

WELCOME TO MT. SI BASEBALL

2011

HEAD COACH: ELLIOTT CRIBBY



EXPECTATIONS

- PREPARDNESS
- DILLIGENCE
- **AGRESSIVENESS**
- BE COMMITTED
- **CONSISTENCY**
- **CONFIDENCE**
- **MENTAL SKILLS**
- IMPROVEMENT
- RESPONSIBILITY
- **HAVE FUN**
- **WIN!**



TEAM PHILOSOPHY

To give yourself the best possible chance of playing to your potential, you must prepare for every eventuality. That means practice. We are what we repeatedly do. Excellence, then, is not an act, but a habit.

- ★ Team spirit means you are willing to sacrifice personal considerations for the welfare of all. That defines a team player.
- ★ A player must be interested in finding the best way, not in having their own way.
- ★ Teamwork is not a preference, it is a requirement.



TEAM RULES

- ★ You are expected to treat your teammates, coaches, family, umpires, and opponents with courtesy and respect.
- ★ You are expected to act as a representative of Mt. Si High School because this is how you will be judged.
- ★ You are expected to be on time to all team functions. If you cannot make a practice or game please notify the coach immediately. Unexcused absences will result in suspension.
- ★ If you are injured, please tell your coach and seek an athletic trainer. ALL injuries are to be taken seriously and preventive methods will be taught to limit them.
- ★ Tobacco products are prohibited on and off the field at all times. If a coach even see's tobacco in use at any time, the player will be punished. Any future violations thereafter may lead to suspension.
- ★ The use of drugs and alcohol is prohibited. Drugs and alcohol will not in any way, shape, or form, enhance your ability as an athlete and, in fact, will hinder your performance. It is your responsibility to your team, and to yourself, to refrain from any activity that might put you in the environment where drugs and alcohol are being involved.
- ★ Appropriate attire is required at all team functions and practices. Look like a baseball player and play like a baseball player.

TEAM RULES (CONT...)

- ★ Fighting with teammates or opponents will not be tolerated. Automatic suspension will result from this activity.
- ★ Profanity will not be tolerated. Our practices are open and people could be watching and listening to us.
- ★ The well-being of the team comes ahead of any individual. Disruptive behavior and attitudes will result in suspension from the team.
- ★ In order to participate in a practice or contest, each athlete must attend all classes scheduled for that day. Exceptions would include schools hours affected by travel time needed to arrive at an away game. Exceptions will be considered by the Athletic Director and Head Coach.
- ★ Students with unpaid fines are not allowed to participate in athletics.
- ★ Students must pass all classes and maintain a 2.0 semester GPA in order to participate in athletics.



ACADEMIC STANDARDS

YOU ARE A STUDENT-ATHLETE

- ★ Student first, Athlete second.

IT IS A PRIVILEGE TO PLAY, NOT A RIGHT

- ★ Your grades determine your chances to play at the next level.

GRADE CHECKS: EVERY TWO WEEKS

- ★ We want to develop a positive relationship with our teachers.

STRIVE FOR 3.0

- ★ The goal for the program is a 3.0 GPA.

FUNDRAISING

★ EACH PLAYER IS REQUIRED TO SELL 20 TICKETS TO THE APRIL 12TH MARINER GAME.

➤ WE MUST SELL 1,000 TICKETS AS A PROGRAM IN ORDER TO PLAY IN THE 2011 HIGH SCHOOL BASEBALL CLASSIC AT SAFECO FIELD.

★ EACH FAMILY IS REQUIRED TO FIND AT LEAST ONE AUCTION ITEM FOR THE ASB AUCTION.

★ 80% OF THE SALES FOR EACH ITEM WILL BE GIVEN BACK TO THE BASEBALL PROGRAM.

FUNDRAISING (CONT...)

- ★ PLEASE DO NOT JUST WRITE A CHECK FOR YOUR STUDENT-ATHLETE.
 - THIS IS ABOUT HAVING THE KIDS BE RESPONSIBLE FOR THEIR PROGRAM. OBVIOUSLY, PARENT HELP IS SUGGESTED.
- ★ I UNDERSTAND YOUR TIME IS VALUABLE, BUT IN ORDER FOR THIS PRGRAM TO SUCCEED, WE NEED MONEY AND PARENT VOLUNTEERS. MONEY=GROWTH.
- ★ PROGRAM-WIDE FUNDRAISING EFFORTS. WHAT IS THE INCENTIVE FOR YOUR STUDENT-ATHLETE?
- ★ PLEASE JOIN THE BOOSTER CLUB! WE WILL BEGIN HAVING MONTHLY MEETINGS STARTING THIS MONTH.

TEAM STORE

★ ALL GEAR CAN BE ORDERED ONLINE:

http://www.mtsihsbaseball.com/team_store.htm

★ REQUIRED ITEMS FOR EACH PLAYER: BASEBALL PANTS (PRACTICE), WORKOUT SHORTS, T-SHIRT, AND HAT.

➤ FEEL FREE TO ORDER WHATEVER ELSE YOU WOULD LIKE.

★ MORE ITEMS WILL BE ADDED TO THE TEAM STORE SOON!

★ I AM AWARE THE APPAREL SAYS "2010"

BOOSTER CLUB

PLEASE WELCOME BOOSTER PRESIDENT:
POLLY BRESHEARS



HIGH SCHOOL BASEBALL CLASSIC

- ★ WE ARE LOOKING FOR 3-4 VOLUNTEERS TO MANAGE TICKET SALES FOR THIS EVENT.
- ★ WE MUST SELL 1,000 TICKETS AS A PROGRAM.
- ★ SIGN-UP SHEET IS AVAILABLE TONIGHT.

THE SEATTLE MARINERS AND SAFECO FIELD PRESENT:

MT. SI BASEBALL



V.S.



Mt. Si

Nathan Hale

Saturday
April 30th
12:30 P.M.

PLEASE SUPPORT WILDCAT BASEBALL BY
PURCHASING A TICKET FOR JUST \$15 TO WATCH THE
SEATTLE MARINERS HOST THE TORONTO BLUE JAYS
ON APRIL 12TH AT 7:05 P.M.

*** HALF OF THE PROCEEDS WILL GO DIRECTLY TO *
MT. SI BASEBALL**

HELP US REACH OUR GOAL OF SELLING 1,000 TICKETS



GAME DAY PROGRAM

★ WE ARE LOOKING FOR 1-2 VOLUNTEERS TO HELP DESIGN A GAME DAY PROGRAM THAT WILL BE GIVEN TO ALL FANS IN ATTENDANCE AT HOME GAMES.

★ WOULD INCLUDE ROSTERS, BIO'S, ADVERTISEMENTS, AND WEEKLY WRITE-UPS.

★ INDIVIDUALS WITH PUBLISHING EXPERIENCE OR ARE TECH SAAVY PLEASE SIGN UP.

★ SIGN-UP SHEET IS AVAILABLE TONIGHT.

LITTLE LEAGUE CAMP

- ★ WE NEED TWO CAMP COORDINATORS FOR THE MARCH 5TH BASEBALL CAMPS.
- ★ THERE WILL BE TWO SESSIONS HELD:
 - K - 4TH GRADE
 - 5TH - 8TH GRADE
- ★ SIGN-UP SHEET IS AVAILABLE TONIGHT.



POKER NIGHT

- ★ COORDINATOR: ROB STEVENS
- ★ SOFTBALL TEAM JUST RECENTLY GENERATED \$6500 TOWARDS THEIR PROGRAM.
- ★ WE NEED 1 TO 2 INDIVIDUALS TO HELP ROB STEVENS.
- ★ SIGN-UP SHEET IS AVAILABLE TONIGHT.



ASB/ATHLETICS AUCTION

- ★ WE NEED 3-4 PEOPLE TO HELP COORDINATE THIS EVENT.
- ★ AUCTION ITEM PROCUREMENT.
- ★ TICKET SALES.
- ★ 80% OF THE SALES FOR EACH AUCTION ITEM GOES BACK TO THE BASEBALL PROGRAM.
- ★ \$20 OF EACH AUCTION TICKET SOLD GOES BACK TO THE BASEBALL PROGRAM.

WINTER WORKOUTS

- ★ BUCKY JACOBSEN'S INDOOR FACILITY
 - MONDAY'S AND WEDNESDAY'S (SENIORS/JUNIORS AND SOPHOMORES/FRESHMEN) STARTING DECEMBER 13TH AT 3 PM.
- ★ SPEED CAMP STARTS JANUARY 4TH 4PM ON THE FOOTBALL FIELD. TUESDAYS AND THURSDAYS UNTIL FEBRUARY 24TH. 16 SESSIONS = \$100.
- ★ WEIGHT TRAINING DESIGNED BY JOHN ZANAS.
 - PLAYERS WILL BE IN THE WEIGHT ROOM 3 TIMES PER WEEK.

FIRST PRACTICE

MONDAY, FEBRUARY 28TH



NON-LEAGUE SCHEDULE

- ★ INGLEMOOR (JAMBOREE)
- ★ REDMOND
- ★ SKYLINE
- ★ BOTHELL
- ★ AUBURN MOUNTAINVIEW
- ★ ELLENSBURG
- ★ NATHAN HALE (SAFECO FIELD, APRIL 30TH)

IT'S NOT HOW WE START, IT'S HOW WE FINISH!

MT. SI BASEBALL 2011

**ONE PITCH AT A TIME
BASEBALL!**

**THANKS FOR YOUR
TIME!**