

Stony Point Baseball Handbook

Parent Meeting January 29, 2024

- Head Coach: Travis Larson
- Varsity Assistant: Ryan Vaughan
- JV Blue Coach: Stephan Cage
- JV Gold Coach: Gilberto Herrera



Baseball Mission

The Mission of the Stony Point High School Baseball Program is to develop and prepare young men within a highly competitive interscholastic baseball TEAM environment that is rich with strong moral and ethical values. We expect that the values and skills learned and/or developed at our practices and games, on our diamond and others, to be put to use for the rest of our participants' lives.



Baseball Philosophy

- We have two basic rules that our coaches try to follow, and we expect our players to try to follow at all times:

- ALWAYS GIVE YOUR BEST EFFORT

- ALWAYS TRY TO DO THE RIGHT THING

Playing Time

- **Playing time is not guaranteed for any Tiger baseball player**, regardless of team or grade level.

All players will have the opportunity to earn a spot in the everyday lineup, the pitching rotation, or to serve the team in some other role that we feel best benefits the TEAM. Current and recent performance at practices and games, potential, attitude, and competitive spirit are all **vital** to our coaches when making decisions about the lineup.

Classification, equal opportunity, summer success, and parental involvement are some things that are ***NOT considered*** when making the lineup. Initial discussions about playing time will be limited to coaches and players. If a player is disgruntled with his playing time or role on the team, he should make a point to discuss the situation with his coach (Varsity Lineup – Larson, Varsity Pitching Staff – Vaughan, JV Blue – Cage, JV Gold – Herrera). If your son still appears confused after meeting with his coach, feel free to contact the coach for clarification. Players other than your son will not be discussed with parents under any circumstances in a negative way.

We BELIEVE in the power of TEAM!

The main ingredient of stardom is the rest of the team.

John Wooden



A team will always appreciate a great individual if he's willing to sacrifice for the group.

Kareem Abdul-Jabbar



Finding good players is easy. Getting them to play as a team is another story.

Casey Stengel



Coming together is a beginning. Keeping together is progress. Working together is success.

Henry Ford



TOGETHER **E**VERYONE **A**CHIEVES **M**ORE
TOTAL **E**FFORT **A**LL **M**EMBERS

Baseball is a **TEAM SPORT**.

There is no **I** in team.

Prepare like a starter every day!

Players who *prepare* like a part-time player likely will **BE** a part-time player.



Effort, Attitude, Participation

- Our coaching staff will continue to implement the “3 Strike” rule for the coming season to motivate our players to participate with the intensity expected from our players at games and practices. The “3 Strike” Rule will be applied as follows:
 - Strike One: Player not giving effort, attitude, or participating as expected by coach. Coach advises player to intensify, change, or correct his effort, attitude, or behavior. Player requires additional motivation. Strike one. Player will be removed from the practice activity or game and sent to the bench for the remainder of the practice or game. This will be treated like an unexcused absence. Tomorrow is a new day, no further consequences besides the normal unexcused absence result for this offense.
 - Strike Two: Player not giving effort, attitude, or participating as expected by coach. Coach advises player to intensify, change, or correct his effort, attitude, or behavior. Player requires additional motivation. Strike two. Player will be removed from the practice activity or game and sent to the bench for the remainder of the practice or game. There will be a mandatory player/parent/coach meeting prior to the player being allowed to participate normally in workouts or games.
 - Strike Three: Player not giving effort, attitude, or participating as expected by coach. Coach advises player to intensify, change, or correct his effort, attitude, or behavior. Player requires additional motivation. Strike Three. Player will be removed from the practice activity or game and sent to the bench for the remainder of the practice or game. Player is removed from the Stony Point baseball program for the remainder of the current season and expected to turn in all gear that has been checked out to him in a timely manner or they will be placed on the obligation list.
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THE DISEASE OF ME

THE DISEASE OF ME = THE DEFEAT OF US

SIX DANGER SIGNALS OF THE DISEASE OF ME:

- ❑ chronic feelings of under appreciation – focus on oneself.
- ❑ paranoia over being cheated out of one's rightful share.
- ❑ leadership vacuum resulting from formation of cliques and rivalries.
- ❑ feelings of frustration even when the team performs successfully.
- ❑ personal effort mustered solely to outshine one's teammate.
- ❑ resentment of the competence of another – refuse to admit his contribution.

"The most difficult thing for individuals to do when they become part of a team is to sacrifice; it is much easier to be selfish."

- Coach Pat Riley

Parent/Coach Meetings

- Any parent who wishes to meet with a Stony Point baseball coach to discuss a player-coach playing time meeting or any other sensitive (and potentially emotional) issue will need to make an appointment to do so – there will be NO UNSCHEDULED parent/coach meetings after games or practices.
 - All our coaches will respond to voice mail or e-mail at our earliest opportunity. Communication during any such meeting will remain civil or the meeting will be terminated immediately. Any issues that the parent feels cannot be resolved in a meeting with our staff can be brought to the attention of our athletic coordinator, Craig Chessher. Coach Chessher's phone number is 428-7202.
 - Please contact one of our coaches at any time if you feel that contact is necessary to benefit your son. Playing time discussions are normally unproductive if not counterproductive, but there are many other obstacles that come to the forefront with today's youth where our involvement would be beneficial.
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Games and Practices



Profanity, vulgarity, or any other disrespectful behaviors are not acceptable toward opponents, umpires, fans, or anyone else.

Behavior that draws attention to oneself rather than the team will not be tolerated.



The players should not visit with opponents or anyone else outside of our dugout during the contest.



Players are not allowed to leave the dugout to participate in any type of fight or fracas.

There will be no bench-clearing brawls! Players who start or participate in a fight will be ejected, disciplined and/or suspended.



Stony Point parents / fans expected to set example for how interscholastic fans should behave



Respect “*Inside the Fence*” rule

Hazing / Cyber bullying

- These practices will NOT be tolerated within our program. At the very least, reaction to our players involvement in these practices would be those outlined by our district and administrative staff. Further penalty, including the possibility of removal from the team, will be explored by our coaching staff, depending upon the situation.
 - Per the 2022-2023 RRISD secondary handbook:
 - **“Hazing means any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students.**
 - **Students shall have prior approval from the administrator for any type of “initiation rites” of a school club or organization. No student shall engage in any form of hazing. No student shall encourage or assist any other person in hazing. The act of hazing and failure to report known hazing can result in criminal penalties as well as school disciplinary action.”**
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Practice/Spring Break

- Players must be “dressed” for practice. Practice dress will include:
 - gray practice shirt,
 - baseball pants (unless coach says shorts are okay),
 - blue socks,
 - a Stony Point baseball hat.
 - Wednesdays and Saturdays, players can wear a different Stony Point shirt if they’d like.
 - Players are responsible for having the appropriate footwear for any possibility:
 - spikes for field workouts,
 - flats for gym workouts,
 - an appropriate running shoe for running / weightlifting.
 - Baseball is a big commitment of time. Late Fridays and long Saturdays are likely. Again, all players are expected to be at all practices, and are required to send a Remind message to their coach prior to missing any workout.
 - Spring Break is not a normal holiday for baseball players.
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Absences

- Players are expected to be at all practices and games unless ill or excused by the coach. If a player has an unexcused absence, he will not play in the following game. If he has an excused absence prior to a contest, he will not start in that game, but may play.
 - For an absence to be excused, the player must notify his coach prior to the workout or game. Illness or family emergency would be examples of excused absences. Family vacation or a date would be examples of unexcused absences.
 - If a player is injured, he should still attend the practice(s) or be doing whatever the trainer deems necessary for rehabilitation, as agreed upon by the trainer and his coach.
 - Players who make the team who become ineligible are expected to be at all practices, as UIL rules allow.
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Communication



- Discussion Needed
 - Remind Messages
 - E-mails
 - Postponement decisions are normally made by 3:00 PM
- Most postponements are made up the next available date.

Trainer

- We are fortunate to have Coach Kneuper (Coach “K”) and Coach Flores as our trainers.
 - If you have an injury, you should see one of our trainers. Tell one of the coaches, if they are not already aware, about your injury or discomfort prior to your training room visit, if possible. If a physician is needed, our trainers will advise you in that direction.
- **Any player who sees a physician for any reason must have a doctor’s release prior to returning to normal activity.**
- Treatment for any injury will be offered to baseball players just as it is any other athlete at Stony Point.
 - You are responsible for getting into the training room at the appropriate times for treatment.
 - The training room hours are from 6:30 am until 8:45 am and after school until 6:00 PM Monday through Friday.
 - Class time and lunches are available only with prior approval by the trainers and treatments are not an excuse to leave class early.
 - If you fail to get into the training room for scheduled treatment, the baseball coaching staff will assume that you lack the desire to get back on the field.

You can reach our trainers at 428-7204 when needed.

Travel

- **All players are expected to travel to and from the game with the team.** If there is a need to deviate from this process, arrangements should be made prior to the time of travel. A Round Rock ISD form is available for this instance and must be completed and turned in to the sponsoring coach at least one day prior to the out of town trip. No player will be allowed to leave the team unless his parents are seen taking him with them. Our bus will remain clean and orderly and all those who travel with us will represent our school with exemplary behavior.



Equipment

- We will provide baseballs, helmets, catcher's gear, and game uniforms. We are all responsible for the care and maintenance of our equipment. Some items will be individually checked out. You will be held responsible for anything checked out to you. It will be expected to be turned back in at the completion of the season. The condition of this equipment should only show normal wear and tear, or you will be expected to pay for the damaged item. Each player will be expected to purchase his own glove, spikes, and hat. You are encouraged to label your own equipment but remember not to draw individual attention. (Names on hats should be UNDER the bill!)
- Jewelry – is going to be pressed by the umpires.
- **Laundry:** Players will be responsible for their own laundry. Uniforms (both practice and game) should be kept clean! Please do not bleach non-whites and do not use hot washer and dryer settings for game uniforms.



Punishment

- Punishment will be delivered at any time a coach feels that a player is not following either of the two main rules concerning effort and doing the right thing. The basic punishment will be “backwards laps” and will be performed immediately or at a time the coach decides upon. Reasons for being punished include, but are not limited to, being late, not having proper equipment or uniform, cussing, throwing equipment, or general inappropriate behavior. If “backwards laps” are not effective to distinguish the unwanted behavior, further physical punishment will be administered. If physical punishment efforts are not successful, then playing time or suspension from the team may be explored.
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Recommendations for Hydration



HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early - By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

Recommendations for Hydration, Cont.

WHAT NOT TO DRINK

- * Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- * Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- * Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.



Summer Baseball

Need to Know by End of March

E-mail me at Travis_Larson@roundrockisd.org if your son needs a summer playing opportunity within the SP summer baseball program. I need to know the potential summer player's name and a telephone contact. I will save the e-mail for future contact. I will collect these names and decide as soon as we can as to whether we'll be able to field a summer team and if so, how many teams and at which levels of competition. I must have enough volunteer effort offered to proceed with the program. Please indicate if you are willing to serve in a voluntary role when you message me about your son's inclusion. Volunteer needs include business management, treasurer, scheduling, and concessions, among others...we've got coaches.

In recent years, the level of high school summer competition has not been 6-A varsity appropriate which has forced our varsity players to seek club and select playing opportunities. Those options are typically very expensive. Buyer Beware! If I do not hear from you by the end of March, I will assume that your son has an opportunity otherwise. All underclassmen who expect to participate in our program during the 2023 season are expected to participate in some form of summer baseball.



Roles

PLAYERS

- Play
- Be a great teammate and team member
- Work hard in school and on the field
- Maintain a great attitude
- Be a tough competitor

COACHES

- Coach
- Safety of Players
- Plan and lead workouts
- Manage teams
- Work with administration
- Deal with officials

PARENTS

- Parent
- Love and provide for your son regardless of his performance or lineup status
- Support the mission of the program and the individual teams
- Enjoy the games as a spectator
- Respect and appreciate the process appropriately

“Winning at all costs or being a breeding ground for college programs is not the ultimate goal of a high school sports program. It's about teaching kids about academic and behavioral responsibility and sacrificing the goals of the individual for the betterment of the team.”

– Scott Kaiser



Coach Larson

Travis_Larson@roundrockisd.org

Varsity Assistant Coach Vaughan

Ryan_Vaughan@roundrockisd.org

JV Blue Coach Cage

Stephan_Cage@roundrockisd.org

JV Gold Coach Herrera

Gilberto_Herrera@roundrockisd.org