



COON RAPIDS  
HIGH SCHOOL  
BASEBALL

2024  
TEAM HANDBOOK

Website: [www.crcardinalbaseball.com](http://www.crcardinalbaseball.com)

Twitter: @baseballCRHS

Instagram: crhs.baseball

# **“TRADITION NEVER GRADUATES”**

## **Conference Championships**

**1970, 71, 72, 73, 74, 75, 79, 81, 83, 85, 86, 92, 93, 2001, 02, 06, 07, 13**

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## **Section Champions**

**1969, 80, 81, 88, 93, 97, 2008, 10, 13**

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**State 4<sup>th</sup> Place  
2013**

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**State 3<sup>rd</sup> Place  
2010**

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**State Runner Up  
1997**

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**State Champions  
1980, 1993, 2008**

Varsity Head Coach: Matt Mossey	Cell: 763-232-6622	Email: matt.mossey@gmail.com
Varsity Asst. Coach: Alex Boxwell		Email: ajboxwell19@gmail.com
Varsity Asst. Coach: Tyler Wojciechowski		Email: tylerjwojo@gmail.com
JV Coach: Barry Boevers		Email: coachboevers@gmail.com
JV Coach: Brian Johnston		Email: brain.johnston@ahschools.us
C Team Coach: Anthony Smith		Email: anthony0404@gmail.com
C Team Coach: Dillon Stai		Email: Djstai2002@gmail.com
9 <sup>th</sup> Grade Coach: Justin Reeves		Email: jreevesmn76@gmail.com
9 <sup>th</sup> Grade Coach: Jake Kouri		Email: jakekouri23@gmail.com

Coon Rapids High School Baseball is a first-class program with a very rich tradition. All players, coaches, and parents will conduct themselves in a respectful manner that will positively represent Coon Rapids High School and the community. Everyone associated with this program will be expected to keep our baseball program's reputation intact.

## GENERAL

- All players must be in school the entire day in order to participate in practice or game that day. Doctor Appt, Dentist Appt, & other excused absences, verified by the Main Office, are examples of sufficient reasons to miss class and still be able to participate that day.
- High School Baseball must be a priority. All players are expected to be at all practices and games. Players need to be committed to this program for us to improve and compete in games. Vacations during the season are discouraged. Please plan them before or after the season. Family, Faith, and Academics are examples of things that can come before baseball.
- All players are expected to be on time for meetings, practice, games, or any other team function. If you are more than five minutes late, you may not practice or play that day or other disciplinary action. Coaches will handle each case individually.
- If you need to be late or need to leave early from a team function, it must be discussed with the coaches at least one day **AHEAD OF TIME!**
- Academics need to be a priority. All players must be on pace to graduate to participate. Low GPAs or failing classes will be subject to consequences. Coaches may ask players to get progress reports from their teachers. These need to be done in a timely manner.
- Report all injuries to the coaching staff and the athletic trainer. If you go see a doctor due to injury, you must bring a note in to the athletic trainer to be cleared.

### **Jeremy Sheppard Certified Athletic Trainer:**

**Office:** 763-506-7114      **Cell:** 612-998-9785      **Email:** jeremysheppard@tcomn.com

- All players and fans will practice sportsmanship. Win or lose we will be respectful. If you are ejected for any reason; you will not play in the next game.
- MSHSL governs all chemical violations (see MSHSL Bylaw 205). This covers, but is not limited to, consumption, possession, buying, selling, giving away of alcohol, tobacco, other controlled substances, drug paraphernalia, or products used to deliver nicotine, tobacco, or other chemicals. The MSHSL Policy for penalties is as follows:
  - **First Offense** - The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
  - **Second Offense** - The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
  - **Third Offense** - The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
  - Players will serve their MSHSL suspension and the coaching staff will deal with each violation on a case by case basis.

## TEAM SELECTION

This season our baseball program has 4 teams. All players will get placed where they will have the best chance to get better and have success. There can and will be movement throughout the season amongst teams. We will do our best to communicate changes as early as we can, but sometimes they will happen the day before a game.

When it comes to choosing the Varsity team we will abide by the following criteria: Seniors will be given first consideration when selecting the team. This does not mean that every Senior that tries out will be on the Varsity team. After selecting seniors, underclassmen will be given an equal chance to make the team and they will be assigned a level based on two things. First, they will play at a level that will benefit the program the most. Second, they will play at a level that will allow them to develop to their fullest potential as a player. Often these levels are one and the same.

- **9<sup>th</sup> Grade** – Freshman & 8<sup>th</sup> Graders may be selected
- **C Team** – Sophomores, Freshmen, & 8<sup>th</sup> Graders may be selected
- **JV** – Primarily Juniors/Seniors but Sophomores & Freshman may be selected
- **Varsity** – Seniors through Freshman are eligible to play

## HAZING/SOCIAL MEDIA POLICY

The Coon Rapids High School Baseball Program follows the school and Anoka-Hennepin School District's code of conduct policy on these items. Violations of this policy can result in suspension from playing. With everyone having instant access to social media, I want to make sure that this is addressed. We will not use social media in any way that will reflect poorly on the program. Please be smart when making posts.

## PRACTICE/GAMES

- Be on time. Early is preferred to help with set up. Consistently being late will result in loss of opportunities or extra conditioning.
- No cell phones or other electronics allowed at practice or games. Please silent or turn off and keep in your bag as they should not be left in locker room for risk of theft.
- **Practice Attire:**
  - Baseball pants, Coon Rapids hat, and any Coon Rapids shirt
  - Long Sleeve shirts are to be worn outside until temperatures reach 70 degrees or coaches deem ok to wear short sleeves. No shorts unless directed by coach
  - Tennis/turf shoes will be worn in the fieldhouse. Once we are outside, bring both tennis/turf shoes and cleats. **No sandals** will be worn at practice
- **Game Attire:**
  - Wear team issue hats, uniforms, socks, and pants
  - Long sleeves until short sleeves are approved
  - Bring sweatshirt and/or team issue jacket to all games
  - Bring both cleats and tennis/turf shoes. **No sandals** will be worn to games

## **PARTICIPATION/PLAYING TIME**

- Participation is an earned privilege, not a right. Players must accept all responsibilities to be a part of the team.
- Players must meet MSHSL academic guidelines for participation. Additionally, players may not be allowed to participate if they are failing classes during the season.
- All players will not play equally. Players that consistently show the skill, hustle, and good attitude will play more. Players with playing time issues need to discuss them with their coaches before any parent involvement.
- Players will be expected to participate in functions outside of practice time. These activities might include: youth games and/or practices, fundraising, community events, etc. These are considered team functions. Players will be given ample notice before these events.

## **CAPTAINS/TEAM AWARDS**

Captains for next season will be voted on by the team at the conclusion of the season for the next year. We also may add a captain prior to the season. The coaching staff will also vote and has the right to use their discretion on the final selections. The coaching staff also has the ability to take away captaincy from a player, at any time, if they deem there is just cause to do so.

There are several awards given after the season (i.e. All Conference, All Metro, All State, Mr. Baseball, etc.). These awards have different procedures but are all based on nominations and then voted on by various MSHSL, MSHSBCA, and media outlets. The coaching staff will always nominate and advocate for players deserving of these awards.

## **LETTERING POLICY**

A player can earn a varsity letter one of the following ways:

- He is a member of the section tournament team
- He has seen action in 10 Varsity games
- He is a Senior who is deemed deserving by the coaching staff but did not meet the above criteria
- Players must turn in all team equipment and attend year end banquet to receive letters/awards

## **PLAYER RESPONSIBILITIES**

- Represent CRHS in a positive light and conduct yourself in a first class manner
- Put the teams' goals and success in front of your own
- Follow the team rules
- Commitment to excellence academically, athletically, and socially
- Be coachable and give your best effort every day
- Be a good teammate – whether you are in or out of the lineup; encourage your teammates
- Be responsible for all team equipment and uniforms
- Take active part in setting up/putting away equipment and field maintenance/clean up
- Coaches coach & players play. Rules and directions will be followed or you will not play

- **No throwing of equipment** – this will result in loss of playing time or possible ejection by umpire
- Umpires will make decisions on the field – we will respect them (although we may not agree with them) Let coaches handle issues with them.

## COACH RESPONSIBILITIES

- Evaluate, select, and run the team
- Develop players' skills, knowledge, and passion for the game
- Keep the team's needs first
- Promote our student-athletes
- Assist with college planning and recruitment
- Be a mentor for players on and off the field

## PARENT RESPONSIBILITIES

- Be positive and support your son
- Support the program and coaching staff
- Deal with adversity appropriately – please remember that the coaching staff is doing what they feel is best for the team and that may or may not coincide with your personal beliefs. Let the coaches coach
- Stay out of the dugout or team area during games
- Umpires will make decisions on the field – we will respect them (although we may not agree with them) Let coaches handle issues with them

## COMMUNICATION

**Players:** You are young adults and are expected to be able to communicate with your coaches and teammates. You will be expected to know when and where we are meeting prior to games or practices. Our coaches are very approachable and will work to be proactive in heading off concerns and issues. However, if you are having an issue, it is your responsibility to come to us to discuss it.

**Parents:** Questions or concerns regarding issues should first be discussed with your son. If you feel that you need to meet with the coaches; your son must bring the issue to his coach first. The meeting will include your player's team coach, you, and your son, to ensure everyone is getting the same message. If there is still an issue the head coach will meet with player, team coach, and parent.

Also, we will only discuss concerns regarding your son – no other players. If you feel that you need to have a meeting, you should schedule an appointment to do so. It is NOT appropriate to attempt discussions right before or after games. It is also never a good idea to initiate a conversation in the "heat of the moment." Our staff is approachable and will continue to be, that respect needs to be reciprocated.