

PARENT HANDBOOK
FALL 2016
ALL TEAMS thru 14U



Table of Contents

To our Parents.....	2
Our Mission and Values.....	4
Player Expectations.....	6
About the Facility.....	7
What IYG has to Offer.....	7
Costs.....	7
Calendar	8
Coaching Staff.....	9

TO OUR PARENTS

Thank you for considering Improve Your Game (IYG)! We wanted to take a moment to introduce you to our program, outline expectations that IYG has of its parents, and discuss some of the general do's and don'ts that will maximize your son's potential both on and off the field. Our goal at IYG is to take young men who play baseball and develop them into adult men who play better baseball. We use the terms young men and adult men because we are trying to help your son grow and develop in more ways than just baseball. In order to be able to achieve this goal it is important to make sure you understand exactly what your commitment to IYG means and what IYG's commitment to you and your son means. Baseball parallels life. In many aspects, we are teaching baseball and life lessons.

IYG offers a **comprehensive approach** to helping your son become a better ball player and better man. Please take advantage of our warehouse and everything that our facilities have to offer. Bring your son in for extra work whenever they are free. We have cages, mounds and space for your son to improve his baseball fundamentals. If you would like separate lessons, you can sign up with a number of our coaches. It is your responsibility to help us help your son. What does this mean? Due to the limited amount of time we spend together as a team, it is critical that parents are committed to having their son at every practice or game, on time, and ready to play. Due to the competitive nature of IYG and limited roster spots available on any given team, it is important for parents to realize that making sure your child attends as many practices as possible will not only benefit your child, but the entire team.. You are vital in making sure your son grows in this sport whether it is getting them to practice & games on time, or rolling them a ball in the driveway to work on techniques. We need your help off the field!

While on the field, our coaches will carry themselves with the **utmost class** and we expect the same from our parents. You will not always agree with the calls on the field. This includes calls from the coach AND/OR the umpires. Please do not address those situations during the games. We assure every one of our coaches has extensive experience as players/coaches at high levels, as well as experience in working with young men. We appreciate the trust you put in us to ensure your son grows in his time at Improve Your Game.

While on the field, IYG believes that **your role** as a baseball parent should be to support your son. This includes cheering from the stands, being encouraging to them and being supportive of our program and what we stand for. This also means not distracting and being able to step back and have full faith and trust in our staff and program that we will take care of your son.

As young men grow and develop they learn about the stressors in life and what pressure feels like. IYG believes that putting additional pressure on your son will not be needed as our coaches are the ones that will take care of managing the expectations we have for members of our teams. Extra pressure includes, but is certainly not limited to:

- ⚾ Yelling negatively from the stands,
- ⚾ Being disappointed in their play,
- ⚾ Coaching from the sidelines
- ⚾ Distracting them during practices or games.
- ⚾ Not entering into the dugout during practices or games to talk with or deliver drinks or snacks to your child

In order for us to do our jobs as coaches we will need you to trust us. That means that when your son is at practice or participating in a game, IYG needs to have his undivided attention and focus. While IYG fully encourages parents to be engaged and supportive in their son's development, we'd kindly ask you to refrain from being anything more than encouraging and supportive.

Playing time, positions, batting order and pitching rotation will be determined by the coaches. We will find out where your son is comfortable playing and balance that with where we feel he can help the team the most. There is a method to everything we do. If there is a time your son is playing a position they do not normally play, we appreciate your support of that decision. We are trying to build well-rounded baseball players. We have an open-door policy for any questions or confers regarding playing time, so it is best to wait until an appropriate time to address any issues. We strive to be honest and open with each and every one of you. If there is ever a time you want to discuss your son's progress, how he is being utilized on the team, or any other issues you may have with the coach, then please contact your Coach via email, phone, text to set up an appropriate time to discuss your concerns.

Our Mission

Welcome to IYG! We are a business committed to a love for the game of baseball. IYG was started and run by Joe Frostick and his wife Charlene. Joe played baseball at the University of North Carolina Chapel Hill and has devoted his adult life to coaching. He has coached youth at all ages including Little league, High School, Legend and at the University of Richmond His passion for the game brings in the most dedicated coaches and players around, so you are guaranteed to get the most quality of any baseball program around.

Here at IYG we stress the importance of five core VALUES: focusing on five core principles:

COMPETITION. We will provide the opportunity for players to compete at the highest levels of youth baseball.

Competition is the fuel that drives athletes and sports, but "competing" is not a one dimensional concept. Being competitive means winning baseball games, but also means giving maximum effort while applying the skills and knowledge taught by the coaches and drilled in practice. Win/loss records and individual and team statistics are the yardstick by which individual and team progress are measured and are critical to the competitive experience but their importance must be balanced with other objectives, such as individual development and respect for the game.

INDIVIDUAL DEVELOPMENT. We will develop individual baseball skills and knowledge and enable each player to reach their full athletic potential.

We seek to develop players physically, technically, mentally, and emotionally. We emphasize teaching not only proper mechanics, but the mindset and even keel necessary to succeed in a game like baseball where patience and perseverance often prevail over passion. No two ballplayers are alike and our coaches tailor their coaching to suit each ballplayer's natural ability and skill set. As players get older, an increasing focus is given on identifying positions that match a player's skills and abilities to enable the player to receive position-specific coaching necessary to play at the high school level or beyond. We often utilize external resources to bring specialized knowledge to bear when appropriate.

TEAMWORK. We will stress the importance of teamwork and build strong, lasting bonds among teammates

Teamwork is the ability to work together toward a common vision and to direct individual accomplishments toward team goals and objectives. That individual achievement is always subordinate to achievement of team goals and is a fundamental tenet of team sports; a tenet that is uniquely reinforced by baseball in its recognition of the "sacrifice." Teamwork remains a core fundamental for every successful team and is the baseline for all planning and preparation. We strive to teach teamwork in all elements of the game and stress that each player on the team and each position in the field have a role in achieving team success. But teamwork is not just about execution--part of teamwork is supporting your teammates and picking them up when they have an off day or make a mistake. We fundamentally believe that players only reach their full potential when teammates are both well-drilled in their roles and baseball skills and are encouraging and supporting of each other.

SPORTSMANSHIP AND RESPECT. We will build character, honor good sportsmanship, and teach respect for the game of baseball, coaches, teammates, opponents, officials, and family.

Sportsmanship and respect are at the center of all of our baseball-related activities. The Spiders program believes in playing the game of baseball with the right attitude and appreciation for the elements of the game. We believe in playing the game hard and aggressively while never compromising our principles for the sake of winning. Poor sportsmanship by players, coaches, or parents will not be tolerated. It is a privilege to wear the Spiders uniform and compete at the highest level. Our actions represent not only our teammates, coaches, and parents, but all of IMPROVE YOUR GAME. We always respect our team and teammates, respect the other team, respect the umpires and respect the game of baseball.

LEADERSHIP. We will develop young athletes into leaders on their team and in their community.

Leadership is the ability to influence and motivate others to accomplish the mission. We believe in instilling qualities in our players that help them succeed not only on the ball field, but in their community. We choose to lead by example and never allow the intensity of the game diminish that standard. Leadership is closely tied to sportsmanship and respect—respecting and acknowledging the contributions, skills, and accomplishments that each person brings to the table motivates them to push themselves even further. Building character and leadership traits in our players not only maximizes our success on the field but in life, long after our playing days are over.

Player Expectations

While there are many values we will be trying to instill upon your son, IYG expects the following from every player:

1. IYG expects a commitment to IYG
2. IYG expects players to be on time for practices and games(Example: Practice starts at 6:00pm, on time means having your son at the practice location at 5:50pm so he and the rest of the team can start practice together right at 6:00pm)
3. IYG expects players to be properly equipped for practices and games
4. IYG expects players to be attentive while they are at practices and games.
5. IYG expects players to hustle whenever they are on the field.
6. IYG expects players to put 100% effort into everything they do.
7. IYG expect players to be positive and encouraging to one another.
8. IYG expects players to represent the IYG program in a positive way.

Consequences

As your son grows and develops in the program, he should always remember these fundamental expectations that IYG places on him. In the event that your son violates any of these baseline expectations, there will be consequences. **First violations** will be dealt with at the team level which could consist of extra conditioning, physical training, and or a temporary garnishment of playing time. **If the negative behavior or conduct detrimental to the team continues**, a meeting will be held with the parent, player, coach and IYG management to determine what steps need to be taken. The reason we expect so much of these young men is because these are lifelong values and life skills that your son will be able to carry with him forever.

Negative conduct by parents will result in a meeting with IYG management and a warning. If the negative behavior continues the family will be asked to leave IYG

*We are in the business of developing respectful young men and baseball players, we are not in the business of counting trophies. However, we will win games with this philosophy. It has worked before and will continue to work.

The main IYG facility also known as “**The Warehouse**” is located at:
7511 Ranco Rd. Henrico, VA 23228

The Warehouse is equipped with:

- ⚾ 9 Full batting cages ⚾ 2 pitching machines ⚾ 6 pitching mounds
- ⚾ A weight and exercise room ⚾ Separate area to go over film
- ⚾ Parent Lobby with free wifi and live video cam of practice area

What IYG Teams Offer

Group Fitness

Ready for a challenge?
7:30-8:30 PM M&W

Open Warehouse

Hours vary but times are listed on monthly calendars and include after school, week-ends and school holidays

Personal Lessons @ additional charge

One on one lessons are offered for everyone to sharpen their skills in any aspect of the game (Batting, Infield/Outfield work, Pitching & Base-running)

Team Practice

2 x week - 1 weeknight & 1 weekend
Practices held outdoors when possible if inclement weather practice moves to the warehouse. Tournament weekends - no practice

Tournaments

Two tournaments a month - attempt will be made to make up rain outs/canceled tournaments. Additional double headers or scrimmages when possible

Camps and Clinics at a reduced rate

Camps and clinics held throughout the year most offered during school holidays. These are open to the public however Spiders who choose to attend are charged a reduced rate.

Team Costs: (thru 14U)

\$150.00 per month, which includes most tournament fees .
Plus: \$55.00 for the basic uniform (\$35 jersey + \$20 hat)

- ⚾ Payment is expected **on or before the 5th** of each month
- ⚾ We ask payments to be set up through your banks on line bill pay. Use your sons name and team as the account # i.e. JohnZ12 white and
mail to: Improve Your Game

P.O. Box 70463
Henrico, VA 23255

There will be a \$25 late charge for all late payments. If you need to make special arrangements we will work with you when notified in advance. Call Charlene 804-400-9014 .

CALENDAR

August: Tryouts / Skill Evaluation / Velocity - Speed - Strength Scores
Extended Open Warehouse Hours
Will offer Camps and Clinics at a reduced rate for Spiders Players

September & October: Weekday team practice. 2 tournaments a month or Sunday League play. Practice or scrimmages on off weekends

November: Weekday / weekend team practice Tournament play will be dependent on weather

December: Weekday / weekend In-door team practice
Will offer Camps and Clinics at a reduced rate for Spiders Players

January: Goal setting / Focus / Action Plans / Work
Focus on Fitness (Speed/Strength/Agility)
individual and team plans written and distributed.
NEED parent and player commitment for indoor practices and training

February: Team Practices. Tryouts / Skill Evaluation / Velocity - Speed - Strength Scores. Game ready preparation

March: Parent meeting / Tournament Commitments
Weekday team practice. Tournaments begin mid-month depending on weather. Practice or game on off weekends

April: Weekday team practice. Practice or game on off weekend. Two tournaments per month when possible.

May: Same as April. Special Tournament- Memorial Day

June: Same as May

July: Weekday team practice. Practice or game on off weekend. Two tournaments per month when possible. Extended Open Warehouse Hours
Will offer Camps and Clinics at a reduced rate for Spiders Players

Coaching Staff

Joe Frostick - Owner/Head Coach

804-317-6472

Tyler LeClair - Director of Baseball

804-495-7574

12U Team Coaches:

Jerry Farrar

804-316-4988

Stephen Brooks

804-916-0397

14U Team Coach

Tyler LeClair

804-495-7574

13U Team Coaches

Brian Dunkum

804-380-5514

Jamie Rooker

804-814-6975

High School/Showcase Coaches:

Joe Frostick

804-317-6472

Jeff Zona Jr.

804-385-1027

Additional Coaches Offering Private Lessons

Mark Fleisher

804-519-6254

Tommy Harrison

804-347-2300

Mark Meleski

804-921-0197