

GAITHER



BASEBALL

Pride In Everything WE Do!



GAITHER BASEBALL TEAM HANDBOOK

Team Philosophy

We will earn success - (Proud to work hard)

We are student athletes
If not a student - will not be an athlete
Example: No Class - No Play

We are a family
Teammates always encourage - never criticize
Respect for all involved in the program

We represent Gaither High School, our team, ourselves
and all our families

Act in a responsible manner on and off the field.

We will respect everyone we come into contact with

We will be a team of competitors
Well conditioned (physically and mentally)
Will be and feel prepared for competition
Enthusiastic in everything we do.

No Excuses!!!!!!!

Pride in Everything We Do!!!!!!!



GAITHER BASEBALL POLICIES

I. TEAM POLICIES

- A. Appearance:
1. Hair must be kept neat and clean at all times
 2. You must have a relatively clean shave every day.
 3. Uniforms must be worn neatly at all times.
 4. Practice apparel must be worn neatly at all times.
 5. Jewelry - Is not allowed during games, practices or weights and conditioning.
***NOTE:** A necklace may be worn if it is not readily visible.
 6. Off Field Appearance: Look professional at all times. (no inappropriate advertising)
- B. Tardiness and Absence:
WILL NOT BE TOLERATED!!!! Except for extreme circumstances:
If such a circumstance arises, **PRIOR DIRECT NOTICE** with coaching staff is mandatory.
1. Arrive 15 minutes prior to any scheduled event.
 2. If you are not early you are **LATE!!!!**
- C. Academics:
IF NOT A STUDENT - WILL NOT BE AN ATHLETE
1. Attendance to all classes is mandatory.
- D. Training Room:
ALL Policies and Procedures must be followed.
- E. Smoking, Alcohol and Illegal Drugs
WILL NOT BE TOLERATED!!!!!!

II. CONDUCT

- A. On Field:
1. **HUSTLE** - No Walking
 2. Full Concentration / No Horseplay
 3. Temper / Emotion Control:
 - a. No Bat / Helmet / Glove Throwing
 - b. No Vocal Outbursts
 - c. No Physical Outbursts (Punching, etc)

4. Respect (Eye Contact and Attention):
 - a. To Coaches
 - b. Teammates (Captains)
 - c. Umpires
 - d. Opponents
 - e. Fans
 - f. Field-Dugouts-Locker Rooms (kept neat and organized at all times)
5. NO TALKING TO FANS / FAMILY, etc., BEFORE OR DURING THE GAME. Once we step on the field, we are focused on only one thing.

B. During Travel (Bus / Hotel)

1. See Appearance
2. Be a Gentleman at all times:
 - a. No profanity
 - b. Represent you and GAITHER well
3. No Alcohol/Drugs
4. Keep hotel rooms neat.
5. Respect curfew.
6. NO Girls in room.

C. Gaither Campus and Off Campus

1. See Appearance
2. Be a Gentleman (yes sir, no ma'am, etc.)
3. Respect for all that you come in contact with.

III. CONSEQUENCES

All policy and conduct infractions will be discussed by coaching staff and player or players. At which time notification of the consequences will be spelled out.

A. Possible Consequences:

1. Coaches Club
2. Suspension:
 - a. Practice
 - b. Game or Games
 - c. Team
3. Dismissal from Team

Consequences are like fines. Once paid, that issue is put behind us and we move forward.



GAITHER BASEBALL MANUAL DEL EQUIPO

Team Philosophy

Nos Ganaremos el exito - (Orgullosos de trabajar duro)

Somos estudiantes deportistas

Si no eres estudiante - No seras un Atleta

Ejemplo: No asistira Clase - No jugara!!!

Somos una Familia

Los companeros de equipo siempre alientan - Nunca se critican entre ellos

Mostrar respeto por todos los involucrados con el programa.

Representamos a Gaither High School, Nuestro equipo, a nosotros mismos ya todas nuestras familias.

Debemos actuar de manera responsable dentro y fuera del campo.

Respetaremos a todos con quienes tengamos contacto.

Seremos una equipo de competidores

Bien preparados (fisica y mentalmente),

Estaremos y nos sentiremos preparados para la competencia.

Seremos un equipo apasionado en todo lo que hagamos.

No Damos Excusas!!!!!!!

Orgullosos de TODO lo que Hacemos!!!!!!!



NORMAS DE GAITHER BASEBALL

I. POLITICAS DEL EQUIPO

- A. Apariencia:
1. El Cabello debe mantenerse aseado y limpio en todo momento.
 2. Debe tener un afeitado relativamente limpio todos los dias.
 3. Los uniformes se deben usar apropiadamente en todo momento.
 4. La ropa de practica debe usarse ordenadamente en todo momento.
 5. Joyas=no se permiten en juegos, practicas o pesas y preparacion fisica.
- *NOTA:** Se puede usar collar si no es facilmente visible.
6. Apariencia fuera del campo:lucir profesional en todo momento.
(No publicidad inapropiada)
- B. Tardanzas y Ausencias:
- NO SE TOLERARA!!!!**Execpto por extremas circustancias:De darse tal circunstanacias, **DIRIGIRSE A NOTIFICAR** Con los entrenadores es obligatorio.
1. Llegue a 15 minutos antes de cualquier evento programado.
 2. Si no llegas temprano llegas **TARDE!!!!**
- C. Academico:
- SI NO ERES ESTUDIANTE - NO SERAS ATLETA.**
1. Asistencia a todas las clases es obligatoria.
- D. Habitacion de entrenamiento:
- Se deben seguir todas las politicas y procedimientos.
- E. Fumar, Alcohol, Drogas ilegales
- NO SERAN TOLERADOS!!!!**

II. CONDUCTA

- A. En el campo:
1. No caminar
 2. Concentracion total/sin payasedas.
 3. Control de temperamento/emociones:
 - a. No lanzar bate/casco/guante
 - b. Sin arrebatos vocales
 - c. Sin arrebatos fisicos (puñetazos.etc.)

4. Respeto (Contacto visual y atención):
 - a. Para entrenadores
 - b. Compañeros de equipo (Capitanes)
 - c. Arbitros
 - d. Oponentes
 - e. Fans
 - f. Field-dogouts-locker room (mantenido limpio y organizado en todo momento)
5. No HABLAR CON FANATICOS/FAMILIARES etC... ANTES Y DURANTE DELJUEGO. una vez que pisamos el campo estamos centrado en una sola cosa.

- B. Durante el viaje:autobus/hotel
 1. Ver apariencia
 2. Ser caballeros en todo momento
 - a. Nada de groserias.
 - b. Representarte bien a ti y a GAITHER.
 3. No alcohol/Drogas
 4. Mantega limpias las habitaciones del hotel
 5. Respetar el toque de queda.
 6. No chicas en la habitacion.

- C. Gaither campus y Fuera del Campus
 1. Ver Apariencia
 2. Ser caballeros (si señor, no señora, etc)
 3. Respetar a todos aquellos con los que entren en contacto.

III. CONSECUENCIAS

Todas las infracciones de politica y conducta seran discutida por el cuerpo tecnico y el jugador o jugadores. En ese momento se detallara la notificacion de las consecuencias.

- A. Posibles consecuencias:
 1. Club de entrenadores
 2. Suspension:
 - a. Practicas
 - b. Juego o Juegos
 - c. Equipo
 3. Despido del equipo

Las consecuencias son como multas una vez pagadas, ese tema queda atras y seguimos adelante



Best Practices for Student-Athletes on Social Media

- Make sure your default pictures are appropriate.
- Your Twitter handle and Facebook, Instagram, Snapchat names, and URL should not include profanity.
- Privacy settings only go so far. Social media is public. Always keep that in mind.
- The laws of the real world still apply in the world of social media, i.e.: underage drinking is against the law, harassment, hate crime, cyber bullying, etc.
- Retweeting profanity is no different than using it in your own original tweets. DONT do it!
- Avoid replying to, or retweeting twitter users with vulgar names.
- Don't allow a hater to bait you into "social beef". Ignore them and remember their actions are usually fueled by jealousy.
- There are many other teams and student- athletes at your school. Take the time to give them a shout-out when they do big things.
- What happens in the locker room stays there. Things that are said in private team settings should never find their way onto social platforms.
- Don't tweet or post during class. That's like disrespecting someone (in this case your professor) behind his or her back. Always be mindful that professors may be monitoring your social accounts.
- If your coaching staff and/or athletic administrators give you guidelines to follow for social media, be sure to trust and follow them closely. Your team and staff have your long-term best interests in mind.
- Your sports information office and coaches are monitoring your social accounts. Don't be fooled into believing nobody is paying attention.
- Act as a representative of your sport and your team and always maintain a professional profile.
- IT'S NOT ABOUT BEING THE BEST IT'S ABOUT BEING BETTER THAN YOU WERE YESTERDAY.



**THE NAME ON THE
FRONT OF THE JERSEY
REPRESENTS WHO YOU
PLAY FOR, THE NAME ON
THE BACK REPRESENTS
WHO RAISED YOU.**

DO THEM BOTH JUSTICE.

**"SELF MOTIVATION.
WITHOUT IT NOTHING
ELSE WORKS. WITH IT
NOTHING ELSE
MATTERS."**



Gaither High School Baseball Team Contract

I _____ understand and acknowledge:

1. Our team goals are:
 - a. Earn **success** on and off the field through hard work and sacrifice.
 - b. Earn **Respect** by showing respect to all we come in contact with.
 - c. Championships.
 - d. To uphold the highest of standards.
2. That being a student-athlete is a privilege and an honor that I will respect and appreciate.
3. That the student comes before the athlete and that obtaining my diploma with the highest GPA is a priority.
4. That I must make great sacrifice to be a student and an athlete, and that I am accountable for performing at the highest set of standards that we at The Gaither Baseball Program set.
5. That lack of effort will not be tolerated as a student or an athlete.
6. That I have read The Gaither High School Baseball Handbook in its entirety and understand the contents. (Philosophy-Policies-Conduct and Consequences)
7. That a copy of this contract will be placed in my permanent file and you may request a copy for you and parents/legal guardians.

I _____ sign this contract with full understanding of the above content, and have full intentions to uphold proudly the guidelines and goals of The Gaither High School Baseball Team.

Player Signature _____ Date _____

Parent / Guardian Signature _____ Date _____

ATTENTION! PLEASE READ! **WASH & CARE INSTRUCTIONS**

1. Post-embellishment is not recommended for digital uniforms.
2. Pre-wash garments. Wash twice at recommended care with detergent before wear.
3. Follow care instructions that are permanently affixed to the inside of each garment.
4. Wash immediately after wear. Do not allow stains to set.
5. Wash white garments separate from colored garments.
6. Wash in cold water to avoid colorfastness issues.
7. Use oxygenated cleaners, detergent specifically for uniforms/performance fabrics, or mild detergent (<10 ph).
8. Do not use chlorine bleach.
9. Do not dry clean or iron.
10. Do not use fabric softeners.
11. Do not soak garments.
12. Fasten hook & loop tapes to avoid snagging in wash.
13. Do not overload machine. Water level should be higher than garment level
14. Do not let wet garments lay on top of one another.
15. Inspect garments after wash. If stains have not been removed, wash again. Do not dry until stains are removed.
16. Line dry when possible or required.
17. Be sure garments are completely dry before storing.



THE WILL TO WIN...

THE DESIRE TO SUCCEED...

THE URGE TO REACH YOUR FULL POTENTIAL...

**THESE ARE THE KEYS THAT WILL
UNLOCK THE DOOR TO:**

EXCELLENCE

**PEOPLE WHO ARE UNABLE TO MOTIVATE
THEMSELVES MUST BE CONTENT WITH
MEDIOCRITY, NO MATTER HOW IMPRESSIVE
THEIR OTHER TALENTS!!**

"THE BEST MOTIVATION COMES FROM WITHIN!"

-M. JORDAN



TALENT WINS GAMES...

BUT-

TEAMWORK AND INTELLIGENCE

WINS CHAMPIONSHIPS!!!!

-MICHAEL JORDAN

**WE NEED PLAYERS WHO CAN INFLUENCE THEIR TEAMMATES;
AND WHO CANNOT BE DETOURED FROM THEIR CONVICTIONS
BY TEAMMATES WHO DO NOT HAVE THE COURAGE TO HAVE
ANY CONVICTIONS!**

**CONVICTIONS: A BOND OF THE MIND AND THE HEART
SOMETHING THAT IS RIGHT AND MUST BE DONE.**

**COURAGE: THE QUALITY OF MIND AND/OR SPIRIT THAT
ENABLES A PERSON TO FACE DIFFICULTY, DANGER, PAIN. ETC.
WITHOUT FEAR.**

**COURAGE - THE ROOT OF THE WORD IS "COUR"
WHICH MEANS HEART**

WHO HERE REALLY HAS WHAT IT TAKES?



GAITHER BASEBALL PLAYERS

"YOU CAN BE A CHAMPION THIS YEAR"
"YOU CAN DO IT"

ARE YOU CONSIDERING DEDICATING YOURSELF TO APPROACHING YOUR POTENTIAL IN BASEBALL THIS YEAR? I WANT YOU TO GO FOR IT! YOU HAVE TREMENDOUS PERSONAL POWER. DONT JUST "KIND OF" GO FOR IT, BUT GIVE IT ALL YOU'VE GOT AND ACHIEVE YOUR DREAMS! IT'D BE NORMALLY MUCH EASIER, OF COURSE, TO COAST ALONG - EVEN WORKING HARD AT TIMES (WHEN IT'S COMFORTABLE) THEN, IF YOU HAPPEN TO GET CLOSE TO A WORTHWHILE GOAL, YOU COULD WORK A BIT EXTRA TO SEE IF YOU CAN WIN THAT BIG PRIZE.

THE BIGGEST PRIZE, THOUGH, IS KNOWING YOU'RE A CHAMPION EVEN BEFORE THE CONTEST ENDS BECAUSE YOU'VE PUT YOUR HEART AND SOUL INTO YOUR EFFORT. CONSIDER THIS: THE EASIEST WAY USUALLY ISN'T THE BEST WAY AND ALTHOUGH THE GAP BETWEEN GOOD AND GREAT IS WIDE, THE DIFFERENCE IN WHAT IS REQUIRED FROM YOU TO GET FROM GOOD TO GREAT IS NOT PARTICULARLY BIG. JUST SLIGHTLY MORE INITIATIVE, DILIGENCE, AND PERSISTENCE... CONSISTENTLY.

YOU HAVE TO MAKE CHOICES. YOU'VE DECIDED THAT YOU WANT TO COMPETE AT THE VARSITY LEVEL, SO I SAY GO FOR IT. BUT PLEASE REALIZE THAT YOUR TOUGHEST, AND REALLY ONLY COMPETITION, IS WITH YOURSELF, NOT OTHERS. CAN YOU TRULY STRIVE FOR PERFECTION, EVEN WHILE KNOWING THAT YOU WON'T EVER GET THERE?



I'M NOT TALKING ABOUT FOLLOWING THE RULES AND FITTING IN; THAT'S EXPECTED. I'M TALKING ABOUT GIVING YOUR BEST EFFORT TO BE THE BEST YOU CAN BE! DO IT BECAUSE YOU LOVE THE GAME, THE TEAMWORK, AND THE COMPETITION. DO IT BECAUSE YOU LOVE THE CHALLENGES AND THE HARD WORK THAT THIS SPORT DEMANDS! DO IT BECAUSE YOU LOVE THE FEELING YOU HAVE WHEN YOU MAKE SOMETHING DIFFICULT SEEM EASY. DO IT TO SHOW OFF HOW TOUGH YOU ARE-- BECAUSE BASEBALL WILL PROVIDE YOU WITH PLENTY OF ADVERSITY TO OVERCOME. DO IT BECAUSE YOU LOVE HOW IT FEELS WHEN THAT HARD WORK PAYS OFF! DO IT BECAUSE YOU KNOW THE TOUGHNESS YOU DEVELOP IN BASEBALL WILL HELP YOU OUTSIDE OF BASEBALL, TOO.

IF YOU ARE COMMITTED TO FINDING OUT HOW GOOD A BASEBALL PLAYER YOU CAN BE, IT'S APPROPRIATE TO ASK FOR HELP. IN FACT, YOU'RE IN AN ENVIRONMENT WHERE YOU HAVE DEDICATED COACHES TO HELP YOU FIGURE OUT THE BEST STRATEGIES AND TECHNIQUES, A STRENGTH AND CONDITIONING COACH, PLUS PARENTS THAT CAN HELP YOU WITH PROPER NUTRITION, AND TEACHERS THAT ARE DEDICATED TO HELP YOU WITH YOUR MENTAL SKILLS. YOU WILL HAVE TO WORK HARD AND WORK SMART!

REMEMBER: YOU CAN EITHER FIND A WAY OR FIND AN EXCUSE, BUT YOU CANNOT DO BOTH. IF YOU CHOOSE TO PURSUE YOUR POTENTIAL THIS YEAR, I COMMEND YOU AND WANT TO SUPPORT THAT EFFORT. I WISH YOU THE BEST OF LUCK THIS YEAR.

COACH P