

COMMIT, COMPETE, and CARE

2023 HANDBOOK

Dover-Eyota Baseball Culture

- **COMMIT**
  - **Full engagement in the program**
- **COMPETE**
  - **Improve everyday mentality**
- **CARE**
  - **School, Team, Community, Family, Self**

Dover-Eyota Baseball Core Values

- **Respect –** Learning to work and develop the right kind of confidence.
- **Responsibility –** Learning to be accountable and disciplined.
- **Integrity –** Learning to do what is right.
- **Servant Leadership –** Learning to become a team player and leader.
- **Sportsmanship –** Learning to respect the spirit of the game.

Dover-Eyota Baseball Coaching Staff

Head Coach: Brian DeFrang brdefrang@yahoo.com 507-271-9454
JV Coach: Chris Matejka chrismatejka@deschools.org 507-545-2632 ext. 101

Dover-Eyota "Varsity, JV, & 7th & 8Th Grade" Baseball

Welcome to the 2023 Baseball Season. Your commitment to the CULTURE, work ethic, and willingness to make a positive contribution to the team will be keys to the success of Dover-Eyota Baseball. It is very important that you and your parents understand what is expected of you as a member of the Dover-Eyota Baseball family. Please review the rules below. The attached sheet will need to be signed and turned in by **Monday, March 20**. No player will be allowed to practice until this form is signed and necessary information is turned in.

Qualities we EXPECT;

1) Personal Qualities:
    a. Honesty, Loyalty, Commitment, Respect, Dedication. NO BULLYING. We are a team that will treat each other as family.
    b. Great attitude, effort, and positive body language. You and you alone are in control of this. **Extreme Ownership.**
2) Academic Qualities:
    a. Academics are Important!
    b. Be present in class by being prepared and on time.
    c. Maintain at least a D in all classes Dover Eyota school policy will be followed. Disciplinary action will be taken per Dover-Eyota school policy if in violation. **Grades need to be compliant the day before a game!**
    d. Be respectful of ALL teachers, coaches, students, and other staff.

Policies/Procedures

1) Practice;

    Indoor Practice Schedule –Practice times will vary, while indoors, to use the limited space we have most efficiently. We share the space with the other teams, so we need to be flexible. Weather will determine when we transition outdoors.

    Outdoor Practice Schedule – When the fields are ready, Baseball 9-12 will practice and play home games at the varsity field. 7th and 8th grade teams will practice and play home games on the Westside Park Fields.

    a. Baseball pants are MANDATORY!
    b. Athletic supporter (cup) is mandatory for all IF and Catchers.
    c. NO phones/tablets!
    d. Dress for the weather. If it's dry, we will practice outside regardless of temp.
    e. Practice is where we improve!
2) Equipment;
    a. Game jersey will be provided for 7th, 8th, JV and Varsity. Game pants will be provided for Varsity only. 7th, 8th and JV need to provide gray baseball pants. Socks and a maroon belt will need to be purchased by the player. Game hats will be available for purchase. Cleats can be molded or metal. Whatever layers (undershirts cannot be white sleeves if pitching) you deem necessary based upon weather will be the responsibility of each player. If you have your own helmet, catchers gear, and/or bat, bring it. Otherwise, these will be provided for you.
    b. GLOVE! This is more than just a piece of leather. Take care of it and it will take care of you. There will be zero tolerance for gloves forgotten, thrown, or left behind. The TEAM will be responsible for individual violations. This policy goes for ALL equipment.
    c. Baseball equipment and uniforms that are owned by Dover-Eyota High School must be taken care of and accounted for. If a player/parent/guardian loses or damages any of the equipment or uniform, other than game related incidents, they will need to replace the damaged or lost equipment or uniform.

3) Practice/Games;
    a. Early is on time, on time is late, and late is forgotten.
    b. It is NOT acceptable to miss a practice, other than a scheduled/emergency doctor appointment or funeral. These situations will be handled by coach discretion. Makeup quizzes/class work can be done before school, at lunch, or another scheduled time between the player and teacher. If you have a conflict, CONTACT YOUR COACH in person or by a phone call. It is not acceptable to tell another player. NEVER show up late for a practice using school work as an excuse without prior communication. If a practice is missed and not excused, game time will be affected.
    c. If you go home sick, contact your coach by the same means previously stated.
    d. If you skip (includes a tardy) or are kicked out of a class, you will be held out of (at least) the next game. (School Policy) *All School and MSHSL Eligibility Rules apply.*
    e. Work, vacations, spring break, concerts/games, etc. are not considered excused absences unless approved in advance.
    f. Game playing time is not guaranteed. Players will play where we can maximize their strengths.
4) Travel;
    a. All Varsity, JV, and 7th and 8th grade players will be expected to ride the team bus to and from away games unless approved as written below. In the event of special circumstances, the coach will need to have 48 hour notice before the game (from the parent) to be able to ride with the parent. All players that are not riding the bus home will need to sign out with their coach prior to leaving with their parents. Players will wear their full game uniform when they leave the locker room for away games. Jewelry must be removed and stored in the locker room for all practices and games. No cleats will be worn on the bus before or after games. No cleats will be worn in the school on any day. Wear tennis shoes to the game and change at the field. ALL garbage on the bus must be picked up.
    b. *BE ON TIME*! We will leave without you. Players will know in advance when, where, and what time to report. Make sure you have all your necessary gear before we leave and when we return.
    c. There will be a dress code on game days. Varsity-Captains will decide this. JV/Jr. High-coach discretion.
    d. Bus travel is for mentally preparing for the game. There will be *zero* tolerance for “horsing around”.
    e. No chewing sunflower seeds on the bus.
    f. All players are expected to be in school on time the following day after a game. The exception to the rule would be a prearranged appointment or an emergency.
    g. All players must secure a locker in the locker room with a lock.

5) Reminders for Parents;
    a. Avoid P.G.A (post-game analysis); players are well aware where/when they make mistakes. Most conversations are best the following day if at all. Avoid “the car ride home” conversation unless it’s positive reinforcement.
    b. Avoid inappropriate comments from the sidelines.

c. Remain away from the dugout. Let the coaches do the coaching.
d. Conflict with Coach – wait 24 hours before addressing.
e. Most important of all…enjoy watching the TEAM play!

The Dover-Eyota coaching staff works hard throughout the off-season, summer, and season months to help all players try to perform at their highest level. The staff evaluates each player fairly and has seen what each player has done during the off-season and in-season to make himself a better player and person. If the player/parent/guardian has a concern, follow the protocol below.

1. Player meets with his coach.
2. Player and Parent/Guardian meet with the Head Coach and team coach.
3. Player, Parent/Guardian, and appropriate coach or coaches meet with the Athletic Director.

All inquiries should be in person to avoid confusion that can be felt through emails and phone conversations.

MSHSL Eligibility Rules - https://www.mshsl.org/about/mshsl-handbook

Varsity Baseball Lettering Criteria

To letter in baseball, the player must meet the following minimum requirements. *Playing time will be determined solely by the coaching staff*. Playing time must be earned and is not guaranteed as a result of a player being a member of the team. Players who are deemed ineligible during the season to play baseball by MSHSL rules will NOT letter.

11th grade and under

Make an appearance in 30% of the games, be in the starting rotation as a pitcher, or start in a playoff game. Exemplify a positive attitude and work positively every day in practice. Coaches will have discretion to letter players who do not meet the 30% criteria, but exemplify a positive attitude, promote teamwork and are great teammates.

12th grade

All Seniors will letter, including manager(s), if they are in good standing.
Coaches discretion can override requirements for lettering in special circumstances.

Positive Attitude – A player that has a positive attitude, gives full effort, and exemplifies the Dover-Eyota Baseball Culture. This player also has no unexcused absences to team events and is in good standing with MSHSL rules.

Varsity Captain Selection

There will be 4 captains that will be selected by their teammates for Varsity. There is no criteria for grade level to be captain. Captains can be relieved of being a captain by coach discretion for behavior that is not desired for leadership of the team. Along with leading the school team, Captains are encouraged to be leaders on the summer Eyota Legion team. Captains lead through service, not on a pedestal.

Roster Selection

The Varsity team will be comprised of the best suited players in Dover Eyota Baseball. JV squad will be comprised of primarily freshman/sophomore players and other players as numbers dictate. JV is designed to prepare players that have potential to play varsity the following

season. Seniors are not eligible to play JV. Players throughout the program can be moved amongst the various playing levels based on skill and ability. Starting the season on a specific team does not guarantee you will stay with that team the entire season.

All coaches on staff will have influence on these decisions. The varsity Head Coach is responsible for making the final decision. Coaches will evaluate the player's talent, skills, and knowledge of the game. Initial varsity and JV rosters will be posted no later than the conclusion of the 2nd week of full practice. Players may be asked to be team manager(s)

THE PARENT ROLE
Team First

- Coordinate/help provide a team meal.
- Organize year end banquet.
- Organize a senior night to honor our seniors
- Be patient and communicate.
- Be understanding.
- Positively promote the program throughout the community and social media. We will continue to post updates, stats, and videos on our social media outlets and baseball page on the school website.

You are the most influential voice representing our program to the public. Please be good representatives of your sons' efforts and respectful of their commitment to the TEAM.

THE PARENT ROLE
Care for one another

Support your son's effort, commitment, and sacrifice. Support his investment in the process and the experience he's helping create for his teammates more than his baseball accomplishments.

Celebrate the effort and contributions of every player, at all levels.
Find ways to serve by helping when needed (concessions, laundry, planning/coordination of events like senior night and awards banquet, coordinating a meal, etc.).



Studies show that what players want most from their parents is to hear these words:

"I am so proud of you."
"I love to watch you play."

Studies also show that a player's most dreaded time with their sports parent is the car ride home and the coaching that comes with it.

Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best IS a direct reflection of you, as their parent.

Dover Eyota Baseball 2023

Parents/Guardians and Players please sign below

Players must complete the following form and have parents/guardians sign in the blank below. This form must be detached and turned in on or before Monday, March 20 in order to be eligible to practice.

Player Name: _____ (print)

I have read and understand the attached team rules for the 2023 Dover-Eyota Baseball Team. I also understand the proper protocol about playing concerns and I understand the roster selection process.

Please detach and retain the guidelines for future reference.

Player Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____

Date: _____

If it is IMPORTANT to YOU,
YOU WILL FIND A WAY.
If not, YOU will find an EXCUSE.