



**2023 Holy Angels Baseball  
Player Handbook**



### **Mission Statement:**

- To prepare our student-athletes for success in life both on and off the baseball field.

### **Program Philosophy:**

- The Holy Angels Baseball Program recognizes the importance of developing our players both on and off the field.
- Our baseball players will learn the importance of teamwork, dedication, persistence, patience, responsibility, and determination.
- In doing so – our baseball players will have a positive experience – and represent the school and community in a dignified manner.

### **Program Goals:**

- To have fun and improve every day – both at baseball and in life
- To achieve a Gold Medal for Academics (team GPA)
- To Win a Tri-Metro Conference Championship
- To earn a top seed in Section 3AAA Playoffs
- To win a Section 3AAA Championship
- To win a Class AAA State Championship

### **Commitment:**

- Playing baseball (especially Varsity baseball) at Holy Angels is a privilege – not a right.
- Players are expected to attend every practice and every game regardless of level.
- Exceptions can and will be made for excused absences. Unexcused absences from practices and/or games will result in reduced playing time or other consequences.  
**See Addendum on last page for clarification on excused vs. unexcused absences.**
- If you are part of the baseball program at Holy Angels – please respect the program by making baseball your priority during baseball season.
- We understand there are other sports and activities going on during our season – but missing practices and/or games to participate in those out of season activities could result in reduced playing time or other consequences.
- Holy Angels baseball players are expected to show the same respect for their respective Fall and Winter sports teams. You do not need to play baseball year-round.

### **Respect for Coaches:**

- We as coaches will respect and support the players as much as possible.
- Playing time is never going to be equal and you may not always agree with the coaching staff – but all players will respect the coaching staff decisions.
- Disrespect towards the coaching staff will not be tolerated.

### **Academics:**

- It is the intent of the Holy Angels Baseball Program to develop good student-athletes both on and off the field.
- In addition to the school policies concerning academic eligibility – it is also up to the discretion of the coaching staff if a player needs time off from baseball related activities in order to improve their academic standing.
- Academics are very important and a top priority at Holy Angels. The percentage of players that play college or professional baseball is very small. Part of our job as baseball coaches is to mentor and groom our players into fine young men and prepare them for life beyond high school.

### **Spring Break:**

- Spring Break for the 2023 season is the week of March 6<sup>th</sup> and does not conflict with our season. Tryouts begin March 20<sup>th</sup>. There will be throwing and conditioning workouts the week of March 13<sup>th</sup>.

### **Playing Time:**

- Playing time at the Varsity level is 100% completely at the coaching staff's discretion.
- If there is an issue with playing time – the player must first initiate the discussion with the coaching staff.
- Any initial parental contact with the coaches will be respectfully declined until the player has talked to the coaches. Parents will only be brought into the conversation if need be – but not likely. High School is a good time for teenagers to begin advocating for themselves to better prepare for adulthood, college, and beyond.
- **Junior Varsity:** Playing time for all players – but not equal. Players at or near the Varsity level will receive more playing time at the coaching staff's discretion. Varsity players may also move back and forth in order to get needed playing time or injury rehab.
- **B Team:** Playing time for all players. Coaching staff will do their best to get all players involved in each game.
- Please keep in mind that the rosters for all teams are fluid throughout the season. Players may be moved up or down based on performance, behavior, or positional needs.
- Each player in the Holy Angels Baseball Program will conduct themselves in a manner consistent with the philosophy and rules at Holy Angels.
- Players not complying with these rules will find playing time reduced for non-compliance.

- Any additional suspensions other than school enforced suspensions are up to the discretion of the coaching staff.
- Severe or repeated incidents will involve parents and the Activities Director. The Minnesota State High School League (MSHSL) rules also apply (e.g. alcohol and tobacco use). Violation may result in dismissal from the program.

### **Roster Cutting Process:**

- Roster cuts are needed at times and only fair to everyone involved to have a competitive program. The cutting process is based on a variety of criteria which is listed below – but not limited to:

Player's baseball ability  
Player's attitude and effort  
Player's desire to improve his game  
Player's position and numbers at that position  
Team's numbers and needs

- The Holy Angels Baseball Program and our coaches hope to have a positive impact on every player that comes through the program. Therefore – the cutting process may not be needed every year or for every team. This process is based on year to year needs of the program and what is best for the program.
- The Holy Angels Baseball Program and our coaches will do our best to be honest with every player. Cuts will be dealt with individually and as needed upon completion of try-outs.
- Participation on one of the Holy Angels summer teams – or participation in the off-season workouts does not guarantee a roster spot on any team.
- Any fundraising money raised by players is kept by the program in support for the program. Fundraising or donations to the program does not guarantee a roster spot on any team.

**Conflict Resolution:** (from the Holy Angels Student/Activities Handbook)

- Procedure for Handling Activities/Athletic Complaints: In order to allow an expression of differences that may occur in athletics, a procedure has been developed for establishing a line of communication between school, parent/ guardian, students, and coaches. This procedure should follow an orderly process.
- No conflict between a parent/guardian, student, official or coach should be addressed during or immediately following a game. The game sites, practice field, lobby or locker room is not an appropriate place to handle conflict. Coaches are not to meet or deal with conflict at these times or places. Most conflicts are better resolved with an appropriate cooling down period. The “24-hour rule” is a good rule of thumb.
- If the issue is related to a student – coach issue, the following steps should be taken in order for the conflict to be resolved.
  - Step One:** Student meets directly with coach to express concern. This would mean the coach on the most local level first (position coach or grade level coach).
  - Step Two:** If resolution does not occur, the student then meets with the Head Coach of the program and the local coach.
  - Step Three:** If resolution does not occur, the student, the student’s parents, and the Head Coach of the program meet.
  - Step Four:** Student, parents, Head Coach, AD meet to resolve issue.
- If the issue is not related to unethical behavior or unprofessional behavior and is unrelated to a concern about the student-athlete, the coach should be contacted directly by the concerned party.
- Group Conflict – Group meetings will be a rare exception. Issues at Holy Angels are best settled when individuals take responsibility for their concerns and have respectful and civil conversations face-to-face on an individual basis. In the rare case that a group meeting would occur, no parent/guardian shall meet at AHA to discuss team problems without representatives from AHA to include the Activities Director or coach. At group meetings, individuals must speak for and represent themselves, not other individuals or groups. Individual meetings are preferred.

**Practice Attire:**

- Baseball pants (with a belt) will be worn at all practices – **NO SHORTS**. Shorts are a possibility at the coaching staff’s discretion if the weather dictates.
- Holy Angels issued baseball hat should be worn at all practices. If that is not an option – a baseball hat of some kind can be worn. **No hockey, football, or basketball hats.**
- Long sleeve or short sleeve **ROYAL BLUE** shirt is required and **must be tucked in** properly. Sweatshirts or baseball pullovers are acceptable as long as the weather dictates and/or the coaching staff approves. Pitchers will be given leniency in some cases in order to maintain proper arm care.
- Shoes: Turf shoes or tennis shoes inside the StarDome. Normal spikes once outdoors.

### **Practice Expectations:**

- Players must be on time for practice and wearing the appropriate attire.
- Players are expected to hustle on and off the field or station to station between drills.
- If you are not involved in a drill – remain standing or take a knee. No sitting on ground.
- If you have down time – find something to work on. No standing around.
- **REMINDER: Wear baseball pants – no shorts, sweatpants, or other types of pants.**

### **Game Attire:**

- All players at each level are issued one pair of baseball pants and one belt.
- Varsity players should bring all jerseys to every game (i.e. blue and black)
- 9<sup>th</sup> Grade, C-Squad, and J.V. teams are only issued one jersey.
- Please do not alter the pants in any way (i.e. take in the waist or alter the pant legs at the bottom). You will end up paying for any ruined items.
- Players will wear **ROYAL BLUE** socks or stirrups.
- Long sleeve or short sleeve **ROYAL BLUE** or **BLACK** undershirts only under the jersey. No white, gray, etc.
- Uniforms are to be clean and presentable for each game. Dirty and/or wrinkled uniforms are not acceptable.
- Jerseys should be tucked in properly whenever worn.
- Players should be in uniform with blue undershirts and/or jerseys tucked in and hats worn correctly once they arrive at the field – or step off the bus.
- After games – jerseys can be removed but blue undershirts must be properly tucked in and pants worn until you get on the bus or get in your car.

### **Game Expectations:**

- Players are expected to be on time for all pre-game activities.
- Players will be in uniform with full knowledge of their game day responsibilities. Those responsibilities will be communicated either verbally – or posted on the dugout wall.
- During games – players on the bench will be attentive and comply with assigned duties.
- Players will hustle on and off the field between innings.
- Players will not throw or kick equipment in frustration.
- Players will not argue or complain with umpires – or use profane language.
- Players will not trash talk the opponent or opposing fans.
- **Cell phones will be left in the car/bus or put away securely in your bag. Players will be notified after the game when they can begin using phones again.**
- Coaching staff may provide player with warning on any of the above offenses depending on severity and situation.

### **Post-Season Awards:**

- Varsity Letters: Lettering is entirely at the discretion of the coaching staff. Generally – all players on the Varsity roster are deserving of a Letter – unless team policies have not been adhered to.
- Players brought up to Varsity on a limited basis are also eligible for a Letter – which will be handled by the coaching staff on a case by case basis.
- All-Conference and All-Section Awards are voted on by the coaching staff as well as coaches from the other participating schools.
- Our finish in the conference standings will likely determine how many players receive All-Conference or Honorable Mention recognition.
- The coaching staff will do whatever it can to maximize the number of players receiving such recognition.
- Team Awards are voted on by the players.
- Letters and Awards are typically presented at the season ending banquet.

### **Captain Selection Process:**

- Captains for the following season will be determined around the time the new school year begins in late August or September. Below is the criteria and steps one must follow in order to be named a Captain. This criteria is subject to change at the coaching staff's discretion if we experience unforeseen circumstances (e.g. COVID-19)

- 1) Submit in writing why you want to be a Captain
- 2) Interview with coaches
- 3) Player vote (taken into consideration – but not the only criteria)

### **Summer Teams:**

- Holy Angels currently has 2 or 3 summer teams depending on interest level.
  - 15U
  - Junior Legion (17U)
  - Senior Legion (19U)
- Participation on one these teams is encouraged but not required. Between these teams there are roughly 30-45 roster spots.
- Expectations when playing on these summer teams are the same as during the high school season.
- Although these teams are not technically affiliated with the school – you are still representing Holy Angels and our image in the community.

### **Playing College Baseball:**

- The coaching staff is more than happy to sit down and discuss options if you are seriously interested in playing baseball at the next level.
- We will go above and beyond to help you find the right fit.
- Please notify the coaching staff if you need recommendations for showcases, fall leagues, etc.

### **Parent Communication:**

- Team parents for the 2023 season are as follows:

Heather & Paul Briggs  
Erin & Nate Cline  
Susie & Chris Dittman  
Krysta & Tim Niznick

- Team parents at times are asked to coordinate certain communications from the coaching staff regarding schedule changes, game cancellations, fundraising, and any other relevant information necessary to the AHA Baseball Family.
- Please respect the Team Parents and understand they are only the messenger in most cases. If there are any issues – please contact the coaching staff.

### **Social Media:**

- Common sense should prevail when using Facebook, Twitter, or any other social media outlet.
- Derogatory or negative comments about a teammate, coach, the program, or the school itself will not be tolerated. This applies to parents and family members as well.
- Players should not be Facebook “friends” with any of the coaching staff until they have graduated.
- Bullying, hazing, or any other initiation type activities will not be tolerated and subject to suspension and/or dismissal from the program.

### **Baseball IQ – Knowledge of the Game:**

- All players in the Holy Angels Baseball Program may be subject to tests or quizzes on their knowledge of this great game.
- Players at this level will be expected to maintain a reasonable baseball IQ that involves several things such as keeping a scorebook and situational awareness on the field.
- Failure to comply may result in reduced playing time or the retaking of such tests or quizzes.



## **BE-attitudes of Holy Angels Baseball**

**BE** on time...

**BE** in class...

**BE** responsible...

**BE** accountable...

**BE** prepared...

**BE** a good teammate...

**BE** a good citizen...

.....or **BE** gone.....

## **10 things that require ZERO talent**

**Being on Time**

**Work Ethic**

**Effort**

**Body Language**

**Energy**

**Attitude**

**Passion**

**Being Coachable**

**Doing Extra**

**Being Prepared**

## Addendum

Clarification on excused vs. unexcused absences from practice and/or games.

### \*Excused Absences

College related visits

Doctor/Dentist Appt. (if it cannot be scheduled another time)

Illness (must be in school by 10:00am to play/practice that day)

Involvement with another in-season AHA related activity  
(Student Government, Theater, Campus Ministry)

**\*Must be pre-arranged and approved by coaches/moderators of both activities**

Academics (tutor, class, ACT/SAT prep, exam prep)

Family (funerals, weddings, family emergencies)

Church (e.g. Confirmation classes)

Work\*\* (see below)

### \*Unexcused Absences

Trips/Vacations for leisure.

Attending practices or games for an out of season activity (e.g. hockey, basketball, football).

Exceptions could be made for special circumstances involving All-Star tournaments, showcases, or other special opportunities. Please discuss with the coaching staff.

There are probably other examples not listed above. If you are unsure of whether an absence is considered excused or unexcused – **please communicate with the coaching staff.**

\*\*If you have a job during the season – practices and most games have always been right after school each day. It should be your responsibility to adjust your work schedule accordingly. It is admirable that you choose to balance work, baseball, and school – but to be fair to all players – you need to be at practice if you want to be part of this program.

## **General Timeline for Holy Angels Baseball**

### August/September:

- New school year begins
- Captains selection process begins/Captains announced

### October/November:

- Off-season individual player meetings with coaches (optional)
- Booster Club Steak Fry (major fundraiser for AHA Athletics)

### December/January:

- Captains practices/workouts begin. Keep tabs on your email for details from a Captain.

### February:

- Kickoff Meeting in late February (or early March) with information you need regarding the upcoming season.
- February – Spring Sports registration begins (online)
- Late February – Universal Athletic website goes live to order AHA Baseball apparel

### March:

- Spring Break Week of March 6<sup>th</sup> (no conflict with our season)
- March 13th – Arm Care Week
- March 20th – Tryouts begin
- Late March – Field clean-up day at Donaldson (actual date TBA)

### April:

- 1<sup>st</sup> week of April – uniform handout all levels (actual date TBA)
- Early April – team pictures all levels (actual date TBA)
- Early April – Varsity Team Dinner #1 (typically night before 1<sup>st</sup> game)
- Early April – Opening Day for all levels
- April 15th – ACT Saturday (we try to avoid playing on this day)
- April 29th – STARFEST (if we play this day we try to play early in the day)
- Team Service Project (actual date TBA – could be in May)

### May:

- May 1<sup>st</sup> thru 12th – AP Testing (more info in this later)
- May 13th – Prom (we try to avoid playing on this day)
- Week of May 22nd – last game for lower levels
- May 24th – lower levels turn in uniforms (subject to change)
- Late May – All-Conference voting takes place
- May 25th – Section 3AAA Seeding Meeting
- May 26th – Varsity Team Dinner #2 (typically night before playoffs begin)
- May 27th – Varsity Section Playoffs Begin (Host = Richfield HS)
- Late May/early June – AHA Baseball Banquet

### June:

- 1<sup>st</sup> week of June – Section Playoffs and summer ball begins for younger levels
- June 4th – Graduation Sunday
- Junior Legion season begins late May/early June
- Senior Legion season would begin once Varsity season is complete

### July:

- Summer Ball season continues – season ends late July.