



Ankeny Hawk Baseball

Player Handbook & Program Fundamentals

RULES AND REGULATIONS

ANKENY HIGH SCHOOL BASEBALL

1. All students must have a current physical examination and concussion form on file in the Activities Office.
2. Controlled substance use: No drinking alcoholic beverages. No smoking or using smokeless tobacco. No drug use. Make a good decision that will **positively** affect your life!

All violations of this manner are subject to Ankeny School District policies and will result in a period of ineligibility from competitions. During this period of ineligibility, you will be expected to take part in all aspects of the team, including practices. If you do not continue to take part in the program, you will be dropped from the squad and your ineligibility will be extended into another season.

3. Camps for other sports must be cleared with the coaching staff *before* the player leaves for the camp.
4. Participation in club sports/teams (non-school sponsored) must come secondary to the school program and not impact attendance or eligibility for a player during the framework of the high school baseball season.
5. Unexcused absences from practice may result in dismissal from the squad. If you are injured, you are expected to attend practices with the team.
6. Pitchers should not lift weight on the days they might pitch. Position players can lift in the mornings, but workouts should be done by 9 am. No swimming on game days.
7. No jewelry is to be worn at practice or in games.
8. Haircuts must be neat. No unkempt facial hair.
9. "A" Award Criteria: appearance in 2/3 of the games or participate in 1/3 of the total innings. "A" Awards for pitchers who do not play other positions will be left to the discretion of the coach. Awards for seniors and injured players are also left to the discretion of the coach. A player must finish the season in good standing in order to letter.

THE HAWK BASEBALL CODE:

Respect the Game.

Play Full Throttle.

Never Quit

THE ANKENY GAME PLAN

(A.) OFFENSIVE GAME PLAN

- (1.) Put the pressure on the defense – be aggressive on the bases.
- (2.) Think “YES” every pitch. Be good fastball hitters.
- (3.) Bunt for a hit if you want. Know the situations.
- (4.) Situational hitting / 2-strike hitting. Advance the runner to third base, then score him from third.
- (5.) Don’t give away at-bats.

(B.) DEFENSIVE GAME PLAN

- (1.) Capture the momentum from the defensive side.
- (2.) Always be in the game. (signaling pitches to outfielders, back-up bases, etc.)
- (3.) Defend 2nd base. (picks, etc.)
- (4.) No extra outs.
- (5.) Keep the double play in order.
- (6.) Be aggressive – don’t be afraid to throw behind runners.

(C.) PITCHING GAME PLAN

- (1.) Throw 1st pitch strikes!
- (2.) Work down in the zone first.
- (3.) Set a quick tempo.
- (4.) Upset the hitter’s timing. Don’t be afraid to throw back-to-back offspeed pitches.
- (5.) Throw your best pitch when you are in trouble.
- (6.) Challenge the hitters! Don’t be afraid to throw inside.
- (7.) Get the 1st batter out each inning.
- (8.) The last out each inning should be a strikeout. (bear down with 2 outs!)

PROGRAM EXPECTATIONS

"The will to win is not nearly as important as the will to prepare to win."

1. Be on time for practice. Be where you are supposed to be, when you are supposed to be there, doing what you are supposed to be doing. ("If you are 5 minutes early you are late!"- Bear Bryant)
2. You will be at all practices and games unless excused in advance by Coach Balvanz or an assistant coach.
 - a. If you have one unexcused absence you will miss the following game (or doubleheader). Two unexcused absences will result in the player missing two games (or doubleheaders). Three unexcused absences will result in dismissal from the squad.
 - b. Work out practice and game times with your employer so that work schedules and baseball do not conflict.
 - c. Should you have to miss a practice or a game, you need to tell one of your coaches personally. Don't tell your buddy to tell me, you tell me!!!
3. Wear the proper attire for practice: baseball shoes, socks, baseball cap, long sleeve undershirt or sweatshirt (when appropriate), baseball pants or sweats (you might want to wear shorts underneath - we'll tell you when it's O.K. to change), supporter and cup. Also be sure to bring your glove with you to each practice. Also bring tennis shoes to run in.
5. If you use an inhaler, the inhaler must be brought to ALL practices and games and given to the managers or to a coach.
6. Jewelry should be removed before all practices and games. This includes rings, earrings (studs also), and necklaces.
7. During the summer months, practices will normally start at 9:00 a.m. sharp. There will be an hour time period before practice (8:00-9:00) where pitchers and catchers will come in to get their workout and when the cages will be open for extra batting practice. Practices will be done at approximately 12:00 p.m. From 12:00 until 12:30, a group of players may be asked to stay after and have an extended practice (i.e. middle infielders). There will be a weightlifting session from

7:00-8:00 a.m. on Tuesdays and Fridays during the summer months. If you wish to participate in the summer lifting program, sign up for the 6-7 a.m. time slot.

8. During school days, practices will normally start at 5:00 p.m. and will end at approximately 7:30. The batting cages will be available from 3:30-5:00 each day.

9. Our practice routine will be set up in such a manner that each person will be doing something. This doesn't mean that five men will congregate in center field during batting practice and visit. If you have five hitters in to take batting practice, one guy will be hitting, one in the on deck spot, one base running, and the others shagging bunts. If you are running your last swing out, that is what I expect you to do. Not jog, but run. If you are working on base running, work hard at it. When you are assigned to shag for the batting practice pitcher, you are as important to our workout as the pitcher himself. When the next batter is due for batting practice, I expect him to be ready to hit- not looking for a bat. We always run from station to station or drill to drill. We will stay off the infield grass.

All of these things are important in the success of a baseball team. And if you love the sport of baseball, these things will be automatic for you. Having a "passion for the game" means you are willing to work hard at it. You are what you repeatedly do.

10. After practices, you will be expected to maintain the playing field. Remember that this is your field. Take pride in it!!

*"When an opportunity presents itself, it is too late to prepare."
- John Wooden*

SOME THINGS TO THINK ABOUT

1. When the season is over, look back and be able to say, "I gave my best all of the time."

2. We will always prepare to beat the best team in the state. Our goal this year – WIN CONFERENCE...WIN SUBSTATE...WIN STATE.

3. Working hard and intelligently at practice is the routine all champions have followed. "It isn't the hours you put in...it's what you put in the hours."

4. The more constructive a coach's criticism, the more they are seriously interested. They wouldn't waste their breath if they were not interested in your success.

5. If your opponent is not a good sport, then you be one.

6. Always be loyal to your coach and your teammates. Ankeny Pride!
7. Most of us are prone to criticize others for faults that we may not have considered for ourselves.
8. The best way to go into a game is to have confidence that you're as good or better than your opponent is, and that you are going to beat them. But only worry about what you can control.
9. Support your teammates with spirit and encouragement while they are playing. Every member of the team should have a positive attitude, good work ethic, is responsible, is accountable for their own actions, and is supportive of everyone on the team. HAWK LEADERSHIP!
10. Conditioning counts- and wins! Get tough on yourself! Never get beat because your opponent has worked harder than you! "The harder you work, the harder it is to accept losing."
11. Baseball is a game of failure. Even the best hitters fail 2/3 of the time. Remember that to become better at a skill, you cannot be afraid to fail trying to improve at that skill. Find joy in the process, and accept responsibility for your actions. Don't transfer the blame. (TOB)
12. We don't play the best 9 players – we play the best 9 players who make up a TEAM.

"There are three types of baseball players-those who make it happen, those who watch it happen, and those who wonder what happened."

– Tommy Lasorda, former manager of the Los Angeles Dodgers