

GOLDEN HIGH SCHOOL BASEBALL HANDBOOK



"Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are."

- John Wooden

THE GOLDEN DEMON BASEBALL PHILOSOPHY

Playing baseball for the Golden Demons Baseball team is a privilege, not a right. GHS Baseball program is built around 3 core values and those are integrity, respect, and teamwork. All players are expected to uphold these values to develop and build strong character on and off the field. Our goal as a program is to build strong young men, not just ball players. If a player commits himself to the team, the team offers positive experiences and invaluable life lessons for a player to draw from long after they are no longer actively playing. Since it is a privilege, the coaching staff, in accordance with Jefferson County School District policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

1. **ACADEMICS** – Scholastic achievement is of paramount importance to Golden Demon baseball. Players are STUDENT-ATHLETES. Players are expected to attend all classes and strive for excellence in the classroom. Eligibility must be maintained throughout the school year along with a 90% attendance record.
2. **CHARACTER & LEADERSHIP** – While we strive every season to win our league, and compete in the playoffs, the development of each player as a young man is of greater importance to the program. Players will be held accountable for their actions on and off the field and are expected to contribute toward a positive school and team culture. It is further expected that players will serve as leaders by example, not only on the field and in school, but in their everyday lives.
3. **ATTITUDE & EFFORT** – Attitude may be the most important factor in a player's success. A positive attitude benefits the player and those around him. Negative attitudes are detrimental to team success and thus will not be tolerated. Effort is an outgrowth of attitude, and contributes not only to success on the baseball field, but success in life. A player's best effort is expected at all times, on or off the field.
4. **TEAMWORK, INTEGRITY, RESPECT** –
 - a. The best team isn't the team with the best players, but the team that plays best together.
 - b. The things you do when nobody's watching define the person that you are.
 - c. Respect none, fear all, my pride is everything.

Players will respect themselves, their teammates, their opponents, the officials, the rules, and the game of Baseball. No one person is more important than another, and no one is bigger than the game. Players are further expected to respect their classmates, their teachers, school administrators, and their family members.

GOLDEN DEMON BASEBALL ACADEMIC GUIDELINES

Academics are a top priority for Golden Demon Baseball. Players are students first, athletes second. Players are expected to carry a grade of 'C' or better in all of their classes during the season. Any players not meeting this requirement will be required to perform extra work before, during, or after practice to be determined by the coach and will also affect playing time. Further, Golden High School requires students to have no F's to participate in sports while CHSAA guidelines require that all students participating in athletics have no more than one(1) F during an eligibility check in order to compete. Pursuant to Golden High School policy, eligibility checks will take place every week. Any student with one(1) or more Fs on an eligibility check will not play until the subsequent weekly eligibility check shows improvement (a D or better) of the grades in question. If you are ineligible, you affect not only your playing time, but **more** importantly, you affect your team.

Players are expected to attend class. Attendance is critical to academic success. Use your time wisely and complete all your school work. Players will not be excused from practice to complete school work. It is important for players to learn and manage their time appropriately to complete and attend all activities. Time management is an important skill that will benefit you throughout your life.

Without question, any player interested in pursuing baseball at the collegiate level should make academics a priority.

GOLDEN BASEBALL OFF-FIELD PLAYER EXPECTATIONS

These policies are designed to ensure that each player receives the best experience possible, while giving maximum effort toward the success of the program. Players must understand these expectations and understand that any violation may result in dismissal from the team.

1. **Alcohol:** The use of alcohol is strictly prohibited. Players violating this rule in-season will automatically receive a 3-game suspension on the first offense. This is IN ADDITION to any district-mandated suspension. Players that violate this rule will be evaluated on a case-by-case basis. A second offense will result in dismissal from the team.
2. **Drugs:** Any offense involving the use or possession(including, but not limited to buying or selling) of drugs, drug paraphernalia, in OR out of season will result in dismissal from the team.
3. **Suspension from School:** Any suspension from school in season will result in the doubling of said suspension as applied to the baseball team. For example, if a student-athlete is suspended from school for three(3) days, that student-athlete will be suspended from the team for six(6) days.
4. **Unexcused Absences:** If students have unexcused absence in a school day, the student-athlete will not be allowed to practice that day. If the absence in question occurs on the day of a game, that student-athlete will not be permitted to play in that day's game.
5. **Behavior/Grades:** An

Note:

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

GOLDEN BASEBALL ON-FIELD PLAYER EXPECTATIONS

Playing Baseball in high school requires commitment, determination, and desire. Practice is held 5-6 days per week during the season. Team placement is based on an evaluation of each player by the coaching staff throughout the off-season and at the beginning of the regular season. Placement on a level (Varsity, Junior Varsity, Level Three) is a function of ABILITY AND POTENTIAL, NOT AGE AND CLASS. We welcome everyone to our program and the great sport of Baseball, but understand that an upperclassman is not guaranteed a spot on the Varsity team by virtue of their class standing.

IMPORTANT: Playing time at the **Varsity** level is **NOT** guaranteed. The athletes that give us the best opportunity to win in a given situation will receive the majority of the playing time necessary to achieve victory. It is also important to note that this may not be the “best” player, but it will be the “right” player. Non-starting Varsity players will receive playing time when appropriate.

Players will attend all scheduled practices and be on time during baseball season. Any unexcused absences to practice will result in missing the next scheduled game unless an alternative workout is set up with the coach. Excused absences are defined by coaches not players and players are expected to be in attendance for the entire practice.

Participation in another sport (scholastic or club) concurrent to the Baseball season is not advised. Players need to be available for all Golden High School Baseball practices, games and team activities. Absences will affect playing time. We will not accept players that designate Baseball as their “second” sport during the Spring.

PLAYER OVERALL EXPECTATIONS

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. Athlete’s actions in everyday life, both private and public, are a direct reflection on the athletic program and the school.

- 1) Integrity, teamwork and respect
- 2) Student first
- 3) Attend every practice on time and in proper gear
- 4) Attitude and effort = success
- 5) Playing baseball for GHS is a privilege, not a right.

PARENT EXPECTATIONS

Please be a source of encouragement. I think that if you ask most players what they want their parents to do during the game; they would say “Nothing” but cheer and be supportive. Being loud and yelling, talking to players on deck, giving instruction during games just adds more pressure to the kids. Coaches will be putting plenty of pressure on players to play the game the right way with class, and respect, and they will put too much pressure on themselves and each other already. As a parent, be a silent, constant, source of support.

- 1) Show up to as many games as possible and support your student-athletes efforts to success
- 2) Work to promote a positive environment
- 3) Treat all coaches, umpire and other fans with courtesy and respect
- 4) Assure your student-athlete will attend all scheduled practices
- 5) Promote and model mature behavior at all contests
- 6) Allow coaches to coach, umpires to umpire, players to play and parents to cheer
- 7) Avoid the dugouts and limit videos during games

COACHES EXPECTATIONS

- 1) Be on time with a practice plan
- 2) Create a fair and safe environment that allows players to grow
- 3) Be a role model for sportsmanship and behavior
- 4) Communicate in a timely manner practice and game times
- 5) Promote a team atmosphere
- 6) Follow all CHSAA and Jeffco rules and policies

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the team coach to discuss the problem
- 2) Parent and/or athlete meet with the team coach
- 3) Parents and/or athlete meet with the program head coach
- 4) Parents and/or athlete meet with the school Athletic Director/Principal
- 5) Parents schedule a meeting with the district Athletic Director

UNIFORM EXPECTATIONS

1. Practice Uniform – Each incoming player must practice in golden baseball gear or colors. An option to purchase practice gear was given but if the gear was not purchased then it is a player's responsibility to locate appropriate practice gear on their own. Baseball pants or sweats should be worn for practices, shorts are not acceptable unless the coach has informed players in advance. Game pants or jewelry should not be worn for practices. (no earrings)

2. Varsity Game Uniform – Each player must purchase cream and gray pants with maroon piping, current baseball t-shirt, both baseball hats, batting practice top, maroon belt and socks, and a current baseball hoodie.

JV Game Uniform - Each player must purchase cream pants with maroon piping, current baseball t-shirt, both baseball hats, batting practice top, maroon belt and socks, and a current baseball hoodie.

Level 3 Uniform - TBD

ATHLETIC PERIODS

Athletes at Golden High School will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day. It is an expectation of the Golden Baseball Program that every effort be made to be enrolled in an athletic period if you choose to participate in baseball. The exceptions to this may result from schedule conflicts and class size problems.

PROGRAM PARTICIPATION

Golden Demon Baseball encourages student athletes to be involved as much as possible; including outside of our traditional spring season. Fundraisers, volunteer opportunities, workouts and more do take place during the summer, fall and winter. However, if participating in other GHS sports programs during those seasons that sport does take priority. Team chemistry and comradery are a vital part of team success and individual growth. The

more involvement players have together the more success they have on the field. We ask that students do more than the minimum and work on building those vital relationships with coaches and teammates. Players are also asked to be enrolled in the athletic period(s) --if there is a period (s) designated for that sport.

PROCEDURES WHEN ILL OR INJURED

Your health is of concern to your coach and every member of your team. In the event you feel ill or injured, report to your GHS Athletic Trainer or School Nurse as soon as possible. They can assess you and guide you on going to the doctor as well as inform you of any paperwork that you will need to take with you. If you go to the doctor before seeing the GHS Athletic Trainer or School Nurse, you must bring back WRITTEN instructions from the doctor as to your care.

An injury and/or illness that could possibly hamper your ability to participate must be reported to the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, the Athletic Trainer will give you a form to take with you, if you forget/lose the form be sure that you ask for and bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged, but if you go to an Emergency Room or doctor without first seeing the Athletic Trainer you still need to bring back WRITTEN instructions from the doctor as to your care. A RETURN TO SCHOOL OR PE note will not suffice. The note needs to be specific in order for you to return to athletics.

Documentation from the Dr. needs to be specific to athletics stating what restrictions the athlete has in athletics.

FOUNDATION OF THE GOLDEN DEMON BASEBALL PROGRAM

How are we successful?

Offensive Scheme
Eliminate strikeouts and fly balls
High OB% (step one is get to 1B)
Situational Hit - Hit & Run; bunt; hit behind runners; score runners from 3B; 2 strike approach; use the entire field.
Smartball - LINK
Play as a team, play selfless and play hard between the lines.

Defensive Scheme
(EVERYONE COMMUNICATES)

OUTFIELD	INFIELD	CATCHERS	PITCHERS
Catch all balls you get your glove on/be aggressive	Nothing you touch gets by you, everything stays on the IF	No past balls	65% first pitch strikes
Eliminate balls to fence/cut everything off	Position yourself for good hops, move your feet and good hands	No stolen bases	Work ahead in the count
Good throws - hit players on glove side	Hit guys in the chest	Leader on the field/be vocal	Eliminate walks

Be a good teammate and learn to play together as a group instead of individuals or cliques. Our goal is to create the most well-rounded player that can contribute in many ways, not showcase kids.

The more involvement players have together the more success they have on the field. Players are asked to participate in team activities (unless participating in other GHS sports) outside of the spring season as well to help build program comradery. Players are also asked to be enrolled in the athletic period(s) --if there is a period (s) designated for that sport.

We participate in a competitive high school program that provides resources and opportunities for student athletes to grow within that program. One of our goals is to teach character and life skills through sports.

Ability
How you perform on the field offensively, defensively and on the bases
Are you able to fit into the scheme that makes the GHS program successful
Knowing what your role is and being able to execute that role

Culture/Character (our culture determines our success)
Reliability/Trust/Teamwork/Leadership/Respect/Integrity/Selfless
Team chemistry and how a player's participation affects it.
Bought into the program and demonstrated through actions. Program > Team > Athlete
Detrimental behavior to team culture cannot happen.

Academics
Grades - no D's/no F's

Attendance (90% attendance rate)
Behavior in the classroom

* Continual academic issues or behavior that is detrimental to the well-being of the team and its culture can result in disciplinary actions or removal from the team.

Attend all practices & games

Good attitude & effort

15 minutes early to practice

LEADERSHIP is earned, not given. Leaders demonstrate most, if not all of the info above. Strong leadership is expected for certain positions on the field and does play a role in who plays those positions.

How do we measure our success?

- 1) Develop young men to be positive parts of the community
- 2) Provide direction that helps players improve
- 3) Resources that allow options after high school
- 4) On the field success through teamwork, work ethic and selflessness

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