



ACADEMY POLICIES

Welcome to the Central Cal Baseball Academy! We would like to share our coaching philosophy and goals for the team this season. Central Cal baseball Academy can be an exciting and fun opportunity to learn new skills, make friends, and have fun. While growth at CC can be amazing, different expectations from coaches, parents, and players can take away from the positive experience in a number of ways. As you read through this letter, please make sure that our coaching philosophy is a fit for your child's baseball experience. If not, now is the time to let us know.

Academy Coaching Philosophy

- We believe that kids gain confidence and a love for the game through positive feedback from parents, coaches, and other players. Skill level develops at different rates for kids, but effort and having fun can always be achieved. We will always try to provide positive feedback for effort.
- We think it's important that a coach takes more than a casual interest in the players. We will strive to talk with all the players one-on-one at some point during the practice and games. We may not be successful getting to every player each day, but we want them to know that we are interested in what they have to say, and more importantly, we want them to know that they are liked as a person.
- We believe in trying to make practice as fun for the kids as possible, while providing the repetition and instruction that they need to improve. We have found that kids expect and respond to well-structured and organized practices. As such, **disciplined play and practice is strongly emphasized.**
- Teamwork and developing friendships is an important part of any team sport. We expect all our players to support each other and to always be positive toward their teammates.
- Competition is an important element of any sport, and as kids grow they naturally become more competitive. We feel our role and that of the parents is helping the kids develop the ability to deal with competition in a healthy way. **Attitude is as important as athletic ability at the Academy.**

Academy Objectives

With each age group, we have 5 primary coaching objectives we believe to be of equal importance:

1. **Provide a safe and healthy environment for all players on the team.**
2. Help players develop the necessary skills to be successful at this level and to provide a strong foundation of physical and mental skills in preparation for play next season.



3. Learn about the importance of teamwork and sportsmanship.
4. Give positive reinforcement based on effort as well as results.
5. To have fun and have players develop a passion for the game.

Playing Time and Positions

Every player will have to compete for a starting position. The Academy is based on a Major League or Collegiate play system where the best player plays. **Athletic ability, along with attitude, work ethic, hustle, team leadership, and “coach-ability” – the ability to take direction from a coach in a positive manner and immediately implement it into your game – will dictate playing time.** We won't allow a player to play a position that we feel he doesn't have the ability or skill to play. This is really a safety issue as much as anything. Plus, we want to put kids in positions where we feel they have the best chance of being **successful**.

Team Formation and Team Rules

At the Academy, players are not locked into a chronological age group but may be placed on a higher-age team if they are capable of starting or obtaining significant playing time on the higher team. Also, if a higher team has a specific skill position need (e.g. pitching), a player may be moved to accommodate that need. As players move into the higher levels of play they will begin to specialize and understand that there are specific designated roles on a team. This may include specific pitching roles for right or left-handed pitchers, designated hitter roles, pinch hitter or pinch runner roles, etc. Emphasis will be placed on what is best for the team and how each player can contribute to the entire team's success. Players should understand that small, significant contributions to the team as a whole is often far more important than the number of innings played or number of at-bats obtained. Successful ballplayers make the most out of each opportunity given, great or small. Additionally, no player's position or playing time is guaranteed. Continuous hard work will be expected and required to maintain a spot on a team's roster.

School, League, and All-Star Play: CC strongly promotes and encourages members to participate in their respective school, league, and all-star programs. The Academy maintains a non-competition clause with area schools and leagues. While in a school or league season, CC members are asked not to participate in tournament games. This is done to minimize the chance of player strain, sprain, or injury. CC members may return to Academy play following the cessation of their school, league or all-star season and compete for a spot on a travel team or practice squad roster. Players must attend 3 practices prior to being placed on a travel team roster for tournament play to ensure adequate time for evaluation by CC coaching staff.



Please note the following specific team rules. Additional rules may be added as necessary.

1. The dug out is reserved for team Managers, Coaches and players. No parents will be allowed in the dugout during the game.
2. **Parents, please allow coaches only to give instructions during the game.** Parents can give all the instructions they want after the game.
3. **Maximum individual effort and doing what is best for the team as a whole is expected.**
4. The Academy is not a recreation league. As such, there is no guarantee of minimum game playing time for individual players.

Team Structure

Every Academy team will have a designated Team Supervisor in addition to the Manager and Coaches. The Team Supervisor acts as a liaison between the coaching staff and the parents on the team. Team Supervisors will communicate with parents regarding practice, game, and tournament schedules, designate a team hotel for out-of-town tournaments, secure hotel reservations for coaches, provide roster information to parents and tournament officials, and collect payment for any team fees such as uniforms and tournament entry fees. The Team Supervisor also assists in communication between parents and coaches. If you have a question or concern, please direct it to the Team Supervisor first and they will relay it to the Manager or Coach. It is the Team Supervisor's responsibility to intercede for you with the CC coaching staff.

Player Expectations

Please share the following specific player expectations with your athlete:

1. CC expects every player to have fun and always give your best effort.
2. Players should always show respect for the coaches, parents, umpires, and other players on their team and other teams.
3. Players are expected to spend time outside of team practice practicing baseball and improving their game.
4. **All players are expected to sprint on-and-off the field during games, and from station-to-station in practice.**
5. Players are expected to arrive 20 minutes prior to the stated practice time and be field-ready when the coach calls for them. Please check with your individual coach to determine his specific expectations on arrival time.
6. No food is allowed in the dugout (bottled water, Gatorade is ok).
7. No leaving the dugout without permission of a coach during the game.



Parent Expectations

1. Please make arrangements to have your child to practices and games on time. **Being late will result in individual and/or team consequences. Your child's game playing time may also be affected by late arrivals.**
2. Help out with team volunteer opportunities. **We cannot have a successful season unless we have parent involvement.** This would include fundraising, trash pickup, concession stand help, field prep, etc.
3. If for some reason your child cannot make a practice or a game, please call in advance. There will be consequences for unexcused and/or continued absences.
4. Get involved in playing baseball with your child. Repetition is crucial for skill development.
5. Please encourage **good sportsmanship** by demonstrating positive support for all players, coaches, and officials at every game and practice.
6. **If you have a question or concern you would like to discuss, particularly if it relates to playing time or playing positions, right after a game or during a tournament is not the proper time to do so. A phone call the next day to your Team Supervisor would be appreciated.**
7. Safety is a primary concern for coaches. Unfortunately, coaches can't watch every child every second. If you see any situation that you believe is a safety concern, please step in and help. Make sure you follow up with one of the coaches to inform them of any incident.

Additional Items

1. **Academic development** is a fundamental part of belonging to a CC team.
2. Players must maintain a minimum GPA of 2.5 to play. Study hall and/or individual tutoring will be mandated if in danger of falling below the minimum GPA requirement.
3. Academic sessions and homework will be a part of summer play.
4. Report cards must be provided upon request.
5. **Social responsibility** and **community service** is a fundamental part of belonging to a CC team.
6. Players are expected to participate in CC community service activities throughout the year.

We are looking forward to a fun and rewarding season. If you have any questions or concerns, please don't hesitate to contact your Team Supervisor or CC Representative.

CENTRAL CAL BASEBALL ACADEMY REGISTRATION FORM

(Please Print)

Today's date:							
PLAYER INFORMATION							
Player's Last name:		First:	Middle:	G.P.A.	Player #:	High School: _____ Frosh / Soph / Junior / Senior	
Throws? <input type="checkbox"/> Left <input type="checkbox"/> Right	Bats? <input type="checkbox"/> Left <input type="checkbox"/> Right		Years of Baseball Experience:		Birth date: / /	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Street Address:			Player Positions:		Home Phone : ()		
City:		State:	ZIP Code:		Player Cell: ()		
Player Email:		Primary Physician Name:			Primary Physician Phone: ()		
How did you hear about Central Cal Baseball Academy? <input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Internet <input type="checkbox"/> Facebook <input type="checkbox"/> Other							
Allergies or Health Concerns:							
Medications Taken on a Daily Basis:				Dosage:			
Personal Accomplishments (<i>Athletic & Academic</i>):							

PARENT/GUARDIAN INFORMATION							
Parent/Guardian #1							
Last Name:		First Name:		Home Phone: ()		Cell: ()	
Email Address:							
Street Address:			City:		State:	ZIP Code:	
Parent/Guardian #2							
Last Name:		First Name:		Home Phone: ()		Cell: ()	
Street Address:			City:		State:	ZIP Code:	
Email Address:							

EMERGENCY CONTACT INFORMATION			
Name:		Cell:	Alternate Phone:
Player Signature:		Date:	
Parent Signature:		Date:	



**Central Cal Baseball Academy
Parental/Guardian Medical Release Consent Form**

Player: _____ DOB: _____ Gender (M/F): ____

Parent(s)/Guardian Name: _____ Relationship: _____

Parent(s)/Guardian Name: _____ Relationship: _____

Player Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

PARENT OR GUARDIAN AUTHORIZATION:

In case of emergency, I hereby authorize my child to be treated by Certified Emergency Personnel (i.e. EMT, First Responder, E.R. Staff, Physician).

I also authorize Central Cal Baseball Academy Coaches, Staff or Appointed Representative to obtain any services they deem medically necessary.

If parent(s)/guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
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Name	Phone	Relationship to Player
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Please list any allergies/medical problems, including those requiring maintenance medication:

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

Authorized Signature of Parent(s)/Guardian Listed Above _____ Date _____



Central Cal Baseball Academy Concussion and Head Injury Release Form

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries, and in order to help protect participants in Central Cal Baseball Academy sporting events, effective January 1, 2012, Central Cal Baseball Academy requires that athletes, parents/guardians and coaches follow Central Cal Baseball Academy Head Injury Policy and Procedures.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling foggy or groggy
- Change in sleep patterns
- "Don't feel right..."
- Sadness
- Irritability
- Confusion
- Concentration or memory problems (forgetting game plays)
- "Pressure in head"
- Neck pain
- Blurred, double, or fuzzy vision
- Feeling sluggish or slowed down
- Drowsiness
- Amnesia
- Fatigue or low energy
- Nervousness or anxiety
- More emotional
- Repeating the same thing

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Confused about assignment
- Is unsure of game, score, or opponent
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events after hit
- Moves clumsily/displays lack of coordination
- Any change in typical behavior or personality
- Vacant facial expression
- Forgets plays
- Answers questions slowly
- Slurred speech
- Can't recall events prior to hit
- Seizures or convulsions

What can happen if my athlete keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a young athlete's safety.

If you think your child/player has suffered a concussion:

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance; Written medical clearance must state that the athlete has been evaluated by a licensed, qualified health care provider who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

Licensed Health Care Providers acceptable to make the determination:

1. Medical Doctors (MD)
2. Doctor of Osteopathy (DO)
3. Advanced Registered Nurse Practitioner (ARNP)
4. Physician's Assistant (PA)
5. Licensed Certified Athletic Trainers (ATC)

You should also inform your child's coach if you think that your child/player may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

I have read, understand and agree to abide by Central Cal Baseball Academy's Head Injury Policy:

Athlete Name Printed: _____

Athlete Signature: _____

Parent or Legal Guardian Printed: _____

Parent or Legal Guardian Signature: _____

Date: _____



**Central Cal Baseball Academy
Academy Policies**

By signing below you acknowledge that you have read, understand and agree to all policies as stated in the Parent Letter included in your Welcome Packet. Please sign and return to your Team Supervisor or CC representative.

Parent Signature: _____

Print Parent Name: _____

CC Player Name and Team: _____

Date: _____



**Central Cal Baseball Academy
Concussion and Head Injury Release Form**

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Athlete Signature: _____

Parent or Legal Guardian Printed: _____

Parent or Legal Guardian Signature: _____

Date: _____