# THE UNIVERSITY OF BASEBALL



#### MISSION

Our Mission is to provide a fun, positive and competitive team-focused environment that produces solid baseball players and honorable young men.



#### DRESS & APPEARANCE

Wearing jewelry of any type (rings, watches, necklaces, or earrings) will not be permitted during games and practices.

Wear uniforms and practice attire properly. You will be required to be fully dressed from the time you get to the field until the time you leave. This includes shirt, socks, and caps.

Wear your uniform in a respectful manner at all times. Everyone will be required to wear baseball pants or to wear proper baseball attire for all games and practices. (fall g spring) Everyone must wear jackets and/or long sleeves when necessar to all games and practices, especially early in the season.

### PRACTICE & GAME ATTENDANCE

Attendance is mandatory! You are expected to be on time for practice, meetings and games. The team cannot achieve their goals and maintain a winning attitude if players are missing or arriving late for games and/or practices. If you will miss a practice or a game, for any reason, the coach must know about it as soon as possible.

Absences - Your player cannot show growth and improvement if they are not coming to practice consistently. Coach James teaches details of the game to each player, compounding and elevating them consecutively. If your player misses a week, then they will miss important information. If an absence is unavoidable, then you MUST let your coach know asap. The attendance policy and consequences are listed in detail in the Team Handbook and below.

Late Policy- Players that arrive late to practice will be responsible to properly stretch and warm-up on their own. It is unsafe for a player to jump into any practice "cold". Please note that being more than 15 mins late equals an absence. Also, being late less than 15 mins, 3 times, equals an absence. If you are going to be late, please let your coach know asap.

#### ON FIELD CONDUCT

Swearing, name-calling, or harassing other players will not be tolerated. Control your emotions at all times. We need players that will think and then act, not the other way around. Throwing of helmets, bats, gloves or anything in the dugout will not be tolerated and disciplinary measures will take place.

#### OFF FIELD CONDUCT

You will be expected to conduct yourself in a First Class manner around Austin and in any community you visit for games or practices, Whenever you are representing University of Baseball tournament teams you are expected to behave in a respectful manner. That includes any time that you are wearing uniform attire throughout the ear.

Players are expected to maintain satisfactory academic standing. Poor academic performance or disciplinary behavior may impact your team privileges and will be addressed on a case-by-case basis.

#### PARENT EXPECTATIONS

 Ensure your player has had healthy & adequate meals prior to practice & games

 Ensure your player has plenty for hydration for the duration of practice & games.  Remember Hydration should start NOW! Limit sugary drinks, and increase water & electrolytes.

 From the start of the ARRIVAL TIME, until the Coach dismisses players, you should limit communication with them. You should also AVOID all instruction.

### SUPPORT & ENCOURAGEMENT

Parental support is integral to the success of the team and maintaining a fun, positive experience for all players, coaches and fans. Parents are asked to be supportive of their players and their coaches in multiple ways:

- 1. Expressing only positive cheers and words of encouragement during games and practices
- 2. Trusting that your coaches are making decisions that are best for the team
- 3. Practicing with your child on their own time, using your coaches' suggestions to work on improving individual skills
- 4. Assisting your child with consistent at-home physical and strength training.

Treat all officials, opposing coaches, opposing players, and their fans with respect.

If you have nothing positive to say, then don't say anything at all!

# UB PLAYER'S HANDBOOK OVERVIEW

#### Core Values for BASEBALL

[ 01 FUN ] The reason we play, coach and watch youth baseball is to have fun! Sometimes the pressure and frustration of competition can overshadow the joy of the game. Therefore, the University of Baseball will make an intentional effort to incorporate the value of fun for everyone involved (players, coaches, parents and fans). After all, baseball is a game!

[ 02 SOUND FUNDAMENTALS ] Every player has their own style, but at the core of every good player are sound fundamentals. We recognize that for our young athletes to develop into solid players we must commit to teaching the correct baseball fundamentals. Therefore, we will consistently devote practice time to ensure that all players establish sound fundamentals.

[ 03 SPORTSMANSHIP ] It is important to win games, but it is more important to play with sportsmanship. The University of Baseball will teach players how to play with integrity, honor and respect for their opponent and their own team. Furthermore, each player and coach will be held accountable for their sportsmanship on and off the field.

[ 04 KNOWLEDGE OF THE GAME ] Good ball players are smart ball players. Our coaches will teach players the overall strategy of baseball, how to make good decisions on the field and how to prepare mentally for the game.

[ 05 TEAM FOCUS ] A team is only successful when each member puts the needs of the team first. We will consistently teach the value of team so that each player knows that "we are better together."

[ 06 PHYSICAL CONDITIONING ] In order to compete on the highest achievable level a player must be in good physical condition. The University of Baseball will incorporate overall fitness training, as well as baseball-specific speed and agility training into our practices. We will also provide resources helping the players to exercise and practice on their own.

[ 07 PLAYING TIME ] Practice is extremely valuable, but we recognize it cannot replace game experience and that a player has to have substantial playing time to get better. While the University of Baseball will not guarantee equal playing time, we will ensure that each player has adequate game experience. Remember that our program is "development based" and games are a bonus.

#### CONFLICTS & CONCERNS

Travel team games and practices can get very intense, but at no time will criticism, arguments or yelling at coaching staff, umpires, players or opposing fans be tolerated. If a parent's conduct crosses the line with the above requirements, you will be asked to disengage and leave the scene immediately with no repercussions to you or your player. If you choose to stay engaged, you and your child will suffer team privileges as determined by your coaching staff.

Parents are encouraged to bring their questions, concerns and general feedback to the coaching staff within the following guidelines:

- Do not bring up negative issues immediately before, after or between games. Please provide adequate time for game-time emotions to calm.
- 2. Request to speak with the coaching staff privately. Do not make negative comments in front of players or other parents.
- 3. Consider solutions to the concerns you have. In addition to sharing your concerns, please provide the coaching staff with your ideas of how things may be improved.



### FINANCIAL OBLIGATION

UB Player Tuition include (but are not limited to) coaches uniforms, sanction entry fees, tournament entry fees, umpire costs, incidental insurance, park district fees, practice fees and equipment costs. There could be the opportunity for sponsors to help alleviate some of any additional team costs. Hotel rooms and general travel expenses are to be covered by each player and his parents.

We will work in every way to manage the travel cost to a minimum so we can enjoy more baseball play throughout the year.

All payments are non-refundable unless otherwise specified. Each participant is required to pay for the season's minimum fees completely, even if they choose to leave the program before the season is complete, or if they are removed from the program due to a breach in conduct.

#### UNIFORM GUIDELINES

#### PRACTICE UNIFORMS

#### Fielding Practice:

WHITE Baseball Pants, Stars & Stripes practice shirt, Navy Belt/Navy Socks, Cleats, UB Team Hat

#### Hitting Practice/ Bullpens:

NAVY/BLACK Shorts, GRAY Practice T shirt, Tennis Shoes

#### **Conditioning Practice:**

Any comfortable shorts, Any T shirt, Tennis Shoes

## UNIFORM GUIDELINES

#### Game Day Uniform Guideline

Saturday Games - GRAY w/NAVY jersey & White pants

Sunday Games - GRAY w/RED jersey & White pants

UB Hat Navy belt & socks for everything

# UNIFORM PACKAGE

The uniform package will include the following

- Saturday Jersey
- Sunday Jersey
- Practice T Shirt

A la carte Purchase.

• UB Hat







# GOOGLE CALENDAR

http://info5783888.wixsite.com/mysite/team-info

This is the best resource for you to know what is going on this season, and to be able to plan ahead,

#### UB CONTACTS

James Bills - 512-680-5645 james@theuniversityofbaseball.com

Head Trainer, Manager of Operations

Misty Bills - 512-680-5690 info@austinbigdogs.org

Program Coordinator: Admin

Fundraising: We would like to launch a fundraising campaign. But we need our families to take the reins. More details to follow soon! If you would like to get involved, please stay after the meeting.