### Program Philosophy

There is a difference between a team and a program. We want to build a program.

**Culture Over Skills**

A focal point of our program will be on creating a positive culture for the boys. The culture of our program is something that should be seen and felt. Certain aspects of our culture should be on display on the field, weight room, practice field, volunteer facilities, etc… and felt by the boys on/off the field. A baseball team, or any high school program, that ignores culture will susceptible to creating a toxic environment. We will not tolerate players who do not buy into the culture of our program regardless of their skills as baseball players.

There are various aspects of the culture we are trying to create. The motto of Emmaus Athletics is ‘Education through Athletics.’ Not only should student-athletes be learning, but athletics should be fun and playing a high school sport should add value to a person’s life. Value does not solely come from wins. Value comes from hard work, experiences, relationships, and competition, among other things. The value added to the lives of our boys will help them become more well-rounded student-athletes proud of their careers.

**Compete Over Talent**

A huge part of our culture will be a constant effort to get better and always willing to compete. This effort should not start and stop when practice begins and ends. We may face a team that is more talented, but we can win by doing other things better. Competing more is something we should do better than any other team we face. One of the things we have to emphasize is effort and a lack of effort cannot be tolerated. We are always in control of our effort and it’s one of the few things that we have complete control of in the game of baseball. Effort and competing also carries over into the classroom and our student-athletes should show a similar drive with their academics.

**Experiences Over Things**

Experiences connect people together and offer deeper meaning than materialistic items. Experiences shape people and their futures. Experiences may be good or they might be bad, but all of us can learn from them. These experiences are what will help shape character for the boys in the program.

Providing experiences for the boys in the program is a priority for the coaching staff. People will remember a volunteering experience more than a t-shirt. People will remember a trip to UVA more than apparel. After 4 years in our program, a baseball player should look back and remember those years fondly, proudly, and filled with a variety of experiences.

**We Over Me**

As coaches, we have many jobs. One of them is to coach each player regardless of their ability and help them become better baseball players, student-athletes, and people. We will do our best to help each kid individually and to give them the best opportunities for success during and after high school. However, the team will ALWAYS come first.

A championship season that ends with a team celebrating together is more valuable than being an all-star on a team that did not make the playoffs.
Program Philosophy

Culture Over Skills

Compete Over Talent

Experiences Over Things

We Over Me
All players in the program must abide by the 7 simple, yet incredibly important, set of team rules and values. Just about any infraction you can think of falls underneath 1 of these 7 rules. Also, these 7 rules address being selfless (we over me) and being relentless with their actions (compete over talent). If our coaches and players abide by these rules and constantly do things to reinforce our philosophy, we’ll have a quality program.

<table>
<thead>
<tr>
<th>Rule</th>
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<tr>
<td>Be the best student you can be in the classroom and on the field.</td>
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<tr>
<td>Represent Emmaus Baseball proudly and in a way that Emmaus Baseball is also proud of you. Represent Emmaus High School proudly and in a way that Emmaus High School is also proud of you.</td>
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<tr>
<td>When the TEAM has something scheduled, all players are required to attend. This includes games, practices, fundraising, and charitable work.</td>
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<td>Control what you can control and take full responsibility for that.</td>
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<td>Avoid actions that will hurt you and/or your teammates from the start of the season until the final out is made.</td>
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<tr>
<td>Take every opportunity given to you to get better.</td>
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<tr>
<td>Be selfless, be on time, and be honest.</td>
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CULTURE OVER SKILLS
COMPETE OVER TALENT
EXPERIENCES OVER THINGS
WE OVER ME
## Communication Plan with Coaches

### Communication you should expect from the coaching staff:

- Expectations the coaches have for student-athlete as well as all the players on the team
- Locations and times of all practices and contests
- Team requirements (practices, special equipment, pre-season conditioning)
- Disciplinary actions that may result in the denial of your child's participation

### If there is a concern that needs to be discussed with a coach, please follow this list:

- Athletes should speak directly with the coach first. This is a skill that our student-athletes need to learn and much respected by the coaching staff. For a more formal meeting, call/email Coach Mihalik to set up an appointment. This applies to all varsity and JV players.
- If you cannot reach Coach Mihalik, contact the athletic office to assist you in arranging a meeting.
- Please DO NOT attempt to confront a coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature rarely promote resolution.
- If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the athletic director to discuss the situation.

### Means of communication

- Remind101 text/email alerts will be the primary means of mass communication during the season. With this, you choose where you want the alerts sent (email address or cell phone). This is what will be used to announce cancellations, changes of any kinds, or other reminders.
- If there is something more urgent or private, we may contact you at your cell phone. Likewise, if there is something urgent on your end, you may contact us by cell phone.

### Topics of communication and appropriateness

- Appropriate concerns for parents to discuss with coaches: (1) the treatment of your child, (2) improving your child's athletic performance
- Issues that are NOT appropriate to discuss with coaches: (1) playing time, (2) team strategy, (3) other student-athletes
# Procedures - Apparel and Uniforms

## Practice Apparel

For practices, unless otherwise specified, players are required to wear baseball pants. Each player will receive a pair of used gray practice pants at the beginning of the season. Players are allowed to wear their own pants if they prefer, given that they are white or gray.

## Footwear

- All players should ALWAYS be prepared for practice indoors and outdoors. For outdoor practices, players are expected to wear cleats. There may also be times when players are instructed to put on a pair of running/athletic shoes when outside.
- For indoor practices, players are expected to wear a pair of turf shoes, sneakers, or running/athletic shoes. Under no circumstances will players ever wear cleats inside Emmaus High School.
- Pitchers should always have running shoes with them for cardio.

## Hats and Helmets

- For all practices, players are required to wear the solid green hat.
- Only varsity players and the coaching staff will receive an alternate hat with the gold brim. To avoid any issues, all varsity players are expected to have both hats for every game.
- Hats will never be born in any way besides forwards. Flat brims also not tolerated.
- Players will no longer be keeping the batting helmets at the conclusion of the season. Due to NOCSAE standards and our responsibility to provide players with safe equipment, players have an obligation to inform the head coach if any helmet has a crack and should be deemed unfit for play.
PROCEDURES - MISSING TIME AND MEDICAL

Missed Time

- If you know about a potential conflict in advance, talk to Coach Mihalik (varsity) or Coach Reina (JV).
- If you are sick and not in school, you must contact Coach Mihalik (if on varsity) and Coach Mihalik AND Coach Reina (if on JV).
- Not being at practice or a game without letting a coach know is absolutely inexcusable. This type of situation affects more people than just you.
- Players not being at practice or games and those situations will be dealt with on a case-by-case basis. There are times when missing practice is allowed for academic/family reasons. There are times when it is inexcusable. Communication and honesty is key.

Medical

- We want all players to be healthy and honest communication is needed to ensure that players are put in a position to perform to their capabilities without further endangering themselves.
- Baseball is a sport that can be tough - there are times when you'll be sore and times you'll be in pain. Please be honest with the coaching staff.
- If a player is told to go to a trainer, you must go to the trainer. Not going to the trainer is no different than not going to practice.
- If an injury occurs in practice or a game, you must tell a coach and see our trainer first. Not telling the appropriate people and going to see your own doctor can significantly affect the amount of time you're on the sidelines.
## Transportation

### Practices

Members of the JV team will always be provided bus transportation to practice and this bus leaves at 2:35 by the training room on school days. This applies to practices held at Church Lane or Emmaus Community Park. However, bus transportation will never be provided back to the school so it is necessary to arrange a ride at the conclusion of practice. On Saturdays, all players are responsible for their own transportation.

Members of the varsity team are allowed to drive themselves or ride with other varsity players to our practice sites at either Emmaus Community Park or Church Lane.

### Games

Transportation will be provided for all baseball players to away contests. Bus departure times will vary, but those times are available on Schedule Star. Players are also required to ride the bus back with the team and be picked up at Emmaus High School. While we understand that riding home with parents from an away game is convenient, it is unfair to ask others to be responsible for all the equipment. Again, we require that players ride the bus back with the team after away games.

For home games, JV players will be provided bus transportation. Varsity players are allowed to drive themselves to Emmaus Community Park.

### Bus Conduct

Check the 7 team rules. Bus conduct violations definitely fall under our 7 team rules. Do not let it happen. There will be consequences. More important than consequences are
Eligibility - Absentee Rule for Practice and Games

Student athletes are required to be in attendance on the afternoon of the day of a scheduled practice or athletic contest. If athletes are absent from school in the morning and expect to compete that afternoon or evening, they must check in the attendance office no later than 10:00 a.m. They will then be given credit for attendance and will be eligible for all athletic activity. If athletes are absent for the full day, they may not compete that afternoon or evening, unless it is a legal absence and approved by the Director of Athletics. If a student is absent on a Friday, he/she may participate on a Saturday contest.

Detentions and Suspensions

- Students who are assigned detention must report even if they have a scheduled practice or game.
- Students may not practice or play while under an in-school or out-of-school suspension. Example: a student suspended for Friday, Monday, and Tuesday may not participate in weekend school related activities, including practice and/or meetings.
- Students on suspension will be marked with an asterisk on the absentee list. A student on an out-of-school suspension will be marked with two (2) asterisks on the absentee list. A student with an out-of-school suspension may not attend any school functions during the time of suspension.

Private Transportation Policy

No athletic team, cheerleading squad, or individual student-athlete shall be transported in private vehicles for any reason. If an exception is requested, the parent(s)/guardian(s) of the student-athlete must submit a written request to be signed by the principal or athletic director, with a copy forwarded to the coach for referral. Special note: the request for an exception can only be granted for direct family members. Neighbors, friends, etc… will not be granted an exception for any reason.
# PIAA Regulations

**Article I, Section 1: Maximum Age Rule**

A pupil shall be ineligible for interscholastic athletic competition upon obtaining the age of nineteen years, with the following exception: if the age of 19 is attained on or after July 1, the pupil shall be eligible, age-wise, to compete through that school year.

**Article IX, Section 1: Weekly Eligibility During a Grading Period**

A pupil must be passing at least four full-credit subjects, or the equivalent. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis, and shall be filed in the principal's office. In cases where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards provided in this section, he shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which his cumulative work from the beginning of the grading period meets the standards provided for in this section.

**Article IX, Section 2: Eligibility Following a Grading Period**

In order to be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period.

**Article IX, Section 3: Period of Ineligibility**

In cases where a student's work in any preceding grading period does not meet the standards provided for in Section 2, said student shall be ineligible to participate in interscholastic athletics for at least fifteen (15) school days of the next grading period where the school has four (4) grading periods per school year, beginning on the first day report cards are issued.
The purpose of our Club is to promote and support the baseball program in the East Penn School District. We support, encourage and advance the baseball program, thereby cultivating school spirit, promoting good sportsmanship and developing high ideals of character. We promote projects which improve equipment and supplies necessary to provide an exemplary athletic program for the school district.

Booster Club Officers

President Gayle Cichocki tcichocki@yahoo.com
Vice President Andy Moxey moxey5@yahoo.com
Secretary Linda Gery geryfamily@rcn.com
Treasurer Dawn Lynch dawnlynch980@gmail.com
Web Coordinator Karen Schichtl schichtlk@aol.com

We meet monthly and would love to see you in Room 357 at 7:00 on the following nights:

April 11 May 2 June 6

Please mark the following important dates on your calendar:

* 3/18-19 Spring Team Building Trip to Virginia
* 3/22 Meet the Player JV arrive at 6:30pm, Varsity arrive at 7:00pm
* 4/9 EPC Challenge – Varsity vs. Whitehall at Coca Cola Park 11:00am
* 4/17 Applebees Breakfast 8:00am
* 4/23 Youth Day 11:00am
* 5/2 Sponsor Appreciation Night 7:00pm
* 5/4 Mentor Night/Pediatric Cancer Club 7:00pm
* 5/10 Senior Night 7:00pm

This season, we will provide the following and more for the EHS Baseball Team:

• New Pitching Machine
• New JV Jerseys
• Meet the Player Night
• Batting Practice Tshirts
• Season Program and Roster Card
• Coaching Stipends (for costs not paid by EPSD)
• Major subsidy for Spring Trip to Virginia
• Meals for Far Away Games
• Youth Day Event
• Mentor Night Celebration
• Senior Night Activities
• Senior Scholarship
• Season End Banquet

Bookmark our website www.emmausbaseball.com to stay updated and to learn more about EHS Baseball.

GO HORNETS!
Golf Outing (June-September) Gayle Cichocki
This event will be held for the first time in September 2015. Responsibilities include working with the committee to plan, organize and wrap up the golf tournament.

Football Snack Stand (October) Linda Gery
Committee chair will act as our team leader and be in charge of assigning jobs to our 20 volunteers and managing the group while working in the snack bar. Our scheduled date is Friday, October 30.

Miracle League (all year) Dawn Lynch and Karen Schichtl
Committee chair will be the liaison between the Booster Club, the players and the Miracle League organization. With the help of a player representative, plan and coordinate events.

Giant/Weis Gift Cards (all year) Suzanne Mazzella
Committee chair will set up program, fulfill orders and track sales.

Annual Sponsorship Program (January-March) Bill Marushak
Committee chair will develop a sponsorship package to use to obtain season sponsors. Package can include website and program advertising, company name on BP shirts, company banner at home games, invitation to special baseball events, etc., sponsor recognition night.

Meet the Player (February-March) Linda Gery
Committee chair will organize Meet the Player night, including creating the agenda/flow of traffic through fundraiser and apparel tables, ordering pizza and arranging for player donation of drinks and desserts.

Spring Trip (March) Judy Marushak
Committee chair will be the point person between the coaches and team parents to help distribute information and arrange for any help the coaches may need relating to the trip.

Apparel Sale (March) Karen Schichtl
Committee chair will select a vendor, create an order sheet, run the apparel sale at Meet the Player and deliver orders to players.

Letter Campaign (March-April) Chris Kish
Committee chair will assemble the letter campaign packets, distribute them at Meet the Player and monitor their collection.

Away Games (March-May/June) Rob Mazzella
Committee chair will coordinate a schedule of volunteers to provide hoagies, snacks and drinks to the players and coaches on the ride home from our farthest away games. Food must be kept cool and will be distributed to the guys as they load the bus to come home.

Home Game Snack Bar (March-May) OPEN
Organize volunteers for snack bar at all home games. Snack stand will be manned by varsity families. Stock supplies in stand for each game and coordinate cash box with Treasurer.

Pancake Breakfast (April) Allison Moxey
Committee chair will contact Applebees to book our date, print tickets from the Applebees website and distribute them at Meet the Player. Chair will create a work schedule for baseball players for the day of the event and will be responsible for supervising the boys at Applebees.

Election (April-May) Rob Mazzella
Committee chair will communicate timeline for elections to the club, create ballots and tally votes on the nigh of the election.

Senior Day (May/June) Allison Moxey/Liz Lanzone
Committee chair will work with their committee to honor graduating seniors at a game which will be designated “Senior Day”. Chair will be responsible for decorations, food, special announcements and events, setup and cleanup. The committee will also decide the purchase of a small gift from seniors to their parents.

Banquet (May-June) Rob and Suzanne Mazzella
Committee chair will work with their committee to coordinate all aspects of the year end banquet including date, venue, food, program and gifts.

Scholarship (June) Judy Marushak
Committee chair will work with volunteers (perhaps from outside the Booster Club) to read senior scholarship essays and select a winner. Club will decide criteria at a Booster Club meeting.
Emmaus Community Park - varsity home games and practices

From Routes I-78 & 309 exit onto Route 29 South (Cedar Crest Blvd). Go 3.1 miles and turn left onto Chestnut Street. At the Pizza Hut, make a right onto South 10th Street. At the next stop sign make a right onto Pennsylvania Ave. Go six blocks to yellow flashing light, bare right at light. Park is on your right.

Church Lane - JV home games and practices

Please use the following address for directions to Church Lane:
7034 Church Lane, Macungie, Pa 18062