



2023

**Cass City High School Baseball
Program Handbook**

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Program Staff and School Administration

Cass City Varsity Baseball Coaching Staff

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Cass City Junior Varsity Baseball Coaching Staff

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CCASAP President

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School Address:

Cass City Jr./Sr. High School
4868 Seeger Street, Cass City, MI 48726
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Cass City Baseball Program Mission:

The Mission and goal of Cass City High School Baseball Program and its coaching staff is for every single student athlete to become a well-rounded athlete in not only athletics, but first and foremost as a thriving contributor in multiple aspects of life and their community. We strive to mentor, encourage and empower student athletes to achieve their maximum potential in the classroom, on the diamond and in the community of their everyday life.

Character Core Values:

As we strive to meet and mentor student athletes it is important that they display the following key attributes and character values to meet the program mission, and goals. All coaches, players, and spectators are valuable partners in building a positive and successful program. The following core values are building blocks of success as an individual, team, family and community:

- | | | |
|------------------------|----------------|-----------------------|
| 1. Superior Work Ethic | 2. Preparation | 3. Servant Leadership |
| 4. Attitude | 5. Effort | 6. Moxie |

Cass City Baseball Program Motto

O = Overcome: Amongst adversity, hardships, bad calls, injuries, errors, bad decisions of our own and of others, there are many things that are simply out of our control in life and in the game of baseball. We will overcome these odds in every situation either mentally or physically without hesitation by doing the following two things.

P = Poise: Maintaining composure, a poker face, in immeasurable odds either for us or against us. Throughout the ups and downs, no matter how many things are in our favor or in opposition to our success we must remain in complete control of what we have control over, your attitude, and body language. "Control the Controllables"

P = Purpose: Success at any level is not just built on attitude alone, but it is the time we put into the detail and preparation that gives us the moxie to overcome any situation. If preparation is key in success, you must have purpose and attention to detail in the hours of preparation. Every rep, every throw, every detail, every day is decided by the individual. If you want peace, prepare for war, and if we practice and play with purpose, then at the end of the day you will have peace in the outcome, knowing you have done everything you can do to be successful. "Process Over Outcome"

We will **Overcome** any odds so long as we have **Poise** and **Purpose** in all we do.

Cass City Baseball Program Developmental Vision:

*** The primary goal of having a baseball program vision that extends down to the recreational baseball level in Cass City is to help instill character core and life values by mentoring kids into respectful, disciplined, hard working and positive kids, while instilling a love for baseball and physical exercise. Secondly, cultivating developmental skills to be established at the earliest level possible. The undoubted end result will be better baseball in the thumb, kids loving the game and better baseball players in Cass City Schools. This will be a supplemental benefit that will improve the skill level of not only the recreational program, but also the all too often scrutinized benefit it has on the high school baseball program (often referred to as “Feeder program”). This should not be looked at in a negative connotation, but rather a beneficial partnership for all involved with purely positive motives and results for all. ***

CCASAP Minor League Level: Ages 6u - 9u

Introduce kids to baseball at a competitive level; develop basic physical skills and knowledge of the game and its rules and etiquette. Cultivate an atmosphere that draws kids in and instills a love of the game, Promote healthy and active lifestyle while improving agility and hand eye coordination. Create opportunities for kids to try multiple positions (especially pitching) and allow all athletes equal playing time and opportunity in the regular season. If multiple teams are necessary, split them evenly to develop more players while promoting multi-tooled/utility athletes. Although you should play to win and cultivate a mindset that winning is important, it is not the main focus. The priority is instilling in kids a love for the game as they continue to improve and develop skills. Every kid will play a role in the success and development of the team. Coaches should know how to mentor attitudes, body language, and baseball IQ. Develop habits and routines for arm care and health early. For the postseason, continue all of the above with your all-star team.

Travel ball: We should encourage those who have the willingness, ability and capability to play at a higher level or against better competition. They should be encouraged to play with hometown rec. season teams whenever possible to ensure we have numbers to continue to have a rec. program. (ex: games with a rec. team are more important than practicing with a travel team). It is crucial to maintain relationships with kids who they will play with in high school and higher levels. Discourage the stigma of, “They must think they are better than everyone else” or “They just paid to be on that team/ for that status”. This is against our values of TEAM first. Supporting kids with the opportunity to play at a higher level/better opponents provides an opportunity for others to develop in place of those kids who are playing travel, who might not have had the opportunity to play as much otherwise. Remember it is not about winning, it's about development and loving and respecting the game and each other.

CCASAP Major League Level: Ages 10u - 12u

Continue to build and develop basic physical skills and knowledge of the game at a competitive level. Reaffirm rules, respect and etiquette of the game. Cultivate an atmosphere that draws kids in and instills a love of the game, while using winning as a motivational tool. Improve agility, strength, and hand eye coordination while promoting a healthy and active lifestyle. Continue to provide kids the continued opportunity to try multiple positions (especially pitching) as they grow into their bodies and mature physically and mentally. Allow all individuals equal playing time and opportunity in the regular season. If multiple teams necessary split them evenly to develop more players while promoting multi tool/utility athletes and better understanding of the game. Although you should still play to win and start a mindset that winning is the goal, focus on getting kids to love the game and continue to work at getting better. Every kid will play a role in the success and development of the team.

Discipline is most important at this level. Mentoring attitudes, body language, effort and work ethic are core values that must be instilled. Build baseball IQ by playing the game and experiencing and learning from trials and failures. Promote and instill habits and routines for arm care and health. Proper warm up technique and stretching is important focusing on fastballs, changeups and locations. No championship trophy is important enough to overthrow a kids arm...EVER and especially when they are at this phase of life. Encourage kids who are significantly bigger and better to move up to junior league level, especially if numbers allow. To ensure an athlete is being pushed and is also capable of being pushed both mentally and physically if going up as a 12u. (This should be decided on an individual basis). For the post season continue all of the above with your all-star team and ensure doing what you can and experiencing pressure situations, big games, etc. occurs.

Travel ball: We should encourage those who have the ability and capability to play at a higher level against better competition. They should be encouraged to play with hometown rec teams whenever possible to ensure we have numbers to continue to have a rec. program (example: playing games with little league teams are more important than practice with travel teams at this age.) It is important to maintain relationships with kids who they will play with in high school and higher levels. Discourage the stigma of "They must think they are better than everyone else" or "They just paid to be on that team/ for that status". Supporting kids with the opportunity to play at a higher level and this provides opportunity for others to develop in place of those kids who would not have the opportunity to play if that individual was not playing travel baseball. This is also against our core values of TEAM first. Remember it is not about winning, it's about development.

CCASAP Junior League Level: Ages 13u - 14u

Continue to develop student athletes to play baseball at a competitive level, build on and refine basic physical skills and conditioning, increase knowledge and love of the game, improve physical strength and create a winning attitude. Every player will play a role in the success and development of the team. Continue to mentor attitudes, body language and baseball IQ. Develop habits and routines for arm care and health. Promote multi-faceted utility players and opportunities for multiple kids to pitch and play different positions. Use your best pitchers as closers and monitor pitch counts and number of outings, more outings and fewer pitches per outing. Also be mindful of types and ratios of pitches being thrown to include Fastballs and Changups mostly, breaking pitches to be thrown with extreme caution. No championship trophy is important enough to overthrow a kids arm...EVER and especially when they are at this phase of life. Stress school and community involvement and mentoring younger kids and athletes. (Example: umpire at younger levels, helping with practices at younger levels etc.) Crucial time to mentor kids with difficult home lives as this is the level that most kids decide if they continue to play baseball or not, make sure coaches are making LIFE impacts and using intrinsic motivation to listen and create relationships. Continue to have fun at practice as a REWARD for diligence and good practice. All kids will receive relatively equal playing time in the regular season however the post season will be to compete with all kids participating, but might not be equally due to starting to look at playing time being earned not expected or given.

Travel ball: We should encourage those who have the ability and capability to play at a higher level and against better competition. They should be encouraged to play with regular season teams whenever possible to ensure we have numbers to continue to have a hometown rec program (games with rec. teams are more important than practice with travel teams) . It is important to maintain relationships with kids who they will play with in high school and higher levels. Discourage the stigma of "They must think they are better than everyone else" or "They are just paying for the status". Supporting kids with the opportunity to play at a higher level and provides opportunity for others to develop in place of those kids who would not have the opportunity to play if that individual was not playing travel baseball. This is also against our core values of TEAM first. Remember it is not about winning, it's about development.

The primary goal of having a vision that extends to recreational baseball in Cass City is for developmental skills to be developed at the earliest level possible. Secondly, to help instill core life values in creating disciplined, hard working and positive individuals while instilling a love for baseball. The undoubted end result of better baseball in the thumb, kids loving the game and better baseball players in Cass City Public Schools which is a supplemental benefit that will benefit the high school baseball program. This should not be looked at in a negative connotation but rather beneficial partnership for all involved with purely positive motives and results for all.

High School Level

Junior Varsity Level:

Maximize student athletes' baseball IQ, while experiencing success at a competitive level, advance, build and enhance physical skills and details of the game. Continue to instill a love and respect for the game, improve physical strength, agility and balance while creating a winning culture. Winning is important, however, developing these players to become successful varsity players is our main goal. Every player will play a role in the success and development of the team. Continue to mentor positive attitudes, positive body language and work ethic that encompass the details of preparation. This will be a team first program ideal. Emphasis will be on building habits and routines for arm care and health and promoting multi-faceted utility players with the ability to pitch and play multiple positions.

Build on pitchers strengths and monitor pitch counts closely with adequate days of rest. A heavy emphasis will be put on academics and community involvement and mentoring younger athletes. (Example: umpire at younger levels, helping with practices at younger levels etc.) Crucial time to mentor students with difficult home lives as this is the level that most kids decide if they continue to play baseball or not, make sure coaches are making LIFE impacts and using intrinsic motivation to listen and create relationships. Continue to have fun at practice as a REWARD for diligence and good practices. Playing time will be earned not expected or given.

Players will be encouraged to have personal in-season and postseason goals. Off season summer travel baseball is strongly encouraged, if unable to find a team, coaches will help find teams to play with for level of skill, interest and/or financial situation. Pitching and hitting lessons and/or pre-season and off-season workouts will also be encouraged during the off season, coaches can assist in setting this up if needed and athletes and parents are willing to do so. Pre-Season arm conditioning will be expected of the student athlete in the final month leading up to the official start of the season for pitchers and catchers in small group sessions. (Scheduling will be communicated between baseball coaches and winter sports coaches as winter sports will take priority, however preparation for arm health & physical safety is a top priority for all players to prevent injury for the cold early spring months.)

Varsity Level:

Maximize student athletes' baseball IQ, while experiencing the highest level of success at a competitive and advanced level. Develop and enhance physical skills, strength and conditioning of the athlete to reach his fullest potential. Continue to instill a love and respect for the game, to create a winning culture. Every player will play a role in the success and development of the team. Continue to mentor positive attitudes, positive body language and work ethic that encompass details of preparation. This will be a team first program ideal. Emphasis will be on building habits and routines for arm care and health and promoting multi-faceted utility players and opportunities for kids to pitch and play different positions. Build on pitchers strengths and monitor pitch counts closely with adequate days of rest. Put a particular stress on school and community involvement and mentoring younger kids and athletes. (Example: umpire at younger levels, helping with practices at younger levels etc.)

Crucial time to mentor athletes by making Life impacts and using intrinsic motivation to listen and create relationships.

Playing time will be earned not expected or given. Players will be encouraged to have personal in-season and postseason goals. Off season summer travel baseball is strongly encouraged, if unable to find a team, coaches will help find teams to play with for level of skill, interest and/or financial situation. Pitching and hitting lessons and/or pre-season and off-season workouts will also be strongly encouraged during the off season, coaches should help set this up if needed and athletes and parents are willing to do so. Pre-Season arm conditioning will be expected of the student athlete in the final month leading up to the official start of the season for pitchers and catchers in small group sessions. (Scheduling will be communicated between baseball coaches and winter sports coaches as winter sports will take priority, however preparation for arm health & physical safety is a top priority for all players to prevent injury for the cold early spring months).

Championships and raising banners is what our program's success will be measured by as we will compete at the highest level to win championships at various levels (league, district, region and state). Providing student-athletes with the skills and opportunity to play at the next level (college and beyond). The impact on young men and their achievements as they move on out of the program are the true markers to successful relationship building, mentoring and coaching success at all levels.

Team Selection Process:

All Students who have an interest in playing for Cass City High School Baseball Program are required to attend all “official practices”. After one week of practice and using our evaluation process, players will be evaluated by the coaching staff for team placement. If a player does not meet the standard for a position on a specific team, they will be notified and encouraged to try out the next year. All players will be evaluated on multiple characteristics and core values of Cass City Baseball Program such as attitude, effort, skill level, baseball IQ, time and attendance. Reminder, if a student-athlete shows up late and/or misses any of these required practices without notifying the Head Coach with appropriate reason for missing or being late, they will be held accountable for their individual evaluation. Injuries at any time during conditioning and skill specific practices should be reported to the coach immediately and be evaluated before the student-athlete can return to 100% participation if serious. If injuries are reported to the coach after team placements are made, the player evaluation will stand.

Coaching Expectations:

All coaches at the high school level will be held accountable for their actions and character on and off the field in displaying an exceptional level of character. Coaches will maintain and display respect for the game, its competitors and officials by maintaining composure at all times. The core values of the team are shown through its leaders as it is the coaching staff that is the top tier and are held to the highest standard in mentoring young men by the way they portray themselves in light of heated competition.

Program Expectations

Academics:

Athletes will be held to a higher standard in the classroom by respecting teachers, staff, administration as well as their peers. Athletes will be expected to attend all classes, in person and/or virtually on time and will participate and put forth maximum effort. Assignments should be completed on time and all opportunities to improve grades with supplementary credit and review opportunities should be taken. Cass City Jr./Sr. High School policy on athletic eligibility found in the student handbook will be followed and if an athlete is ineligible, or is on the "D & E" list, they will be required to attend homework support after school daily until all missing assignments are completed and supplementary credit is taken advantage of before attending practice. Our academic goal is to have a cumulative team/program GPA of 3.5 or higher to be Academic All-State. (Team GPA 3.3 in 2022 Div. 3 Academic All State Recognition).

Character and Conduct:

1. Players, Parents and Spectators are representatives of Cass City Baseball Program and should present themselves in a proper manner before, during and after baseball functions. Represent the program positively at school, on the field, and in the community.
This includes any and all social media activity.
2. Players, Parents and Spectators should ALWAYS show respect to opposing athletes/fans, coaches, umpires and peers. All players and parents in the program are expected to conduct themselves in a mature, disciplined and professional manner. It is important to remember the significance and responsibility of participating as a member of Cass City High School Baseball Program. Every time you step onto the field, you are representing yourself, your parents, your teammates, your coaches, your school and your community. Act appropriately.
3. Unsportsmanlike conduct will not be tolerated by players, the coaching staff, parents or fans/supporters or spectators and you can/will be asked to leave if unsportsmanlike conduct occurs.
4. During Games, parents/guardians are not to enter/approach dugout for **any reason** and/or coach the players. Please leave coaching during the games to the coaches.
5. All concerns must be directed to the Head Coach. Do not discuss your issues with other parents or other athletes. ****If this becomes a problem, it could lead to your child's dismissal from the team/program. Negativity and gossip is a poison that is detrimental to the teams' success, it is contagious and will not be tolerated as it does not support our team first ideals and character core values.****

Community Involvement:

Athletes of Cass City Baseball Program will practice servant leadership in the community around them to give back to those who have mentored and helped them grow into who they are today. Expressing gratitude and paying it forward. Players will be expected to serve the community with the team periodically throughout the season when opportunities arise. Athletes will be encouraged to help mentor younger athletes by helping at various capacities such as helping at the CCASAP rec level, running youth camps and being superior role models for all youth athletes on and off the field.

Fundraising:

Athletes will be required and held responsible for participation in all team fundraising events with maximum effort to support the growth of the program and leave it better than when they entered into it.

Multi-Sport Athletes:

Multi-sport athletes are supported as a part of Cass City High School Baseball Program. Multi and dual sport athletes are important to all school athletic programs as well as the development of well-rounded student-athletes. If participating in another spring sport it is imperative that communication about the spring sports season is clear from the start of the season. Players will be required to declare a primary sport prior to JV & V team selections/cuts AND the first scheduled date of competition for the other sport if prior to JV & V team selections/cuts. A meeting with the student athlete, both spring sport coaches, the athletes parents and the athletic director are to be conducted at the beginning of the season prior to JV & V Team Selections/cuts, so if there are any conflicts the decision is clear to both athletic teams. (Example: Conflict of individual state track meet and baseball districts, we want this to be clear prior to season so all parties know what to expect.) If a student athlete does not officially declare to the AD, AND both spring sport coaches interest in dual sporting prior to JV & V team selections, they will only be able to play one spring sport that season, they will not be allowed to declare a switch in primary sport or addition of dual sporting after team selections.

Common concerns with dual sport athletes and expectations: Track and Baseball competition on the same day. Regardless of type of competition, (League / Non-League / Post-Season) athletes will be expected to participate in their primary sports events. Primary sport competition takes priority over secondary sport competition and practices. Secondary sport competition takes priority over primary sport practices. If missing multiple practices per week, as either a primary or secondary sport, thus lack of preparation/practice, may lead to sacrifice of playing time to be fair to other athletes that are attending all practices. Minimally time missed must be made up somehow which may look different for different kids. Coaches will do their best to manage these athletes to promote both team and individual success.

On the Field Expectations:

- Show up on time (5-10mins early) and prepared to compete.
- Work hard with attention to detail.
- Be a student of the game and be coachable.
- Put TEAM ahead of personal goals

- Encourage teammates
- Discuss questions or concerns with coaches in a Positive, mature manner.
- Positive body language. Keep calm, cool and collected. That is much scarier and more intimidating than anything else to an opposing hitter/pitcher. Thick skin and calm demeanor. "Poise" & "Poker Face"
- Minimize the high highs and the low lows. When things are not going your way... Fake it until you make it, with positivity. Without dreams or goals you will never show up at an end verdict of success. When things are going your way... stay humble, celebrate, act like you have been there before.

Baseball Communication Process

If an athlete or parent has questions or concerns regarding the program or athletes individual role on the team, keep in mind the following communication process of Cass City High School Baseball Program. This process provides an effective and efficient progression, focused on solving any problem or conflict that may arise.

Chain of Command and Conflict Resolution

One step action plan.

1. The Concerned ATHLETE should approach the HEAD COACH to discuss his questions or concerns during an appropriate time BEFORE or AFTER PRACTICE. NOT BEFORE DURING, BETWEEN or AFTER A GAME.
2. All discussions should be held in private and should focus on individual questions or concerns.
3. The performance and ability of OTHER PLAYERS will NOT be a subject of discussion. This is contrary to our team values of mutual respect and support.
4. Before leaving any meeting, be sure to clarify and summarize your thoughts and feelings. This will ensure that everyone involved has a clear understanding of the meeting outcome.
5. Playing time is earned not given, any and all concerns will be discussed during scheduled meetings preferably in person if not, over a phone call.
6. There will be no discussions with coaches regarding concerns BEFORE, DURING or AFTER games. (Please utilize the 24 hour rule. If you still have concerns after 24hrs please talk with the Head coach about the issue/concern.)
7. Please do not contact the assistant coaches. They will redirect you to the Head Coach.
8. Disagreements with a coach or teammate should be discussed in private with another member of the coaching staff and/or Athletic Director present if not able to be resolved initially.

Team Rules and Policies

Character Eligibility:

All conduct and character matters will be handled on a case by case basis and consequences will be decided by the coaching staff, athletic director and/or board of education.

Examples:

Detention – Suspended from team activities until released from detention.

ISS – Suspended from team activities until released.

OSS – Suspended from team activities until return.

All missed practices will need to be made up (Running, Extra Practices with JV/V etc or other makeup) before returning to games.

Any combination of the above during the season could result in dismissal from the team. If a player and/or parents conduct at school, practice or games become an issue and are detrimental to the team, the player and/or parent will be suspended from the event and the player could be released from the team indefinitely. **Playing BASEBALL for Cass City High School is a privilege not a right.**

Practices & Games:

1. Unexcused lateness for practices or games will not be tolerated.
2. Dress warm and be prepared to go inside or outside every day.
 - a. (Hat, Sunglasses, Glove, Pants / Shorts with socks to be able to slide, turfs/tennis shoes AND Cleats).
3. Anyone unable to attend a practice/game must contact the Head Coach directly via text, phone call or in person. (Do Not send a message with a friend or teammate. It is your responsibility.) Failure to communicate and/or notify the Head Coach in a timely manner and/or being tardy or missing practices can/will lead to consequences such as running and/or sitting out games etc. This will be dealt with on an individual occurrence basis accounting for the situation and not based on the athlete's talent or role on the team.)
4. Once practice/season starts please communicate all private pitching lessons with the head coach of your respective team to maintain arm health and discuss pitching rotations.
5. No Cell Phones used in the dugout or during practice/games.
6. Jewelry may be worn during practice and games as long as it is not a safety risk for athlete and/or others. Also cant be a distraction as deemed by umpire.*MHSAA Rule*
7. Catchers must be “**properly equipped**” at all times. This is your responsibility to wear a cup and protect yourself. Be prepared and have your cup with you at all times. .
8. Cursing, vulgar language, physical aggression/outbursts (Kicking, hitting, or throwing equipment) will not be tolerated on the field, or in the dugout. (One warning will be

issued, then you will be pulled from the game and/or other consequences/discipline on individual occurrence/basis.) This includes games and practices.

9. During games, all players should be aware of their role and carry them out to the best of their ability. All players should support teammates, be positive & take mental game reps.
10. Players who are not directly playing in the game may be delegated other responsibilities (Keeping book, charts, pitch counts, foul balls, scoreboard, music, etc.)
11. Following all practices and/or games each player will have field and/or equipment responsibilities and all duties to be completed prior to leaving the field. (Sweeping dugouts, raking field, repairing mount & plate, equipment responsibilities, etc.)
12. If a player becomes a disruption during the game coaches may ask the player to exit the dugout and sit with parents if unable to control themselves appropriately.
13. Once High School practice/season begins you are not allowed to participate in travel ball or on other leagues/teams in games until high school season is over. (*MHSAA rule.) Caution noted on travel ball practices pertaining to arm health and should be discussed and communicated with the Head Coach for care/management.
14. All players/parents are financially liable for loss or damaged items such as but not limited to equipment, uniforms on an individual basis depending on item and value or negligence in taking care of items responsibly.

****If a player/parent is found out of compliance and not abiding by any of these rules or policies this may lead to disciplinary action such as running, missed playing time, charged for damaged/lost items, and/or dismissed from the team.***

Program Philosophies

If our team shows the ability to follow these philosophies, we will always find ourselves in position to be successful and win games.

1. Hustle and Play Hard... You never know who is watching. The pitcher is the only one allowed to walk off the field. (This is to establish a persona & presence of control, all other players should sprint on and off the field to their positions.)
2. Preparation is crucial to success in high pressure situations. 7 Ps - (Prior & Proper Preparation Prevents Piss Poor Performances. (We will never be unprepared!)
*Importance of pre season arm care and off season skill development.
3. Details are important from drills to game situations, nothing short of 100% effort will be accepted on or off the field in games or practice.
4. Two things you always have control over... Attitude and Effort! "Control the Controllables".
5. Uplift teammates and remain positive, if things aren't going your way, fake it until you make it.
6. Respect the game and learn from every failure you endure, yet have a short memory, dwell on nothing. "Most important pitch, ground ball, pop fly, is the next one."
7. Trust and believe in one another... servant leadership, team first.
8. Bring the Juice! -Be positive and high energy, ready to compete every moment!

Program Philosophies (Cont.)

Pitching:

1. Make every pitch count and don't waste pitches. This is important related to pitch counts and maximizing efficiency and use of arms.
2. Work ahead & stay ahead in counts, First Pitch Strike Percentage of 65.0 (2022 = 58.46)
3. Limit Free Passes, Walks and Hit Batters. (Strikeout / Walks Ratio Goal 5/1) (2022=1.97)
4. Opponent Batting Average Goal .200 or less. (2022=.257)
5. Quick to the plate with runners on base, control the tempo of the game, give catchers a chance to catch guys stealing.

Defensively:

1. Must be able to execute the routine plays. Routine plays win games.
2. Physical errors will happen and are part of the game, however mental errors are not acceptable. Short memory, and limit compounding errors/mistakes. Focus and mental preparation/reps is key to success.
3. Fielding Percentage Goal .950 (2022 = 0.884)
4. Catchers: Communicate, create and build relationships with umpires.
5. Runners caught stealing percentage of 30.00 or better. (2022 = 14.81)

Offensively:

1. Run everything out aggressively! We are always thinking double out of the box.
2. Establish a routine and plate approach prior to getting into the box.
 - Know your Nitro Zone Pitch - Hunt Fastballs in that zone - Make in game adjustments.
3. All Batters must be able to execute a bunt in any situation.
4. Know how your job and the situational goal,
5. re-evaluate each pitch.
6. Quality at bats per plate appearance: Quality at bat is any one of the following: 3 pitches after 2 strikes, 6+ pitch at bat, extra base hit, hard hit balls: total line drives and hard ground balls, Sacrifice hits or bunts, and walks. QUAB% Goal 45.00 (2022=40.41).



Cass City High School Baseball Program Player and Parent Contract

I _____ hereby abide to all rules and regulations set forth by Cass City Jr./Sr. High School, Cass City High School Baseball Program Handbook and MHSAA guidelines. I am financially liable for any lost or damaged equipment such as uniform tops, batting helmets, catchers gear and other equipment provided for use by my student athlete. I will conduct myself in a mature manner at school, in the community and at the baseball diamond at all times. I understand that I will be held accountable for my actions and the consequences that may incur if I violate any of these policies and rules before me.

Signature: _____ Date: _____

Parent/Guardian #1: _____ Date: _____

Parent/Guardian #2: _____ Date: _____

☐

By checking this box I agree to allow my student athlete to use the team's Marc Pro Muscle Stimulator as a means of muscle health, recovery and wellness and agree not to hold Cass City Public Schools, or Cass City High School Baseball Program and/or their staff liable for misuse, health issues or harm that may occur.

Head Coach: _____

Returned Date: _____