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SOCIAL MEDIA SITES:

WEB: www.iygbaseball.com

Instagram: iygbaseball

Facebook: IYG Baseball

A LETTER TO OUR PARENTS

Thank you for considering IYG Baseball! 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 a 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. We are working to build competitive teams and limit roster spots on our teams. 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 also benefits the entire team. Likewise, missing practices and games not only hurts your child but also negatively impacts his team. You are vital to making sure your son grows in this sport whether it is getting them to practice & games on time, or throwing them a ball in the back yard 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 want to assure you that every one of our coaches has extensive experience as players and/or 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.

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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 of their son's development, we'd kindly ask you to refrain from being anything more than encouraging and supportive. Please do not coach from the sidelines.

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 concerns regarding playing time, but we ask that you not attempt to discuss your concerns during practice or during or immediately following games. 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 Tyler LeClair via email, phone or text to set up a time to discuss your concerns.

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Our Mission

Welcome to IYG Baseball! We are a business committed to a love for the game of baseball. Improve Your Game LLC was started by Joe Frostick and his wife Charlene. Tyler LeClair acquired the baseball teams in August 2021. Our mission has not changed. Our mission is to take young boys and make them stronger mentally and physically. Instill confidence and integrity and to turn them into the very best person and ball player they can be.

Here at IYG, we stress the importance of five core VALUES:

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 ball players 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.

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 yardsticks 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.

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 the achievement of team goals and is a fundamental tenet of team sports. 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. We will build character, 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 IYG. We always respect our team and teammates, respect the other team, respect the umpires

and respect the game of baseball.

LEADERSHIP. We will develop 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 maximize 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 commitment from our players and their parents. We ask for the following from every player/parent;

1. IYG expects players to be on time for practices and games (Example: Practice starts at 6:00 pm, on time, means having your son at the practice location at 5:50 pm so he and the rest of the team can start practice together right at 6:00 pm)
2. IYG expects players to be properly equipped for practices and games. This includes wearing IYG gear to practice.
3. IYG expects players to be attentive while they are at practices and games.
4. IYG expects players to hustle whenever they are on or off the field.
5. IYG expects players to put 100% effort into everything they do.
6. IYG expects players to be positive and encouraging to one another.
7. 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. As we stated earlier, baseball mirrors life and in most areas of life, there are expectations that we all must meet. When we do not live up to expectations there are consequences. At IYG we have the expectations listed above. 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 reduction in 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.

We want to assure you that we are reasonable and understand not everything in life can be controlled. If you or your son has a reasonable excuse for being late or missing a game we will understand. It is important though, that you and your son realize that when he is late or misses practices and/or games he is hurting himself **AND** the entire team. 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.*We are in the business of developing respectful young men and baseball players, not counting trophies. On the contrary, we will win games with this philosophy. It has worked before and will continue to work.

Facility

The facility that IYG Baseball practices out of is known as “**The Warehouse**” and is located at:
[7511 Ranco Rd. Henrico, VA 23228](#)

The **Warehouse is equipped with:**

- 9 Full batting cages
- pitching machines
- 8 pitching mounds
- A weight and workout area
- Separate room to go over film
- Parent Lobby
- 2 bathrooms

What IYG Has to Offer

Travel Teams

Travel teams for ages 10U - 15U and Showcase teams

Trained professional coaches who have played and/or coached at a high level

Tournaments normally scheduled for two weekends a month and are generally within a 75-mile radius of Richmond.

A year round training program that focuses on fundamentals and fitness

2 Practices per week for each team

1 during the week and 1 on weekends when we are not playing in tournaments

For those looking to take their skills to the next level

JV and Varsity college Showcase teams.

These are more competitive teams designed for players interested in playing in college. The Showcase teams play in front of college coaches and require more extensive travel. Summer tournaments generally run from Thursday thru Sunday and require more extensive travel. Fall Tournaments may include Friday night and run through Sunday. Some overnight travel will be required.

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Team Fitness

Specialized sports conditioning for each team.

You play together, get bigger, stronger and faster together!

Fitness is offered at least two times a week and we encourage all players to attend as often as possible

Open Warehouse

A monthly calendar will be emailed to all players listing open warehouse times.

Generally, they are from 2 PM to 5 PM Monday thru Friday. Weekend times vary. The warehouse typically opens early during school holidays and snow days.

Open warehouse is a time when players can come in and work on tees or throwing with whoever else might be in. A coach will be present to supervise but it is meant primarily for players to work independently, with parents, or with each other.

Discounts

Equipment fairs are held on a regular basis with representatives from various manufacturers of bats, gloves, shoes and other equipment. These fairs take place at the warehouse and give players the opportunity to see and try out the newest items. Special discounts are offered to Spider players.

Baseball and fitness Camps are offered periodically during school holidays and summer months. The camps are open to all but Spider players are able to attend all IYG Camps at a discounted price.

Costs

All (non showcase) baseball teams

\$130.00 per month, which covers the cost of weekly practice, open warehouse times, fitness and other responsibilities . This fee is assessed for 11 months out of the year. In July there will be no membership fee. Twice a year in March and September tournament fees are assessed. These fees may vary based on the team your child plays on. **Tournament fees are not refundable**. For 10U thru 15U partial refunds will be given for rained out or canceled tournaments. Refunds are only given if the team is unable to play and the tournament is not made up at a later date. They are not given if individual players are not able to make a tournament. Additionally, there is a one time uniform fee the cost will vary based on your team but run between \$100-\$200. You will be asked to purchase a jersey, hat, 2 practice shirts and shorts. Additional jerseys, hats and spirit wear may be purchased but are not required.

Payment is due on or before the 5th of each month

Please make checks **payable to IYG Baseball** and list your son's name and team on the memo line. Payments may be dropped off in the payment box located on the wall outside Tyler's office. **However, we prefer** you mail them to:

Improve Your Game

P.O. Box 5601
Glen Allen, VA 23058

We must receive payments timely. We are like every business and have bills and coaches who expect to be paid on time. We can not meet our obligations if you do not meet yours. We understand life gets hectic and it is easy to rush to practice and once here realize you forgot your payment. We have also had a number of parents send payment with their child only to find the check in the bottom of the bat bag 10 days later. For this reason, **we encourage parents to set up payment through their on-line bill pay**. To do this use your son's name and team as your account number and have the payment sent to the P.O. Box listed above (**not the street address!**).

You are also able to pay with a credit card by going online to iygbaseball.com. On the

home page in the header column, you will see “pay fees” from there you can select the payment you would like to make. Please be aware there is a service assessed for each credit card transaction.

CALENDAR

July: New teams form by mid month . Information sent to new and returning players to organize for the fall. Practice and tournament schedules released.

August: Team practices start the first full week of August. Uniform orders, parent meetings.

September & October: Weekday team practice. 2 tournaments or 2 Sunday League a month.

Practice on weekends we are not playing.

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

December: In addition to practice we offer Camps and Clinics. The Camps and Clinics are open to all however, Spiders Players can attend for a discounted price.

January: Goal setting / Focus / Action Plans / Work

- Focus on Fitness (Speed/Strength/Agility)
- Individual and team plans are written and distributed. We **NEED** parent and player commitment for indoor practices and training

February: Tryouts for Spring season - Commitments to tournaments. Game ready preparation

March: Parent meeting / Tournament Commitments

- Weekday team practice. Tournaments begin mid-month depending on weather.

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

month

May: Same as April.

June: Same as May. Tryouts will be held for the fall season.

July: No membership fees due. Clinics/camps/extra work available.

OUR COACHES

Tyler LeClair 804-495-7574 tylerleclair@iygbaseball.com

Coach LeClair is the owner of IYG Baseball. He comes to us from northern New York. He played his high school baseball for the Ogdensburg Blue Devils. He played at the State University of New York College at Brockport as a catcher. He earned his B.A. in teaching Physical Education with a minor in Coaching. In 2009 he started and was the head coach of a Junior Varsity baseball program at a high school that did not have baseball as a spring sport. That program now has J.V. and Varsity level teams. He was the catching coach at Freeman High School from 2010-2015. Coach LeClair has been at IYG since the summer of 2010. He moved to Director of Baseball Operations in 2017. He is currently the owner of IYG Baseball LLC.

Coach Tyler offers lessons for Catchers, Hitters and Fielders.

Joe Frostick 804-317-6472 iygcoachjoe@outlookcom

Coach Joe is the founder of IYG. He is in charge of day to day operations of the facility and the owner softball program under Improve Your Game LLC. He has been playing baseball since he was 7 years old. He played Varsity Baseball for four years in High School as a Pitcher and Catcher and Varsity Football for three years as Quarterback and Defensive Back. He played Baseball as a Catcher and Football as a Cornerback at UNC. Coach Joe has been coaching youth baseball for thirty years. From Little League baseball and softball, Freeman high school, Legion Post 125, and was the hitting coach at the University of Richmond.

Coach Joe offers lessons for all positions.

Nick Evans- 804-944-1479 nickevans@iygbaseball.com

Coach Nick graduated from Lee Davis high school in 2018 where he played baseball for 4 years. He then went on to play at Bryant and Stratton in eastern Virginia. Nick played with our Spiders organization for 7 years and was the definition of hard work and dedication to the sport of baseball.

Ted Paul- tedpaul@iygbaseball.com

Nick Cook- nickcook@iygbaseball.com

Kevin Napier- kevinnapier@iygbaseball.com

Mark Fleisher 804-347-2300

Mark Meleski 804-921-0197

Scott Sizemore 757-749-2669

Spider Baseball Team _____ U

Name : _____ Age: _____
(please print)

___ I **understand** that this team will require my child to participate in strenuous physical activity. I **certify** that my child is in good health and has no physical conditions that would limit participation in any team activity and agree not to hold IYG, or any of their associates liable in the event a health condition I am not aware of, does exist or in the case of an accidental injury.

___ I **give/do not give permission** to the coaches of the Spider baseball team to authorize medical treatment for my child if I cannot be reached in an emergency.

___ I **give/do not give permission** to the coaches and other team parents of the Spider baseball team to transport my child to games and practices.

___ I **agree to allow** my child's photograph to be used by Improve Your Game LLC in teaching materials, flyers, brochures or on the web site.

___ I **do not wish** for my child's photograph to be used in any manner.

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

IYG PARENT RESPONSIBILITY AGREEMENT

IYG was started out of a love of baseball and the desire to share the baseball experience with the youth in our community. We, however, cannot provide a quality experience unless all of our players and parents understand and agree to the expectations and responsibilities they have to their team and this organization .

I agree to commit to this team and organization for the duration of this playing season which will run from August, 2021 thru November, 2021. I understand that this means I will actively participate in all team events and am financially obligated to pay monthly and applicable tournament fees on a timely basis. I understand that I have this obligation even if my player is unable to attend one or more events. I understand **NO REFUND OR RELEASE OF FINANCIAL OBLIGATION WILL BE PROVIDED FOR ANY REASON.**

I agree to notify my players coach, at the beginning of the season, of any conflicts with baseball schedule

I agree to arrange family vacations and activities on non-game weekends or at the conclusion of the season, whenever possible.

I agree to drop-off and pick-up my player so that they are on the field and ready to participate at the appropriate time for practices and games

I agree to allow my player to focus on his coach and teammates while participating in team activities including games and practices. I will not attempt to communicate directly with him from the sidelines or in the dugout. I will not attempt to address concerns I may have immediately before, during or immediately after practices or games. I have been provided the phone number and email address of my son's coach and I will use these to contact the coach to set an appropriate time and place to address my concerns. If after meeting with the coach I am still not satisfied I will contact Coach Tyler, Director of Baseball whose email and phone has also been provided to me.

I agree to Model Good Behavior by

- a) Showing good sportsmanship at games and practices.
- b) Using appropriate language at games and practices
- c) Controlling my temper and assisting the coach and team when asked
- d) Refraining from expressing displeasure with coaches AND umpires calls

I have read this agreement and understand the responsibilities.

Let's play ball - GO SPIDERS!!!!!!

Parent Signature: _____ Date: _____

Print Parent Name: _____

Player/Team: _____

IYG PLAYER RESPONSIBILITY AGREEMENT

The players and families are what makes IYG a special place to be. As a player in this program you will be held to a higher standard. Not everyone can say they play travel baseball. It is not for everyone. This high level of baseball requires a matching high level of respect and integrity.

- I agree to be a positive role model and a great teammate.
- I agree to give 100% effort, work hard and hustle at fitness, practices and games.
- I agree to respect the coach and the coach's decisions at all times even though I may not agree with them.
- I agree to do my part in keeping the facility and dugouts cleaned.
- I agree to respect the game at all times. (parents, players, umpires, etc)
- I agree to uphold the culture at IYG and wear the logo with pride.
- I understand that I can come to the coach or owner with any questions or concerns I have.

By signing this agreement you fully understand that there will be consequences for failing to abide by any of the statements listed above. You also understand that by signing this agreement you are representing more than just yourself on and off the field. You are representing an entire organization of like minded people.

Player Signature: _____

Printed Player Name: _____

Date: _____

2018 EMERGENCY PERMISSION FORM

PLAYER'S NAME: _____ AGE: _____

Please list any health problems that might be significant to a physician evaluating your child **in case of an emergency**: _____

List any medications your child is allergic to: _____

Is an inhaler or Epi-Pen prescribed? _____ List the emergency medication: _____

List any other medication your child is presently taking _____

Does your child wear contact lenses? _____

Date of last tetanus shot _____

Insurance Company: _____

POLICY#: _____

Subscriber's Name: _____

Emergency Phone numbers: **1** _____

2 _____

3 _____

I certify the above information is correct. I will update information if any of the information changes.

In the event I cannot be reached in an emergency, I hereby give permission to the coaches and staff of Improve Your Game llc to authorize any and all medical care advised by any licensed surgeon, physician or other medical personal if it is deemed to be in the best interest of my child. I do hereby indemnify and hold harmless the physician, hospital, and other persons who act in reliance upon this authorization.

Parent/Guardian Signature _____

Parent/Guardian **printed** name: _____ Date: _____