

DEAR STUDENT-ATHLETE,

WELCOME TO THE GREENHILL BASEBALL PROGRAM. THE FOLLOWING PAGES SHOULD SERVE AS A GUIDE FOR THE UPCOMING SEASON. WHEN YOU HAVE QUESTIONS REFERRING TO THIS GUIDE, PLEASE SEE ME.

THE RULES AND PROCEDURES CONTAINED IN THIS GUIDE ARE NOT TO BE QUESTIONED. MANY HOURS OF THOUGHT AND CONSIDERATION HAVE GONE INTO THE CREATION OF THIS GUIDEBOOK.

A THOROUGH REVIEW OF EVERY PAGE WILL TAKE PLACE PRIOR TO THE START OF THE SEASON. A SOLID UNDERSTANDING OF THE EXPECTATIONS IS ESSENTIAL FOR A SUCCESSFUL AND WINNING PROGRAM.

I AM LOOKING FORWARD TO A GREAT SEASON. YOUR DEDICATION AND ADHERENCE TO THE RULES AND PROCEDURES CONTAINED IN THIS HANDBOOK WILL ENSURE A PROSPEROUS SEASON.

SINCERELY,

COACH LOWRY

GREENHILL SCHOOL BASEBALL PROGRAM

- COACHES: 7TH GRADE JAYE ANDREWS
 8TH GRADE TONY ADLER
 JUNIOR VARSITY DARRYN SANDLER, TONY ADLER (ASST)
 VARSITY CURT LOWRY, ZACH STEPHENS
- OBJECTIVE: To develop solid fundamental skills essential to the game of baseball. More importantly, these skills lead to the ultimate goal of working as a team. The mental and physical preparation in our program will prove invaluable in other facets of the athlete's lives.
- SYSTEM: Middle School
Athletes are taught the basics and are all given equal opportunity to perform in practices and games. Every athlete is able to experience a high level of success and learning. Little emphasis is placed on winning. The focus of the middle school program is to learn to work as a team.
- Junior Varsity
Athletes continue their skill development introduced in middle school. New athletes are welcomed into the program and extra time is spent with them to ensure fundamental skill development. Generally, all athletes are given equal opportunity to display their talents. More advanced offensive and defensive strategies are incorporated, but the emphasis is still on mastery of the basics.
- Varsity
Athletes that reach this level are solid in fundamental skills. More time is spent on team play and team strategy. The athletes fine-tune their skills and work on advanced techniques. Here, the athletes see the fruits of their labors. There is no guaranteed playing time. Playing time comes from the result of earning the right to represent Greenhill at the highest level.
- SUMMARY: The baseball program at Greenhill is sequential in nature. With each level building upon the skills developed at the previous level. The success of the program is due to the level of commitment of players, parents, and coaches. Mastery of the basic skills will produce successful seasons. Athletes leave the program with a sound knowledge of the game of baseball, and they also leave with a love for teamwork and a sense of pride.

VARSIY BASEBALL LETTERING CRITERIA

1. Athlete may not miss more than two (unexcused) practices.
2. Athlete must receive playing time at the varsity level.
3. Athlete must demonstrate good sportsmanship and be a productive member of the team.
4. Athlete must turn in all Greenhill equipment at the end of the season.
5. Athlete must be at all S.P.C. conference games and be at all C.P.C. counter games.

Note: There are only 3 reasons to miss a practice or a game.

1. Death in family.
2. Illness. (Need doctor's excuse)
3. Academic obligations or a school function.

SPC SPORTSMANSHIP POLICY

COACHES

1. A coach who is ejected from an SPC counter contest must leave the premises immediately. The coach must remain out of sight throughout the remainder of the game. This will apply to every sport.
2. A coach who is ejected from an SPC counter contest will automatically be suspended for the next SPC counter contest. The coach shall not be allowed to attend the game unless by special permission of the SPC President. This will apply to every sport.
3. Coaches are responsible for the behavior of their players. Examples of intolerable behavior include:
 - Unsportsman-like conduct
 - Not playing within the rules of the game
 - Use of profanity
4. The name of any coach who uses profanity, is disrespectful to officials, or uses obscene gestures, will be sent before the SPC Executive Committee. The Committee will then notify the appropriate School Head and Athletic Director of the infraction.

PLAYERS

1. Any player who is ejected or disqualified for unsportsman-like conduct during an SPC counter contest will be automatically suspended for the next SPC counter contest.
2. The name of any player who uses profanity, is disrespectful to officials, or uses obscene gestures will be sent before the SPC Executive Committee. The Committee will then notify the appropriate School Head and Athletic Director of the infraction.

PARENTS OR OTHER SPECTATORS

Any parent or spectator who acts in a disruptive or abusive manner will cause the game to be suspended until the situation is resolved or the spectator is removed.

FLAGRANT VIOLATIONS

Any player, coach, or spectator that is in a flagrant violation of the SPC Sportsmanship Policy may be brought before the Standards and Ethics Committee where additional game suspensions could occur.

RECRUITING

The SPC recognizes it is unethical for SPC schools to actively recruit another student from a member school. Member schools should communicate with each other when potential transfers make contact.

SPC SPORTSMANSHIP CREED

Athletic competition in SPC is guided by the following ideas:

THE PLAYERS

1. They live clean and play hard. They play for the love of the game.
2. They win without boasting. They lose without excuses. They never quit.
3. They respect officials and accept their decisions without questions.
4. They never forget that they represent their school.

THE COACHES

1. They inspire in their players a love for the game and the desire to win.
2. They teach that it is better to lose fairly than to win unfairly.
3. They exemplify sportsmanship and respect for officials.
4. They are the type of people that want their players to be.

THE SCHOOL

ISAS schools will not tolerate at their athletic contests any spectator, either student or adult, whose behavior is disrespectful toward players, officials, coaches, or other spectators. Nor will ISAS schools permit any type of spectator behavior that either detracts from the proper conduct of the game or disadvantages a player or team.

Student – Printed Name

GREENHILL SCHOOL

Seasonal Activity Waiver, Release and Indemnity Agreement

I have read the attached Information Sheet regarding my child’s upcoming participation in the _____ season. I understand that my child’s participation is voluntary and is a privilege that may be revoked at the discretion of Greenhill School. I have reviews proper conduct as outlined in the student handbook and discussed it with my child. If for any reason my child needs to be returned home early, I understand that it will be at my own expense.

I affirm the medical information, waiver and permission provided in the Greenhill School Parental Authorization Form and the Greenhill School Enrollment Contract I have previously submitted to Greenhill School, and understand that if my child’s medical situation or medical insurance coverage has changed, I must immediately notify the nurse’s office and complete new forms prior to my child’s trip.

In consideration for allowing my child to attend this activity, **I HEREBY AGREE TO WAIVE, RELEASE, INDEMNIFY AND HOLD HARMLESS GREENHILL SCHOOL**, its Trustees, Head of School, Administration, Faculty, Employees, Volunteers, together with all persons, including parents of Greenhill School assisting with any phase of such trip (collectively referred to as “Releasees”) **FROM ANY AND ALL CLAIMS, SUITS, LOSSES, DAMAGES, CAUSES OF ACTION, EXPENSES OF LITIGATION AND/OR SETTLEMENT, OR OTHER LIABILITY** by reason of any accident or injury suffered by my child, with may arise in conjunction with this activity, whether or not caused by or alleged to be caused by the negligence of Greenhill School or any Releasees.

Signature of Parent/Guardian

Date

Name of Child

Student – Printed Name

GREENHILL SCHOOL

Seasonal Transportation Waiver, Release and Indemnity Agreement for Off-Campus Athletic Activities

Rules to be Followed:

Student/athletes are reminded that they are representatives of Greenhill School and their behavior is expected to adhere to the standards and expectations that we ask of them daily. The school's Honor Code shall determine proper conduct and all rules stated in the Student Handbook and all instructions (specific to the trip) given by the faculty, parent volunteers, and bus drivers are expected to be followed at all times.

Description of Activity:

1. Activity: _____
2. Length of Season: _____
3. Method(s) of Transportation: _____

Parent/Guardian Signature

Date

FOR CROSS COUNTRY AND GOLF PARENTS ONLY:

I acknowledge that the nature of the sports of golf and crew necessitates daily off-campus practice seasons. Therefore, I give permission for my child to:

Please initial next to all that apply:

- A. Drive to daily practices off-campus _____
- B. Ride in cars driven by any teammate _____
- C. Ride ONLY in car(s) driven by those teammates listed below:

1. _____
2. _____
3. _____
4. _____
5. _____

Training Rules

Greenhill School prohibits the use of alcohol, illegal drugs or the abuse of prescription drugs on campus or at any school sponsored event, and the consequences of violating this policy are serious, including the possibility of suspension and/or dismissal from school. Further, the athletic department believes that any use of alcohol, illegal drugs, tobacco or the abuse of prescription drugs on or off campus is contrary both to the health and fitness of individual team members and to the purpose of the athletic program. Therefore, in view of the necessary commitment for individual and team success, Greenhill requires that athletes abide by certain "training rules" in order to ensure the greatest physical, mental and emotional well being of all athletes.

Training Rules Agreement

As a representative of Greenhill School and a member of the _____ Team, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control and good sportsmanship.

I understand that the following expectations are included in the training rules for all athletic teams at Greenhill.

1. The use of alcoholic beverages in any form is prohibited.
2. The use of illegal drugs is prohibited.
3. The use of tobacco in any form is prohibited.
4. The abuse of prescriptions drugs is prohibited.

I understand that any violation of the above rules will result in the stated consequences.

Player's Signature _____

I understand and have discussed the responsibilities and commitments that my son/daughter has accepted as a member of a Greenhill athletic team and will assist and support him/her in meeting these commitments.

Parent's Signature _____

Training Rule Violation Consequences

Any athlete, in season, found in violation of these rules will be subject, but not limited, to the following consequences:

First Offense: Suspension from participation in all practices and games for one week.
Second and subsequent offense during any season: Dismissal from team for remainder of season and loss of eligibility for any post season athletic awards.

Student – Printed Name

Training Rules

Greenhill School prohibits the use of alcohol, illegal drugs or the abuse of prescription drugs on campus or at any school sponsored event, and the consequences of violating this policy are serious, including the possibility of suspension and/or dismissal from school. Further, the athletic department believes that any use of alcohol, illegal drugs, tobacco or the abuse of prescription drugs on or off campus is contrary both to the health and fitness of individual team members and to the purpose of the athletic program. Therefore, in view of the necessary commitment for individual and team success, Greenhill requires that athletes abide by certain "training rules" in order to ensure the greatest physical, mental and emotional well being of all athletes. Furthermore, any act of "hazing" as defined in the Student Handbook shall also be considered a violation of the aforementioned well being of fellow teammates and therefore shall also be subject to disciplinary action.

Training Rules Agreement

As a representative of Greenhill School and as a member of the _____ Team, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control and good sportsmanship.

I understand that the following expectations are included in the training rules for all athletic teams at Greenhill.

1. The use of alcoholic beverages in any form is prohibited.
2. The use of illegal drugs is prohibited.
3. The use of tobacco in any form is prohibited.
4. The abuse of prescription drugs is prohibited.
5. Hazing as defined by the student handbook is prohibited.

I understand that any violation of the above rules will result in the stated consequences.

Player's Signature _____

I understand and have discussed the responsibilities and commitments that my son/daughter has accepted as a member of a Greenhill athletic team and will assist and support him/her in meeting these commitments.

Parent's Signature _____

Training Rule Violation Consequences

Any athlete, in season, found in violation of these rules will be subject, but not limited, to the following consequences:

First offense: Suspension from participation in all practices and games for one week.

Second and subsequent offense during any season: Dismissal from team for remainder of season and loss of eligibility for any post season athletic awards.

Student Printed Name

GREENHILL SCHOOL
Seasonal Activity Waiver, Release and Indemnity
Agreement

I have read the attached Information Sheet regarding my child's upcoming participation in the _____ Baseball _____ season. I understand that my child's participation is voluntary and is a privilege that may be revoked at the discretion of Greenhill School. I have reviewed proper conduct as outlined in the student handbook and discussed it with my child. If for any reason my child needs to be returned home early, I understand that it will be at my own expense.

I affirm the medical information, waiver and permission provided in the Greenhill School Parental Authorization Form and the Greenhill School Enrollment Contract I have previously submitted to Greenhill School, and understand that if my child's medical situation or medical insurance coverage has changed, I must immediately notify the nurse's office and complete new forms prior to my child's trip.

In consideration for allowing my child to attend this activity, I HEREBY AGREE TO WAIVE, RELEASE, INDEMNIFY AND HOLD HARMLESS GREENHILL SCHOOL, its trustees, Head of School, Administration, Faculty, Employees, Volunteers, together with all persons, including parents of Greenhill School assisting with any phase of such trip (collectively referred to as "Releasees") FROM ANY AND ALL CLAIMS, SUITS, LOSSES, DAMAGES, CAUSES OF ACTION, EXPENSES OF LITIGATION AND/OR SETTLEMENT, OR OTHER LIABILITY by reason of any accident or injury suffered by my child, with may arise in conjunction with this activity, whether or not caused by or alleged to be caused by the negligence of Greenhill School or any Releasees.

Signature of Parent/Guardian

Date

Name of Child

Greenhill Baseball Player Contract

By being in our baseball program there will be high expectations placed on you. The following items are in place to make you a better person and to promote the image of our program. If you cannot follow these policies then you will be disciplined or dismissed. If you find these policies silly or embarrassing your alternative is to leave the program.

In General: Do what is right, do your best, and treat others as you wish to be treated.

Coach Lowry

Daily Conduct:

- A. Address and answer all of your Coaches, Teachers, and Elders with “Yes sir, No sir, Yes ma’am, or No ma’am”. Treat everyone with respect.
- B. Grant common courtesies and manners with every person you come into contact with. (Please, Thank you, You’re welcome, Hold doors open, Etc.)
- C. Always be honest with your Coaches, Teammates, and Parents.
- D. **Have an attitude of excellence!**

Baseball Conduct

- A. No smoking, no drinking, and no using drugs: there is a zero tolerance policy for these violations and you will be suspended or dismissed from the team.
- B. No profanity on or off the field during practices or games.
- C. Accept your role. If you don’t like your role work harder to change it.
- D. Don’t question coaches on the field. Meet one on one **after practice** to clear up misunderstandings.
- E. Disrespect for players, coaches, and parents will not be tolerated.
- F. Be clean cut and neat in your appearance.
- G. Do not borrow teammate’s equipment without permission.
- H. **Do not throw equipment!**
- I. Be properly dressed. Always tuck shirt in, wear belt, socks etc.
- J. Greenhill baseball caps are to be worn forward at all times.
- K. Be on time for **all** baseball related activities.
- L. No earrings, bracelets, or necklaces during baseball activities.

Player Signature _____

Parent Letter

TO: Greenhill Parents

From: Coach Lowry

RE: Parental Guidelines

Dear parents. It's that time of the year again... baseball season is upon us. Having said that, I just want to give you a few reminders from myself and the other coaches in my program. Baseball is not easy! It is difficult to take a group of young men and develop them into a baseball team. Please don't make it any tougher by making this season a negative experience with your comments or behavior. Win or lose, stay positive. If you are negative about coaches or the team, your son's attitude and body language will reflect that negativity and his playing time may decrease.

Decisions about playing time are among the most difficult choices we coaches make. When concerns arise, help your son learn the value of personal responsibility by encouraging him to ask the coach HIMSELF why he isn't in the lineup. Please don't tell us your son is shy and that you are contacting coaches on his behalf. Our experience tells us that 99% of the time it is YOU who are not happy and not your son. **Please observe the 24 hour rule when you feel that a situation is not to your liking.**

We will sometimes be reminded that we are not using Major League umpires. We will get some good calls and bad calls during this season. If we get "robbed" on some calls, please keep your opinions to yourself. It is the duty of the coaching staff to discuss bad calls with umpires. We do not want to be labeled as "That whiny Greenhill team".

Please resist the temptation to approach the dugout during games *for any reason*. You will have plenty of time to chat with your son after the game. We demand your son's undivided attention during the game...from pre game until after the last out. Please also remember that your son needs to hear your voice offering positive words of encouragement...NOT your opinions about how to "coach them up". Please allow us to coach the players without having to compete with you. **REMEMBER** we all want success for Greenhill athletes.

The last thing I would like to remind you about is that baseball is a very unpredictable season when it comes to the weather. Sometimes it can help us while other times it may inconvenience us. Scheduling is almost impossible sometimes and you have to be very flexible. Please, Please, Please do not schedule spring break trips, senior trips, doctors appointments, or college visits during the season without checking to see what is going on with us first. Remember...this is a class. Don't be the reason your son bails out on his teammates.

Thank you for your support of Hornet baseball!!

Sincerely,

Coach Lowry

Practice and Uniform Expectations

- A. Come to the first practice of the season in the best possible shape you can be in. It hurts the team when you are not able to practice.
- B. Practice hard at game tempo. Be coachable.
- C. Sprint on and off the baseball field at all times. **Never** walk on the field when you are between the white lines.
- D. If you know you are going to miss practice make sure to communicate in person to your coach.
- E. **Be on time!!** This means dressed, taped, and on the field at the start of practice (5 minutes early your late!!)
- F. **Be mentally prepared to practice.** Get your mind on the game.
- G. Inform visitors that they are not allowed to talk to you or approach athletes during practice.
- H. Check in with your coach immediately if you arrive late.
- I. Notify the coach in advance if you must leave practice early.
- J. Report all injuries to the trainer. Minor injuries not properly treated can become serious.
- K. Do all therapy prescribed by your trainer.
- L. Do not sulk!! If you have a problem, talk to one of the captains or the coaches.

Uniforms

1. Uniforms are to be worn for approved events only. You are financially responsible for any items lost or stolen
2. You are responsible to turn in uniforms at the end of the season. Failure to do so in a timely manner will result in holding of your transcript, letter, or grades.
3. Only official team gear is to be worn at scrimmages or games.