**Championship Ingredients**

We have much to accomplish in the Iowa Park Hawk Baseball Program. As coaches, a great amount of time will be spent in the area of evaluation. Obviously we will be evaluating you physically as well as mentally. The following items will give you a little insight into the type of person we are looking for, that will in turn take us to a state championship.

1. Winners- Those people who will consistently “pay the price” to make this team a winner. Young men who take it upon themselves to make things happen, unlike those who sit back and wait for someone else to win the game. These players see pressure situations as an opportunity to succeed.
2. Positive People- Realize that complaining only magnifies the negatives. We are looking for players with strong, positive outlooks. We believe a positive outlook equals positive results.
3. Loyalty- Those who display extreme loyalty to our program, coaches, players, and school.
4. Competitors- One of the greatest compliments that can be attributed to an athlete is that of being considered a great competitor.
5. Team- players who are TOTALLY committed to being a team player. Those who do not bring hidden and personal agendas to the table.
6. Consistent Approach- Men who you can count on day in and day out to give you an honest effort regardless of whether things are going well or poorly.
7. Mentally Tough- Those who despise failure, yet in defeat remain positive with affirmations such as “it won’t happen again or I am better than that” versus “I suck or I quit”. Players that realize all setbacks are temporary.
8. Student of the Game- Players who believe in detail. Fundamentals, mechanics, extra effort are little things that contribute to the final score of a ballgame or even a season.
9. Coachable- Players who are willing to make adjustments to get better and maintain adjustments. Those who realize criticism is constructive and use it as motivation to improve.
10. Self- Confidence- Those players who believe down deep they are better than the opponent and truly belong on the battlefield.
11. Accountable- Players who take responsibility for their actions. Eliminate all transfer of blame.

 **Goals**

1. Have fun!
2. Learn fundamentals of baseball
3. Learn about character and hard work
4. Win 20+ games
5. Win District
6. Win Region 1
7. Win State Championship

**Baseball Policies**

As a Coaching staff-

We will help in every way possible to attain these goals.

1. Create a disciplined environment
2. Keep everyone on the same page with organization
3. Assist and push you academically
4. Provide the best baseball education and physical regimen possible to maximize your baseball ability.

**Practice and Game Rules**

1. All players will wear practice pants and Iowa Park Hawk baseball shirt or hoodie.
2. Infielders and catchers are strongly urged to wear a cup.
3. All players must wear spikes to practice.
4. When cold pitchers must wear sleeves.
5. Do not walk anywhere on the field. You must jog or run!
6. Iowa Park players will sprint on the field.
7. Practice at game speed. If you don’t practice making great plays you cannot expect yourself to do so in a game.
8. Take pride in your facilities.
9. Always do your part in putting the field back together after practice. Even after you have done your duty.
10. Never walk or job across the infield grass unless the drill calls for it.
11. Don’t warm-up in front of dugout.
12. Don’t put two buckets together.
13. Don’t litter
14. Cell phone use
15. Will not be in bat bags during the game. The coach will take up all cell phones before the game starts.
16. Will not be tolerated at practice. Your time is only for baseball.

10. Game Conduct

1. Pregame will be taken full speed, like it is the game. This will be our first attack against the other team.
2. There will be no chants during the game. That is for softball.
3. No necklaces or bracelets.
4. Pregame batting practice will be serious and necessary for all players.
5. Watch opponents take pregame. Pay close attention to arm strengths in outfield and catchers and how well 3b handles slow rollers.
6. In pregame sprint on field, have fun, be ready, be accurate with throws, and show good footwork. (you never know who will be watching)
7. Pregame running- should build up to game speed.
8. National Anthem- straight line, no talking, cap over heart, do not move until its completely over
9. Pitcher being pulled- everyone on bench should get up and shake hand of pitcher and give him compliment.
10. Every time someone strikes out or makes an error someone must pick them up.
11. Bench players- be in the game and part of the game. Help be a reason why we win. Be waiting on your chance. Never be bitter.
12. No talking with fans while you are in on deck circle. You should be focused on your upcoming at bat.
13. Stay off umpires, never show them up. Expect bad calls, it’s part of the game.
14. No ragging opponents, it’s not classy, we will win with class and character.
15. If you are put in make it count, it is for a reason you were put in.
16. Pinch hitters- be aggressive and be aware of situation and your role in that at bat.
17. Pinch runners- have your legs loose, and listen to base coaches for instruction.
18. Removing pitchers-
19. Don’t argue.
20. Hand ball to the coach at the mound.
21. Do not show emotions or throw glove. Everyone is watching. It makes it look as if you didn’t do your job.
22. After game shake hands with other team and never rub it in or be disrespectful to the opponent. It is disrespectful to the game.