and coaching staff. We are a family and should support each other on and off the field.

### **Transportation**

Both teams will be traveling to and from away games. All players are expected to ride the bus. Any exceptions must be cleared by Coach Winship prior to the day of the game. There may be cases when the team does not take a bus and will meet at the field, players will need to provide their own transportation. Proper paper work must be on file with the school.

### **Uniforms**

Players will be issued uniforms prior to the start of the season and are required to return the uniforms in good condition. Players will also be issued practice sweats and mock turtle necks that are also required to be turned in at the end of the season. It is the players' responsibility to purchase a hat, socks, and t-shirt through the athletic department. ALL PLAYERS will dress the same and will look presentable at all times. Hats will be on straight and uniform shirts will be tucked in at all times.



## PLAYER & PARENT AGREEMENT

*Please return to Coach Winship as soon as possible.*

**PLAYERS WILL BE UNABLE TO PARTICIPATE IN PRACTICES OR GAMES  
WITHOUT THIS FORM ON FILE WITH THE VARSITY COACH.**

I have read all of the information of the FALMOUTH BASEBALL HANDBOOK. I understand what is expected and agree to follow and support all policies, procedures, and expectations throughout the entire season.

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Player Signature Date

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Parent/Guardian Signature Date

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Parent/Guardian Signature Date

COMMENTS/CONCERNS/QUESTIONS