



**MOHAWK BASEBALL
PLAYER HANDBOOK
2010**

MOHAWK BASEBALL COACHING STAFF

Head Varsity- Troy Rood	430-6240
Assistant Varsity- Dan Mason	425-1058
Assistant Varsity- Jason Parker	583-0178
Head Sophomore- Dion King	424-8558
Head Freshmen- Bob Horner	425-2974
Volunteer Assistant- Shannon Kropp	420-6930

PARENT COMMUNICATION

All parents/guardians are encouraged to call the head coach of their son's team with any concerns they might have throughout the season. The coaching staff wants every player in our program to have a rewarding, educational experience playing Mohawk baseball. Healthy coach and parent communication can play a vital role in the quality of each student-athlete's experience.

The varsity squad will also provide the following opportunities to encourage and promote coach-parent communication:

1. We will provide an opportunity prior to the start of our season for any parents/guardians to meet with the varsity coaches to discuss any concerns or questions they might have about the upcoming season. Coach Rood will send out an e-mail asking parents to sign-up for a meeting time if they would like to meet with the coaches. The meetings will take place the last week in April.
2. We will send out e-mails throughout the season to all families with announcements regarding any upcoming events related to Mohawk baseball.
3. We will conduct a large group parent meeting at our open house practice on May 21st.

Please don't hesitate to call us with any questions or concerns. Our phone numbers are located at the front of this handbook.

2010 SCHEDULES

ALL PRACTICE AND GAME
SCHEDULES FOR THE 2010
SEASON CAN BE ACCESSED
FROM OUR TEAM WEBSITE
LOCATED AT:

www.mohawkbaseball.com

PLEASE CHECK THE WEBSITE
FREQUENTLY FOR UPDATED
INFORMATION REGARDING
MOHAWK BASEBALL

CLASS

Class never runs scared. It is sure-footed and confident. It can handle whatever comes along.

Class has a sense of humor. It knows that a good laugh is the best lubricant for oiling the machinery of human relations.

Class never makes excuses. It takes lumps and learns from mistakes.

Class knows good manners are nothing more than a series of petty sacrifices.

Class bespeaks an aristocracy that has nothing to do with money. Some extremely wealthy people have no class while other who are struggling to make ends meet are loaded with it.

Class is real. You can't fake it.

The person with class makes everyone around him feel comfortable because he is comfortable with himself.

If you have class, you have made it.

If you don't have class, no matter what else you have, it doesn't make any difference.

CLASS IS SYNONOMOUS WITH MOHAWK BASEBALL

MOHAWK BASEBALL

“A LEGACY OF EXCELLENCE”

Our history is rich with success. In 75 plus years, Mohawk baseball has qualified for 21 state tournaments and won 7 state titles. Every time you put on a Mohawk baseball uniform you become part of this legacy, and it becomes your responsibility to add to the legacy for future Mohawks. Below is a breakdown of our “Legacy of Excellence”:

STATE CHAMPIONSHIPS

1935- Spring
1937- Spring
1938- Spring
1946- Spring
1956- Spring
1972- Spring
1972- Summer

STATE RUNNER-UP

1957- Spring
1958- Spring
1967- Spring
1979- Summer

STATE SEMI-FINALS

1947- Spring
1968- Spring
1970- Spring
1982- Summer
2003- Summer
2006- Summer

STATE QUARTER FINALS

1954- Spring
1978- Summer
1997- Summer

2004- Summer

MOHAWK BASEBALL CREED

“THE MOHAWK WAY”

1. Discipline Yourself
2. Respect the Game
3. Team before Me
4. Play to Win

The Mohawk Creed is the heart and soul of our program.

MOHAWK BASEBALL

GENERAL GUIDELINES

- 1. Required Purchases and Equipment**-All players will be expected to purchase the following items: practice pants, a practice top, a hat, a red dry fit shirt to be worn under game tops, and baseball shoes. Each player will also have to supply their own fielding glove and batting gloves. Catchers may supply their own gear, but we will also have team gear available at all levels of the program. Players may choose to supply their own bats as well. However, team bats will also be provided. **If money is a problem in securing any of the required purchases, please see the coaching staff.** We will work something out to make sure all players are able to purchase their required gear.
- 2. Spring Sports**-Our coaching staff encourages all baseball players to participate in other school activities including spring sports (track, soccer, or tennis). Athletes involved in a spring sport during baseball should place top priority in terms of practice attendance and competition attendance on the spring sport. However, athletes will still be expected to attend all baseball practices that do not conflict with a spring sport practice or competition unless they get clearance from their baseball coach to be absent from practice.
- 3. Injuries**-All players should report any injury to a member of the coaching staff so that we can seek medical attention from our trainer. Our trainer will assess all athletic injuries free of charge. The most common baseball injury deals with sore throwing arms. This can be minimized by warming up properly, using correct throwing mechanics, and by icing the shoulder and elbow of the throwing arm after every throwing session.
- 4. Participation/Emergency Cards**-All prospective baseball players must hand in a participation and emergency card before they will be allowed to practice. This paper work can be secured from Shari Rottinghaus, the activities secretary, in the high school office. Please be sure to take care of this at least a week before the first day of practice. A current physical examination must be on file in order to receive a participation card.
- 5. School Insurance**- A student accident insurance plan can be purchased through the school. The forms are available in the high school office.
- 6. Lettering Policy**- We believe a lot of pride should come with earning a Mohawk varsity baseball letter. Receiving a letter is not a right, but an honor that must be earned. The following criteria will be used to award letters:
 - Finish the season in good standing, which includes following all rules in the handbook
 - Participation in 75% of the varsity games (1 inning played constitutes a game played)

- A varsity pitcher can earn a letter by appearing in 8 games or more as a pitcher (Pitching to 1 batter constitutes an appearance)
- The entire varsity roster will be awarded a letter if the team wins the conference title or qualifies for the state tournament
- A senior who has participated in Mohawk baseball all four years will be awarded a letter.
- Coaches discretion can be used in all other situations
- A manager who finishes the season in good standing will be awarded a manager's letter

7. Other Awards- Prior to the awards banquet, the varsity team will vote on the following awards:

- Cy Young- Most consistent pitcher. The anchor of the staff.
- Silver Bat- Most consistent hitter. Comes up with the big hit.
- Mr. Baseball- Plays the game the right way...with intensity, passion, and hustle.
- Gold Glove- Most consistent fielder. Makes the big plays on defense.
- Mr. Mohawk- Shows the most team pride. A model of how a Mohawk baseball player should conduct himself.
- Most Versatile Player- Player who contributes at the plate, on the base paths, defensively, and on the mound.
- Dugout Award- A player coach. Shows constant enthusiasm and leadership. Understands the game.
- Q Awards- Quality AB's and Quality Pitching Leader Awards will be given.
- Captain Award- Our captains will be recognized for their leadership

8. Captain Selection- Each level of the program will have two to three captains. All players may apply by the end of the first week of practice to be a captain (9/10). Players must submit a letter of application and a resume to apply. The freshmen and sophomore coaches will conduct interviews the second week of practice. Captain decisions will be made by the end of the second week of practice (9/10). The varsity coaching staff will select the varsity captains in August for the following season. The varsity captains will be expected to model and promote off-season weight training, pitching, and hitting workouts. Any player who is suspended during the season will have their captain title taken away.

9. Good Conduct Policy- Policy 503.4, The Good Conduct Policy, governs student activities in regard to conduct expectations. Baseball is one of the student activities covered by this policy.

The term "student" shall refer to any male or female person, grades 6-12, who is enrolled in the Mason City Community School District. A male or female person electing to participate in a student activity during the summer, following his/her graduation from Mason City High School, shall also be considered a "student" for purposes of interpreting this policy.

Any athlete who commits a violation of the Good Conduct Policy shall be declared ineligible for participation in athletics according to the rules of policy 503.4. The violations covered under this policy include:

- A. Involvement in illegal activities.
- B. Use or wrongful possession of alcoholic beverages, tobacco or tobacco products, or any controlled substance while enrolled as a student in the Mason City Community School District.

- C. All other conduct that is contrary to the student code of conduct, involving unsportsman like behavior as a spectator or a participant in a school-related activity, or actions that result in a meritorious third party complaint made against the school.
- D. Being convicted of an indictable misdemeanor or felony.

Good Conduct Penalties-The following penalties prescribed for the first, second, and third violations shall be minimum and the appropriate principal or the principal's designee in each individual case shall determine the actual period of suspension. Penalties shall apply to a student's current or next activity season. However, if the penalty prescribed by the principal or the principal's designee exceeds the minimum provided for the violation, then the reason therefore shall be stated in writing:

First Violation- Not less than twenty-eight consecutive days of ineligibility from participation in all student activities defined in Policy 503.4. A student, who reports him or herself for violation outside the school's jurisdiction, may have the penalty reduced to 14 days. Self-reporting must occur within the next business day. Violation while under school jurisdiction will be handled administratively on a case-by-case basis. Depending upon the circumstances, there may or may not be a penalty reduction for self-reporting.

Second Violation- Not less than 56 consecutive days of ineligibility from participation in all student activities as defined in Policy 503.4. No reduction for self-reporting.

Third Violation- Not less than one calendar year of ineligibility from participation in all student activities as defined in Policy 503.4. No reduction for self-reporting.

Fourth Violation- An additional year added onto the remainder of ineligibility already in place.

10. Legion Baseball- The Post #101 American Legion team is comprised of Mason City High School players, but the Legion team is not coached by the high school coaching staff. In fact, the Legion team is not affiliated with the high school baseball program. The team is comprised of 15-18 players. Legion players should place top priority on any high school spring sport they are involved in during the Legion season.

DISCIPLINE YOURSELF

“Success generally depends on knowing how long it takes to succeed.”

Montesquieu

“Great works are performed not by strength but by perseverance.”

Samuel Johnson

“The only place where success comes before work is in the dictionary.”

Vidal Sassoon

“The uncommitted life isn’t worth living.”

Marshall Fishwick

“It is a rough road that leads to heights of greatness.”

Seneca

“He who stops being better stops being good.”

Oliver Cromwell

DISCIPLINE YOURSELF

Baseball is the ultimate game of discipline. Without discipline long-term success cannot be gained. Discipline is a hallmark of Mohawk baseball. The ultimate form of discipline is self-discipline. From players to coaches, every member of the program has direct control over self-discipline. Specifically, a self-disciplined Mohawk baseball player will:

1. Attend all practices and be punctual. All players must be ready to begin practice at the scheduled start time of practice.
2. Practice with 110% intensity and focus. Players must put pressure on themselves and each other to perform each drill and repetition with discipline.
3. Represent yourself, your family, and the Mohawk baseball program with class by acting as a positive role model both on and off the playing field.
4. Display mature and respectful conduct on all road trips and at any restaurant we eat at after games.
5. Refrain from all profanity by using appropriate language and a respectful tone of voice at all times.
6. Get an appropriate amount of sleep during the season. All players should get 8 hours of sleep every night.
7. All players should maintain 100% focus during games. Players will not be allowed to leave the dugout area for any reason other than playing, picking up equipment, taking a hat and glove to a teammate, warming up a teammate, jogging to the foul pole after our offensive half inning, or congratulating a teammate. Players in the dugout must remain focused on the game at all times.
8. Place top priority on academic achievement. Studying and homework must be completed with energy and effort.
9. Control emotions at all time. Bats, helmet, gloves, and all other equipment must never be thrown in anger. Also, do not exchange competitive or degrading words with an opponent. Finally, do not question or show up an umpire.
10. All players who are not in the starting defensive line-up will be expected to jog out and back from our dug out to the foul pole on our side at the end of all our offensive half innings.
11. No defensive player will be allowed to cut across the grass portion of the infield to take their respective position. Instead, they must run along the baseline.
12. Be smart on game day. Do not spend all afternoon in the hot sun.
13. All batters must touch 2B on a fly ball caught by an outfielder with no one on base and must run through 1B on all infield outs.

IN THE CONTEXT OF MOHAWK BASEBALL, RESPECTING THE GAME CAN BE DEFINED AS:

Always playing with discipline and enthusiasm.

Being a positive role model for younger players in our program and community.

Accepting the responsibility of passing on to the next generation of Mohawk baseball players a tradition of excellence.

Understanding that it was not the helmet, bat, glove, or water cooler that caused the problem.

Helping your opponent when a foul ball goes out of play.

Becoming a student of the game and appreciating the strategy of the game.

Always wearing your uniform with pride.

Remembering and honoring those who paved the way for you.

Accepting that sometimes all people make mistakes.

Defeating an inferior opponent without embarrassing them.

Sprinting on and off the field after the third out.

Winning with humility while maintaining your dignity in defeat.

Being courteous to spectators both at home and on the road.

Jogging away from home plate after an umpire makes a bad call.

Always beginning the game with a clean uniform and shoes.

Respecting the role everyone in our program plays in our success.

Never quitting until the game is over.

Respecting your opponent by always being prepared.

Never taking for granted anytime you get to play this beautiful game.

RESPECT THE GAME

Baseball is a simple yet complex game. It is a game rich in beauty, history, and even luck. It is a game that demands the respect of its participants. Just about the time a player thinks he has this game figured out or mastered, the ball has a funny way of taking a wild hop or getting caught in a swirling wind. The only thing players have direct control over is how they approach the game. Mohawk baseball players will approach this great game with the utmost respect. Specifically, respecting the game includes the following actions and attitude:

1. Hustle at all times. Players should sprint on and off the diamond at all times. In fact, all defensive players should be at their respective positions within 15 seconds after the third out. Likewise, all defensive players should sprint off the field and meet in the team huddle in front of the dugout within 12 seconds after the third out. We will use a buddy system to help speed up this process. Each defensive player should have a buddy in the dugout that is responsible for taking his hat and glove to him if he is batting or on base when the third out is made. Players must also sprint to first base after all walks and hustle to the dugout after any strikeout. In addition, players will also be expected to hustle through first base on any foul ball, ground out, line out, pop out in the infield, and touch 2B on all fly outs to the OF.
2. Players will look sharp at all times. All players must have clean pants and jerseys for every game. **Every player must also shine or wash his shoes before every game.** All players will be expected to wear their hats to the front and straight any time they are at practice, a game, on the bus, or at a restaurant with the team.
3. Players will be expected to wear proper practice attire to every practice including pre-game workouts. Players should never be shirtless. Proper practice attire includes:
 - A. A $\frac{3}{4}$ sleeve Mohawk practice top or a dry fit red Mohawk baseball shirt. Both must be tucked in.
 - B. Gray baseball pants
 - C. Mohawk baseball hat
 - D. Baseball shoes
 - E. Shorts may be worn for pre-game workouts.
4. Each player is responsible for keeping the dugout clean during games. Helmets and bats should not be thrown around. All equipment should be handled with respect and kept organized in the dugout. After the game, everybody should help clean up any garbage in the dugout.
5. We are one of the few high school baseball teams to have our own clubhouse. All players must take responsibility to keep our clubhouse looking clean and first class.
6. Every player in the program will be given an equipment duty or diamond responsibility for the season. This is your job. Complete it with discipline and pride. However, do not limit yourself to just your duty. Please take care of anything else you might see that is being neglected or overlooked. **The entire squad will not be allowed to leave until all duties are completed.** All pitchers will be assigned a mound to manicure and take care of throughout the season. This is your facility and it is one of the best in the state. Enjoy and respect it with pride!
7. The entire squad will answer a question of the day posted on the clubhouse white board after every practice and game. The question of the day is designed to expand every player's understanding of the game.

TEAM BEFORE ME

“Success ruined many a man.”

Benjamin Franklin

“A house divided against itself cannot stand.”

Abraham Lincoln

“What’s mine is yours and what’s yours is mine.”

William Shakespeare

“The moment we break faith with one another, the sea engulfs us and the light goes out.”

James Baldwin

“Trust is the lubrication that makes it possible for organizations to work.”

“Ask not what your teammates can do for you.
Ask what you can do for your teammates.”

Magic Johnson

TEAM BEFORE ME

Baseball is a game of roles. Whether it's providing the big bat in the middle of the lineup, running speed off the bench, middle inning relief pitching, or simply warming up pitchers in the bullpen, every role is vital to team success. Successful teams are comprised of individuals who are willing to put their own selfish needs on the back burner and make sacrifices for the good of the team. NBA coach Pat Riley claims in his book, entitled The Winner Within, that the "Disease of Me" can corrupt any team no matter how talented they are. Riley goes on to state that the "Disease of Me" will cause individual players to develop an overpowering belief in their own importance. Greed and resentment will slowly eat away at team chemistry. As a result, personal and team performance will greatly suffer. We need a program full of team players that are willing to fight and resist the "Disease of Me". Therefore, a Mohawk baseball player who puts the team before himself will exhibit the following behaviors:

1. **Commit to our three team goals and make these goals your primary focus. Our team will have the following three team goals every year:**
 - A. **Win 25 or more games**
 - B. **Win the conference championship**
 - C. **Win the state championship**
2. Honor your commitment to the team by making baseball an important priority during the season. All players are strongly discouraged from attending camps or missing games for any reason they have direct control over.
3. **It is as an expectation that all members of the program attend the end of the season awards banquet to celebrate the success of the entire program.**
4. **All players will be expected to umpire at the Hardees Early Bird Classic in early May and at the MCYBA tournament in early June.**
5. **All varsity players will be asked to work at the 2nd-6th grade Mohawk Youth Baseball Camp in April.**
6. All players will be expected to come out of the dug out to congratulate a teammate who exercises a quality at bat. A quality at bat could include laying down a sacrifice bunt, moving a runner over, or hitting a sacrifice fly.

PLAY TO WIN

“In war there is no substitute for victory.”

Douglas MacArthur

“Adversity causes some men to break; others to break records.”

William A. Ward

“Impossible is a word to be found only in the dictionary of fools.”

Napoleon Bonaparte

“The will to win is important, but the will to prepare is vital.”

Joe Paterno

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

“The minute you start talking about what you’re going to do if you lose, you have lost.”

George Shultz

PLAY TO WIN

Winning is an attitude. If you carry yourself like a winner and possess the mindset of a winner, the chances of our team achieving the ultimate goal of winning a state championship will become a lot more likely. However, a winning attitude must be constant and relentless. Whether it's an off-season workout, a hitting practice session, or a state tournament game, the mindset cannot change. Play like a champion and play to win at all times! A Mohawk baseball player who plays to win will:

1. Understand and accept the philosophies of each level of the program. All levels of the program will play to win. It is our belief that winning must become an expectation right out of the shoot at the freshmen level. However, our freshmen and sophomore coaches will attempt to give as many players as possible quality playing time as long as the ultimate goal of winning is not compromised. At the JV level, we will still play to win. However, this level will be used to give quality game repetitions to sophomores, juniors and seniors who we believe have the potential to help the varsity level in the future. Of course, the ultimate goal of the varsity squad is to win a state championship. The best players in the program, based on the coaching staff's evaluation, will receive the majority of playing time in varsity games. The coaching staff will consider moving up underclassmen to the varsity level if we feel they give us the best chances of winning varsity games.
2. Bring a winning attitude and mindset to the ballpark everyday. Whether it's an early season practice, batting practice before a big game, pre-game warm-ups, post-game conditioning, or the actual game itself, all players will be expected to compete at their highest level possible both physically and mentally.
3. We encourage all players to participate in other sports throughout the school year. However, we still expect all players to take advantage of off-season opportunities to make themselves better such as fall leagues, spring leagues, Legion ball, hitting leagues, and pitcher/catcher workouts. The athlete's in-season sport should always take top priority, however.
4. Commit to weight training. **Strength is vital to success in all sports including baseball.** All players in our program will be expected to work hard in the weight room year around. All 9-12 grade players **MUST** follow the Mason City High School Athletic Department's in-season lifting program which includes lifting twice per week. Attendance will be taken and monitored.
5. Each level of the program will be expected to keep various charts during the course of a game. If these charts are done accurately they might give us the extra advantage we need to win. Players who are not in the starting line up will be expected to keep the charts.

MOHAWK BASEBALL TEAM COVENANT

A covenant is an agreement or promise that binds people together towards a common goal. Everybody is held accountable and must help each other fulfill their commitment to the words of the covenant.

By signing below, I vow to commit myself to team excellence by following the Mohawk Creed:

1. Discipline Yourself
2. Respect the Game
3. Team Before Me
4. Play to Win

Signed _____

Date _____