

# 2025

## **EPHRATA MOUNTS BASEBALL PARENT/PLAYER HANDBOOK**

### **BE UNCOMMON**



It is the mission of the Ephrata High School baseball program to inspire its participants to "Be Uncommon" by developing an uncommon work ethic, strength of character, and unity of spirit.

### **WORK HARD**

### **PLAY HARD**

### **DREAM BIG**

### **[WWW.MOUNTSHARDBALL.COM](http://WWW.MOUNTSHARDBALL.COM)**

# **Ephrata Mounts Baseball Parent/Player Handbook**

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***These rules apply specifically to the sport of baseball at Ephrata Senior High School and have been written in conjunction with the Ephrata Area School District's Student Activities Handbook.***

## **RESPONSIBILITIES OF THE ATHLETE**

1. Remember the team's goals, welfare and success must come before any individual.
2. Show respect for both authority and property.
3. Maintain academic eligibility and training rule standards.
4. Exemplify the ideals of sportsmanship, loyalty, ethical conduct, and fair play.
5. Strive to reach the highest level of athletic competence possible.
6. Understand the importance of striving to succeed.
7. Serve as a positive role model for other athletes, the student body, and the community at large.
8. Handle equipment and uniforms properly. And, returning the same or the cost of replacement at the conclusion of the season – **failure to do so will result in the following: No further participation until the obligation is satisfied.**
9. Report all injuries to the coaching staff.
10. File a claim with the school nurse following an injury - if school insurance is involved.

## **RULES GOVERNING BASEBALL TRYOUTS**

1. **Squad Selection Guidelines** – The intent of the baseball program is to involve as many students as possible. Therefore, it is the philosophy of the coaching staff to provide baseball-related instruction to as many participants as determined manageable. Occasionally, however, reasons arise which make it necessary to reduce the number of athletes on the roster.

For all parties concerned, “cutting” student-athletes is a difficult thing. Therefore, the following guidelines will prevail to assist the coaching staff in the responsibility of selecting team members:

- a. If squad size reduction is anticipated, student-athletes will be immediately informed of this possibility and the specific length of the time try-outs will be conducted.
- b. Criteria to be considered as they relate to the game of baseball in determining the selection of the squad will be clearly conveyed to all assistant coaches and will follow the **Mounts Baseball Player Evaluation Form**. (See Appendix A for a sample Player Evaluation Form)
- c. Prior to the final squad selection, all coaches need to confer and give careful consideration to each student-athlete. If “cuts” are necessary, the Director of Student Activities will be informed in advance so he can notify the High School principal.

Thereafter, the student-athletes need to be personally told that they have been “cut,” and must be given the opportunity to review their Player Evaluation Form with the head coach. **(NOTE: *Students who are given permission to remain on the roster for developmental purposes need to be informed that playing time may be very limited and are bound to the same responsibilities as any other member of the team.*)**

The Ephrata Area School District’s athletic department believes that coaches are in the best position to determine which athletes will remain on the roster. Therefore, as long as the aforementioned guidelines are followed, the Administration will not become involved in decisions regarding who will be retained on an athletic team’s roster.

## **PARENTAL PERMISSION**

Student-athletes must receive their parents’ or guardians’ permission prior to receiving their physical exam or participating in any practice session. This is done by the parents or guardians signing the PIAA Parent Consent Card. *(PIAA Bylaws – Article IV, Section I)*

## **PHYSICAL EXAMS**

The PIAA requires all candidates for athletic teams be examined by a licensed physician of medicine or osteopathic medicine, a certified nurse practitioner, or a physician assistant before participating in any practice sessions. Physical exams for sports must be administered no more than six weeks prior to the start of the season. A physician must complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation Form and that form must be signed by a parent/guardian. Examination must be obtained after June 1 of the participating year. Students who already have a certified physical form on file must complete a re-certification form issued from the athletic office by February 26<sup>th</sup>.  
*(PIAA Bylaws – Article V, Section I)*

## **INSURANCE**

The Ephrata Area School District offers insurance to be purchased by parents or guardians through the school’s student insurance program. This program is made available early in the school year, but can be purchased at any time during the year. *It is strongly recommended that families purchase the student insurance policy if their own family policies do not cover their sons’ or daughters’ sports activities.* Parents or guardians must sign the Sports Registration form indicating their knowledge and understanding that any expenses from injuries not covered by insurance must be paid by the athlete and/or parent or guardian.

## **FORM RETURNS**

The PIAA card must be given to the athletic office prior to starting practice. The Sports Registration Form, Student Activities Handbook Contract, Emergency Card, and Parent/Player Handbook Agreement (Appendix E) must be given to the coaching staff by the third day of practice.

## **ACADEMIC ELIGIBILITY RULES**

A student-athlete involved in any extra curricular activity is **not eligible if they are not passing four subjects or are failing two subjects.**

- a. Students who do not meet the above criteria on a weekly basis are ineligible for competitions/performances the following Sunday through Sunday. Practices are permitted during this time.
- b. At the end of a marking period, students who did not pass four subjects or failed two (2) subjects are ineligible for participation in contests/performances for fifteen (15) school days beginning with the date report cards are issued. Practices are permitted during this time.
- c. Athletes who fail two or more subjects for the year are ineligible for fifteen (15) school days the following school year. Students may obtain eligibility status by successfully completing summer school. Practices are permitted during this time.
- d. If a student is ineligible, the student must stay after school with one of the classes they are failing to receive extra help from the teacher. At 3:10, the teacher will give the student a note so they can go to practice. **Failure to produce a note from the teacher will result in the student-athlete being ineligible to participate in practice that day.**
- e. Dropping a course with a "WF" grade counts as a failed course for each marking period the course is offered as well as a final grade.
- f. In all cases previously described, eligibility for a student who has been ruled to be ineligible is restored only at the end of the prescribed period of ineligibility and only if the student is no longer failing two major subjects. (*P.I.A.A. Bylaws – Article IX, Sections 1 & 3*)

Other factors determining **ineligibility** include:

- a. For senior high school sports – if attaining the age of **19** occurs **prior to July 1** preceding the school year in which the athlete wishes to participate.  
(*P.I.A.A. Bylaws – Article I, Sections 1*)
- b. If the athlete loses amateur status in a particular sport, or if the athlete or an organization the athlete represents accepts cash awards or prizes that are the equivalent of cash awards as a direct result of the athlete's performance or participation in a particular sporting event.  
(*P.I.A.A. Bylaws – Article II, Sections 2*)
- c. If the athlete transfers from one school to another, either in whole or in part for athletic purposes; or if the athlete was recruited by a coach or someone representing the coach or school to which the athlete transfers.  
(*P.I.A.A. Bylaws – Article VI, Sections 10*)
- d. If the athlete is absent from school for **20** or more days during a semester. The athlete is ineligible for participation in any sports contests until the athlete has been in attendance for **60** days beyond the **20<sup>th</sup>** day of absence.  
(*P.I.A.A. Bylaws – Article III, Sections 3*)  
Note: Contact the Director of Student Activities for exceptions to this rule.

- e. If, while a member of a high school team, the athlete participates in an athletic contest as an individual or a member of another team **in the same sport during the same season** without securing a waiver through the athletic director and principal.
- f. If the athlete has reached the end of his 4<sup>th</sup> consecutive year (*8<sup>th</sup> consecutive semester or the equivalent*) beyond the 8<sup>th</sup> grade year, without regard to his period of attendance; participated in 6 seasons beyond the 6<sup>th</sup> grade or 4 seasons beyond the 8<sup>th</sup> grade in any sport OR completed the work of grades 9, 10, 11 and 12.  
(*P.I.A.A. Bylaws – Article VII, Sections 1*)
- g. If the athlete participates in a high school all-star game prior to completing eligibility in that sport in high school.  
(*P.I.A.A. Bylaws – Article VIII, Sections 4*)

## **DRUG POLICY FOR EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES**

### **ALCOHOL/DRUGS**

Ephrata Area School District Policy (Board Policies #222, #227) mandates that at no time will a student, while being a member of any school-sponsored activity, use, transport, or be in possession of alcoholic beverages, stimulant drugs, depressant drugs, narcotics, hallucinogens, or other illegal drugs in any form. Medication prescribed by a licensed doctor is exempt from this regulation and must remain in the Nurse's Office or Athletic Training room.

Student Assistance Program (SAP) (Board Policy #236) is a systematic process using effective and accountable professional techniques to mobilize school resources to remove the barriers to learning and, when the problem is beyond the scope of the school, to assist the parent/guardian and student with information so they may access services within the community.

### **Definition of Terms:**

#### **Alcohol or Alcoholic Beverage:**

- a. All alcoholic and malt beverages as defined in the Act of April 12, 1951 (P.L. 90, No. 21), known as the Pennsylvania Liquor Code, as amended:
- b. Ethyl alcohol of any degree of proof originally produced by the distillation of any fermented liquid, including synthetic ethyl alcohol, but not ethyl alcohol, whether or not diluted, that has been denatured or otherwise rendered unfit for beverage purposes;
- c. Any alcoholic, spirituous, vinous, fermented, or other alcoholic beverage, or combination of liquors and mixed liquor a part of which is spirituous, vinous, fermented, or otherwise alcoholic, including all drinks or drinkable liquids, preparations or mixtures;
- d. Any beer, lager beer, ale, porter or similar fermented malt beverage containing one-half of one per centum or more alcohol by volume, by whatever name such beverage may be called.

Drug:

- a. Any controlled substance in Schedules 1 through V of Section 202 of the Controlled Substance Act (21 U.S.C. 812) or further defined by regulation at 21 CFR 1300.11 through 1300.15, including opiates (e.g., heroin, morphine, codeine, methadone), cocaine and “crack”, cannabinoids (e.g., marijuana, hashish), amphetamines, barbiturates, benzodiazepines, (e.g., Valium and Librium) and other narcotics and hallucinogens (e.g., phencyclidine (PCP), methaqualone (Quaalude) and peyote (LSD);
- b. Any substance which is misused for the purpose of affecting a person’s emotional, mental or physical facilities (e.g., aerosols, glue, solvents, etc.);
- c. Any prescription drug unless the drug (1) is in the possession of the school nurse or the student for whom the prescription was issued and (2) used in accordance with the physician’s prescription;
- d. Any over-the-counter medication unless possessed and used in accordance with the manufacturer’s recommendations;
- e. Anabolic steroids;
- f. Any substance which is represent as being, or which is thought to be by the person who possesses or uses or distributes the substance, a drug, e.g. “look-alike-drugs.”

The term “use” includes possession, use, sale, transfer or distribution of the substances and related paraphernalia mentioned above. It is also important to note that any possession, use, sale, transfer or distribution of any of these substances on school grounds or at a school sponsored activity will result in additional serious disciplinary consequences, as outlined in the student handbook.

**Violation of this policy will result in the following disciplinary action:**

For the purpose of this information, the term “verification” is defined as any of the following:

- Self-admitted involvement by the student
- Witnessed student involvement by a coach or any EASD staff member
- Parent admission of their student’s involvement
- Verified by an official police report given to the school district

First Offense:

- Suspension from all school extra-curricular/co-curricular activities for **60 calendar days** from the date of the infraction, required completion of SAP assessment through PA Counseling, and full compliance with assessor’s recommendations.
- Suspension may be reduced to **40 calendar days** upon proof of successful completion of the Student Assistance Program (SAP) or continued participation in an underage drinking and substance abuse program recommended by the SAP assessor.
- Mandatory meeting with student, parent(s)/guardian(s), coach/advisor, Athletic/Activities Director, and relevant others to be invited prior to be reinstated on to any team or activity.
- If the school year concludes before the (60) day suspension has been completed, the suspension will continue at the beginning of the next school year or commencement of the school’s activities for the next school year.

Second Offense:

- Exclusion/suspension from all school extra-curricular and/or co-curricular activities for the next **365 calendar days**.
- Referral to the SAP team for drug/alcohol assessment and follow-up. Acceptance and fulfillment of the SAP team's recommendations and the approval of the Administration are required for the student to be reinstated.

Third Offense:

- Permanent suspension from extra-curricular/co-curricular activities.

Out-of-Season/Summer/New Student Infraction:

- Suspension from all school extra-curricular/co-curricular activities for 60 calendar days from the date of the infraction or first day of school if the infraction occurs during the summer; required completion of SAP assessment through PA Counseling, and full compliance with assessor's recommendations.
- Mandatory meeting with student, parent(s)/guardian(s), coach/advisor, Athletic/Activities Director, and relevant others to be invited prior to be reinstated on to any team or activity.
- If the school year concludes before the (60) day suspension has been completed, the suspension will continue at the beginning of the next school year or commencement of the school's activities for the next school year.

**ANABOLIC STEROIDS EXCEPTION:**

Pennsylvania Law Act 93 requires the following minimum penalties regarding Anabolic Steroids:

First Violation: Suspension for the remainder of the season.

Second Violation: Suspension for the remainder of the season AND next season.

Third Violation: Permanent suspension from school athletics.

- Additionally, the Ephrata Area School District has determined that in order to resume participation, a medical determination must be made that no residual evidence of steroids exists.
- The Board may require counseling, rehabilitation, testing, or other programs as a condition for reinstatement into a school athletic program. Only valid medical purposes exempt a student-athlete from the previous penalties.

**TOBACCO and VAPING REGULATION (School Board Policy #222):**

If a student participating in any extra-curricular/co-curricular is found using tobacco products such as cigarettes, snuff, or other tobacco products (i.e., vaping) will result in the following regulations:

First Violation:

- Suspension for **10 calendar days** and required completion of 4 tobacco education lessons.

Second Violation:

- Suspension for remainder of season AND **20 calendar days** of the next season as well as required completion of 4 tobacco education lessons.

Third Violation:

- Suspension from all activities for remainder of the school year.

*Note: For all Alcohol, Drug, and Tobacco violations permission for the student to participate in practice during the suspension will be at the discretion of the administration.*



## **HOME SCHOOLED STUDENTS/CYBER SCHOOLED STUDENTS**

All home-schooled students must complete an eligibility form weekly. This form must be turned into the Activities Office every Friday by 9:00 a.m. **If the form is not received, the student will be ineligible from Sunday to the following Sunday.** All parents of non-traditional schooling must have a meeting with the Athletic Director prior to being eligible to participate in a practice or game. The Athletic Director will contact the head coach after the meeting occurs.

## **OBLIGATIONS**

Students must be completely cleared of all athletic and school related obligations before starting or resuming participation in an extracurricular/co-curricular event. **This includes practice.**

## **ATTENDANCE/PARTICIPATION ON EVENT DATES**

Student-athletes must be in school by **8:30 AM** to be eligible to participate in that day's activity (contest, practice, etc.). Athletes arriving late to school must provide a school sanctioned excuse in order to participate in a practice or a contest that day. If a student is absent from school for the entire day, the student may not practice or participate in athletics that day. *Exception to the 8:30 AM daily deadline exists for the Senior Flex students, who must be in school no later than ½ hour beyond their report time.*

If a student leaves school before the end of the day (and does not return), the student may not practice or participate in athletics that day. If the student returns to school, a school sanctioned note must be provided to be eligible to participate in a practice or contest.

If a student is absent from school for a pre-approved vacation day, the student is eligible to participate in a practice or contest that day.

If a game is played on Saturday, the student must be in school on the preceding Friday.

*Students who have a nurse's or doctor's excuse from physical education activities may not participate in practices or contests for the duration of the excuse.*

If the team arrives back at Ephrata after 10:45 pm from a night contest, students have until 9:50 am to be in the school the next morning to be eligible to participate. This is not an excused absence.

## **SCHOOL SUSPENSION/DETENTION/PARTICIPATION**

Behavior unbecoming an athlete could result in the administration revoking the privilege of a student to participate in an athletic event. An athlete who is in detention may participate in practice or a game after serving the detention. If the student is assigned in or out of school suspension, he/she is ineligible to participate in a practice or game during the days of suspension.

## **PRACTICES/EVENTS FOR SCHOOL CLOSINGS, DELAYS, & DISMISSALS DUE TO WEATHER CONDITIONS**

When school is dismissed early due to conditions threatening the health and safety of the students, no practices will be held and all scheduled events will be postponed. However, on days when school has been canceled, practices may be conducted only upon approval from the Director of Student Activities. If approval is granted, it is understood that **attendance is not compulsory and students who are unable to get to the practice will not be penalized for their absence.**

## **ACADEMICS, COLLEGE REQUIREMENTS, SCHOLARSHIPS FOR STUDENT-ATHLETES**

Student-athletes planning to attend college should discuss, ***both with their Guidance Counselor and their Coach***, attending a college that fits their academic needs as well as one that is suited to the level of competition that offers the athlete the best chance to participate. Recent NCAA academic regulations regarding an athlete's eligibility to participate in college can have a direct bearing on the school subjects that are selected if an athlete is hoping to receive an athletic scholarship. Athletes planning to participate in college Division I or II should complete the NCAA form in the fall semester of their senior year. ***Forms are now obtained "online" at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).***

## **ACT 24**

The Athletic Director and/or Building Administrator must be notified within 72 hours on a criminal arrest or conviction of any of the offenses listed in this handbook.

## **GENERAL TEAM POLICIES AND PROCEDURES FOR PLAYERS**

1. Athletes should leave all valuables at home or with coaches.  
**Note: The school is not responsible for damage or loss of students' personal possessions.**
2. Athletes playing both Ephrata Area School District and Club Teams are required to give EASD games priority. Practices and games in the scholastic program come first! Any student who is participating or practicing in a sport in season may not compete in tournaments, all-star games, or related activities in another sport in which the season has already been completed, unless agreed upon by the respective coaches. A sport in season shall be defined as one currently being practiced or played.
3. Athletes who quit one sport may not try out for another sports team during that same season without the mutual consent of both coaches.

# **SPORTS MEDICINE/ATHLETIC INJURY GUIDELINES**

## **ATHLETIC TRAINER:**

1. Ephrata Area School District provides a certified Athletic Trainer to work with any student-athlete who is injured as a result of participation in interscholastic athletics.
2. Athletic Trainer contact information available on the Athletic Webpage at <http://www.easdpa.org/ehs/Athletics/default.html>  
  
Cindy Jenkins – Head Athletic Trainer      Abbie Carr –Athletic Trainer  
Cell Phone- School - 717-405-9201      Cell Phone- School - 717-875-0656  
Email- [Cindy\\_Jenkins@easdpa.org](mailto:Cindy_Jenkins@easdpa.org)      Email- [abbie\\_carr@easdpa.org](mailto:abbie_carr@easdpa.org)
3. If there are any changes in your medical information, please remember to update the emergency information card that is submitted during each athletic season. Updates can be made by contacting the Athletic Trainer.

## **REPORTING INJURIES:**

1. Athletes must report all injuries to the athletic trainer as soon as they occur.  
*(See Appendix E – 2025 Ephrata Athletic Training Room Health & Safety Procedures for how to report an injury and schedule an appointment with the athletic trainer)*
2. Any student participating in athletics has a chance of being injured. When injured, all student-athletes must immediately report the injury, no matter how insignificant, to their coach. Every injured athlete is then required to report the injury to the certified athletic trainer. In addition, all further issues or updates on the injury should be reported to the certified athletic trainer.
3. All coaches receive and are aware of proper guidelines in handling and reporting injuries of their athletes.
4. Referrals to physicians or physical therapy should be coordinated with the EASD athletic trainer. All outside medical decisions regarding participation status must be reported to the athletic trainer as soon as possible.

## **RETURNING TO PLAY AFTER AN INJURY:**

1. Student-athletes requiring a visit to a physician or the emergency room for any injury or illness during their sports season must submit written clearances from their physician to the athletic trainer before they may return to participation. The form required is **Section 8** of the Physical Packet - <http://www.easdpa.org/ehs/Athletics/PDF/2012-2013/PIAA%20return%20from%20injury%20form.pdf>

## **TRAINING ROOM PROCEDURES**

- Weekdays – 2:00- until evening events and practices are completed
- Weekends- As needed for events

## **INCLEMENT WEATHER PROCEDURES**

### **General Policy:**

- In the case of inclement (i.e. Thunderstorms/Lightning, Hail, Hurricane, Tornado), it will be under the direct discretion of the on-site Certified Athletic Trainer to determine if the practice/game fields should be evacuated. Exceptions will be made for golf, whereby the head coach will have to suspend activity in the absence of an Athletic Training staff member.

### **Lightning:**

- Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strike Ephrata athletes, coaches, support staff, and fans. To monitor lightning the Athletic Trainer will utilize both the Flash-Bang method and a Sky Scan Lightning Detector. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:
  1. If inclement weather is forecasted for the area or sighted in the area, a certified ATC will get a weather update by telephone or internet.
  2. Lightning detectors will be used by the ATC. If lightning is detected and the severe weather signal is illuminated, with two subsequent readings within 30 seconds on the detector at 3-8 mile range regardless of the presence of visible lightning all athletes and personnel must evacuate the fields and tennis courts and seek shelter.
- The nearest shelter to the war memorial fields would be the cars, bus, or high school gymnasium.
- The nearest shelter to the EMS fields would be the cars, bus, or middle school gym.
- 3. If the lightning detector is not present, use the countdown or "Flash Bang" method. To use the Flash Bang method, count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide the number by 5 and equals how far away (in miles) the lightning is occurring. As a minimum, the NCAA and the National Severe Storms Laboratory, strongly recommend that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at the 40 seconds or 8 miles.
- 4. If lightning is in the immediate area, the certified athletic trainer will notify the head coach as to the status of the inclement weather and of need to take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8 mile range or 30 minutes from last sight of lightning.
- 5. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up.
- 6. If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters the victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it's been suggested to run for shelter, rather than stay in the middle of the field.

### Heat Index/High Humidity

- During summer and early fall and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and illness. Daily measurements via thermometer/psychrometer are taken before each practice during periods of extreme heat and humidity.
  1. If temperatures range from 80 degrees, fatigue is possible with prolonged exposure.
  2. Between 90 and 105 degrees, sunstroke, heat cramps, and heat exhaustion are possible.
  3. When heat index climbs to 105 to 130 degrees sunstroke, heat cramps, and heat exhaustion are likely and heat stroke is possible with prolonged exposure.
  4. At 130 degrees or higher sunstroke or heatstroke are highly likely with continued exposure to sun.
  5. If heat index reaches 105 and 130 extreme caution must be taken and practices may be postponed to a cooler part of day.
  6. Dehydration must be avoided not only because it hinders performance, but also because it can result in profound heat illness. Fluid replacement must be readily available.
  7. Athletes should drink one to two cups of water in the hour before practice and competition, and continue drinking during activity. (every 15-20min)
  8. If heat illness is suspected, prompt emergency treatment is recommended. Athletic Trainer should be contacted immediately.
- **Signs and Symptoms of Heat Exhaustion** - is a form of shock due to depletion of body fluids.
  - Profound weakness and exhaustion
  - Dizziness
  - Syncope
  - Muscle cramps
  - Nausea

**First aid should include:** *Rest in a cool, shaded environment. Fluids should be given orally. And the athletic trainer should be contacted. Athletes with heat exhaustion should no longer practice or compete for the remainder of the day. The athletic trainer will determine the athlete's wellbeing.*

- **Signs and Symptoms of Heat Stroke**
  - *Is a MEDICAL EMERGENCY. Medical care must be obtained at once - a delay in treatment can be fatal. It can cause death.*
    - High body temperature
    - Hot, dry skin
    - No sweating
    - Possible seizure or coma

**First aid should include:** *IMMEDIATE COOLING of the body without shivering. (Recommendations of cooling – ice, immersion in cold water, or wetting the body and fanning vigorously. Victims of heatstroke should be hospitalized and monitored carefully).*

### Ways to prevent heat exhaustion/ heatstroke:

- **Clothing**- athletes should avoid dark clothing. Athlete should wear clothing that's breathable and light in color.
- **Fluid intake** is extremely important- before, during, and after practice/game.
- **Practicing** early in the morning, late afternoon.
- **Frequent breaks** during practices

## **EHS EMERGENCY PROCEDURES**

### **ATHLETIC STAFF/ATHLETES**

#### **FIRE**

- Evacuate the area immediately via the exit to the gym parking area – if unable to gain access to this exit, use exit to loading dock area.
- Take students to the grassy area around the greenhouse.
- Take roll and notify emergency personnel of any missing students.
- Notify athletic director of situation at 629-8857.
- Coach shall notify athletes parents of situation.
- Coach can dismiss athletes to parents or on their own with parent permission.

#### **LOCKDOWN**

- Lock exit doors to gymnasium area.
- Exterior doors should already be locked – make visual check to ensure exterior doors not propped open.
- If an intruder is believed to be in the building, turn lights out and move to the interior wall alongside home side of gymnasium.
- If a dangerous subject is believed to be in an area outside of the school, lockdown doors but continue practice or game.
- If school put into lockdown by coaches, call 911 to have police to check area and give all clear notification.
- If school put on lockdown status by police, wait for police to give all clear notification
- Notify Athletic Director of incident at 629-8857.
- Coaches should notify athlete's parents of situation.
- Coaches can dismiss athletes when given the all clear notification by police.

#### **BOMB THREAT**

- Evacuate the building according to fire plan – leave lights on.
- Do not use cell phones or other electronic devices while inside building.
- Once at evacuation site notify police immediately.
- Take roll.
- Do not go back into building until it has been declared safe by police.

#### **EARTHQUAKE**

- If indoors stay indoors. Assume severe weather position for at least 60 seconds. Move to interior walls away from windows.
- After event is over, evacuate the building immediately following the fire evacuation plan.
- Take roll and notify emergency responders of any missing students.
- Notify athletic director of incident.
- Notify parents of athletes.
- Dismiss athletes to parents or on their own with parent permission.

### **UTILITY EMERGENCIES (blackout)**

- Have athletes stay in the gym until the gym doors are open – then evacuate following the fire plan.
- Unplug all electrical equipment.
- Take role and notify parents.
- Notify Athletic Director.
- Dismiss when deemed safe.

### **GAS MAIN BREAK**

- Evacuate building following fire evacuation procedures.
- Leave all switches and other electrical apparatus as is – do not create sparks.
- Notify athletic director immediately.
- Notify parents of athletes and dismiss accordingly.

### **CHEMICAL EMERGENCIES**

#### Internal spills

- Prevent contact and notify Athletic Director.
- If danger to students evacuate following fire evacuation plan.
- Provide emergency first aid.

#### External spills or releases

- A *Shelter in place* order may be given.
- Remain in gymnasium and wait for further instructions.
- If “hasty evacuation” required, report to designated evacuation site (Ephrata community church or Ephrata middle school.)
- If “non - hasty” evacuation required: evacuate using normal fire evacuation plan.
- Notify parents

## **HAZING STATEMENT**

In athletic settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding. However, it is actually a form of harassment and therefore will not be condoned in the Ephrata Area School District athletic programs.

Pennsylvania statute (24P.S. #5352) defines hazing as:

*“Any action of situation which recklessly or intentionally endangers the mental or physical health or safety of a student or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or a sanction of or recognized by an institution of higher education. The term shall include, but not be limited to any brutality of physical nature... forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual...”*

*New Law effective July 25<sup>th</sup>, 2016 – Addendum to follow.*

## **SEXUAL HARASSMENT STATEMENT**

It is the policy of the Ephrata Area School District that all employees should enjoy a working environment free from all forms of discrimination, including sexual harassment. No employee, neither male nor female, should be subjected to unsolicited and unwelcomed sexual overtures or conduct, whether verbal or physical. (EASD Policy 448)

It is also a violation of school policy for any District staff to harass a student through conduct or communication of a sexual nature. Sexual harassment shall consist of unwelcomed sexual advances, requests for sexual favors, and other inappropriate verbal or physical conduct of a sexual nature when made by a member of the school staff to a student. (EASD Policy 248).

## **BULLYING STATEMENT**

School Board Policy #249 prohibits Bullying of any type: electronic, written, verbal or physical act or acts directed at another student or students.

It is the responsibility of **All Coaches to Create a Safe and Respectful Environment** through:  
The modeling of appropriate behavior, Deterring any forms of Bullying, Harassment, or Hazing, Discouraging the use of social medias it relates to school activities and having an open door to victims and parents.

Teach 3 important rules: "Don't Respond", "Save Evidence" and "Tell a Trusted Adult."

Any coach involved in or not reporting any incidents of Bullying, Sexual Harassment or Hazing will be terminated.



## **BASEBALL TEAM POLICIES/PROCEDURES**

*The following policies and procedures have been set by the Baseball coaching staff and have been modified or are not found in the Student Activities Handbook. The Director of Student Activities has approved all policies and procedures and any infraction of these policies will result in an immediate review with the coaching staff and possible referral to the school's administration.*

### **CONSEQUENCES FOR A TEAM POLICY/PROCEDURE INFRACTION**

1<sup>st</sup> Violation – Review with the Coach, followed by a warning.

2<sup>nd</sup> Violation – Review with the Coach, followed by a same-day suspension from team activities.

3<sup>rd</sup> Violation – Review with the Coach, followed by a same-day suspension from team activities and a referral to the Director of Student Activities.

4<sup>th</sup> Violation – Review with the Coach, followed by a scheduled meeting with the player's parent(s) or guardian(s) to determine a suitable consequence.

**Any infraction of a civil/criminal law by a player** (including stealing or vandalizing at an away contest) will result in an immediate review with the Head Coach, followed by a scheduled meeting with the player's parent(s) or guardian(s) to determine a suitable consequence.

## **PRACTICE TIMES & LOCATIONS**

After-school practice times may vary. All practices immediately after school will begin at 3:15 and end at 6:15 unless otherwise communicated. Practice location will be specified via email, Twitter, and on the home page of the team website.

Beginning March 8th, all weekday in-season practices are scheduled, weather-permitting, for War Memorial Field from 3:15-6:15 PM (UNLESS OTHERWISE NOTED). In the event of inclement weather or unplayable field conditions, practice will be held indoors at the EBA Academy on Park Ave. from 3:30-6:00 PM. The change in the indoor practice start time reflects a reasonable amount of time for players to leave study hall and walk to the EBA Academy (according to Google Maps, the distance from the high school to the EBA Academy is 1.05 miles).

### **PRACTICE, GAME, & TEAM MEETING ATTENDANCE**

Medical absences from school, family emergencies, and academics are the only acceptable excuses for missing a practice, game, or team meeting. In cases in which no prior notification was given, exceptions will be made only after a thorough review by the coaching staff.

**An unexcused absence from a practice, game, or team meeting will result in an immediate one-game suspension.** To be sure that an absence is considered excused, notify the head coach with at least 48 hours advanced-notice.

***(NOTE: In special circumstances, exceptions for a player being excused from participation in a practice(s), game(s), and/or team meeting(s) may be made by the coaching staff upon mutual agreement by both the player and parent/guardian and the Head Coach prior to the beginning of the season.)***

## **HOURS**

Players are encouraged to be home by 11:00 p.m. on evenings prior to a practice or game.

## **APPEARANCE**

Players are required to dress appropriately for practice and be in compliance with the team-issued uniform on game day. Due to safety concerns, hair length shall be kept at the coaching staff's discretion.

## **FLAGRANT VERBAL ABUSE**

Flagrant verbal abuse -- including profanity -- towards officials, opponents, or anyone else will not be tolerated.

## **ADDITIONAL RULES OF THE PROGRAM**

1. Behavior in and out of school is to be of the highest quality. This includes attitude and actions toward parents, teachers, teammates, classmates, and other school organizations. Improper behavior will lead to a review with the player, parent(s), and coach.
2. Work hard on academics. Do your best! If you need help, please see a coach and talk to your teachers.
3. On the diamond be tough and aggressive, but keep your mouth shut (except for positive team chatter) and your actions under control. Play with class; never lose your poise regardless the circumstances.
4. Players are responsible for maintaining and caring for all equipment issued to them by the school and the booster club through the coach. **Lost or damaged equipment becomes the financial responsibility of the player.**
5. *On the field, hustle!* There is no excuse for walking on and off the field.
6. Black cleats/turf shoes and purple undershirts are required. Players are also prohibited from wearing excessive wristbands. Any exception to this rule should be discussed with the coach.
7. Athletic equipment issued by the Ephrata Area School District may not be worn outside of practice or games without permission of the head coach.
8. Pre-game and batting practice music must be approved by the coach.
9. Student-drivers are expected to follow safe-driving guidelines, state traffic laws and driving rules on and off school property.

## **CONDUCT WITH UMPIRES, OPPOSING PLAYERS, AND COACHES**

### **UMPIRES**

All baseball games are controlled by umpires that are trained and paid to do a job. These men are human and they make mistakes; however, none of these mistakes are intentional. If for any reason you must address an umpire, you should do so in a courteous manner by saying Sir, Mister, or Mister Umpire. Courtesy and sportsmanship are signs of a "Champion."

### **OPPOSING PLAYERS AND COACHES**

Your opponents are worthy of your best efforts as a baseball player. Be as tough and as hard as possible, but always be a "clean" player. There is never a reason to get in a personal battle with an opposing player. Coaches are trained faculty members as is your coaching staff. These men deserve your utmost respect. Always address them as Coach. Many of these men may also be helpful to you in the future.

## **DUGOUT AND TRAVEL RULES**

How a baseball team appears and behaves leaves a lasting impression on the schools you visit and the people you meet. To make a good impression and to avoid problems, we will adhere to the following rules:

1. Be sure you have all your equipment. Check each item as you pack it, and then go over it again.
2. Never leave trash or equipment behind and never take anything back with you that you did not bring along.
3. Show some maturity on the bus. Misbehavior will result in a review with the coach.
4. Dress neatly. Be in complete uniform when you get off of the bus (shirt tails tucked in, socks on, etc.) Warm-up suits may be worn over top of the uniform. The only items you should have to put on are your cleats.
5. Athletes are expected to travel to and from all contests by the means of transportation provided by the school.

### **Exceptions:**

To an event: Students may not use private transportation to events unless the Principal and Athletic Director grant approval.

From an event: If a student-athlete chooses to leave an event in the accompaniment of a parent/guardian, a written request must be submitted to the coaching staff prior to departure from the event.

6. If food and drink are brought onto the bus, make sure they stay there and that all garbage is placed in the proper receptacle. Failure to do so will result in loss of this privilege.

## **EQUIPMENT, UNIFORMS, AND EQUIPMENT COLLECTION**

Student-athletes are responsible for the equipment they are assigned during the season. If the equipment is lost, stolen or damaged, this must be reported immediately to the head coach.

All equipment must be handed in at the end of the season to the head coach or coach assigned to equipment collection. Any damage or lost equipment is the financial responsibility of the student-athlete to replace. Student-athletes will not receive equipment from a new sport if they owe equipment or money to another sport.

The Athletic Office is not a “drop-off” site for uniforms. Head Coaches are responsible to collect all equipment or to provide information on who will be paying for lost or damaged equipment.

## **Varsity/Junior Varsity Philosophy AND Individual Playing Time Standards**

### **Varsity Philosophy**

Baseball is a team sport that relies on the combined ability of individuals working together to achieve a common goal. The unified goal at the varsity level is to successfully compete. Therefore, it is the priority of the coaching staff to base playing time decisions on what is determined to be best for the overall achievement of the team versus individual achievement. *The Ephrata Mounts baseball program stands firm behind the belief that decisions regarding participation in varsity games be reserved for players who can effectively contribute the most toward achieving the team goal.*

Selection for roster participation at the varsity level is based on the coaching staff's evaluation of a player's ability to exhibit the skills judged necessary to adequately compete at that level of competition.

### **Junior Varsity Philosophy**

Participation in games at the junior varsity level of competition is designed to accommodate overall team achievement with consideration given for promoting the development of individual players' skills in preparation for the varsity level. While successfully competing as a junior varsity team is emphasized, it is of equal importance to provide players with opportunities to enhance their individual skill-development. The coaching staff, however, reserves the right to limit playing time opportunities for those players requiring necessary skill-development in order to adequately compete at the junior varsity level.

### **Standards for Awarding Individual Playing Time**

The Ephrata Mounts baseball coaching staff has developed, and routinely applies, five (5) standards to their decision-making process for awarding playing time to an individual participant at both the varsity and junior varsity levels of competition.

The following standards form the basis for the coaching staff's decision-making process and are listed in no particular order. These standards can be used singularly or in conjunction with one another:

- **Individual Ability** – A player’s individual ability as it relates to the baseball-specific skills highlighted on the ***Mounts Baseball Player Evaluation Form***. (See Appendix A for a sample Player Evaluation Form)
- **Professional Judgment** – The ability of the coaching staff to make reasonable decisions on awarding individual playing time based on coaching experience and thorough observation. In the event that two or more players competing for the same position have exhibited equable comparisons in a majority of the applicable standards, it then becomes the head coach’s responsibility to interview the opinions of the coaching staff prior to awarding playing time.
- **Off-Season Preparation** – The coaching staff defines off-season preparation as a player’s physical and mental readiness for the upcoming season through acknowledged training practices on an individual basis, through a school-supervised winter sports program, or through the team’s voluntary off-season conditioning programs.
- **Game Performance** – A player’s performance during game time to competently assume the role or position most beneficial to the team as assigned to him by the coaching staff, and his ability to exhibit the skills judged necessary to effectively compete at his designated level of play.
- **Practice Performance** – A player’s performance during practice time to competently assume the role or position assigned to him by the coaching staff, and his ability to consistently exhibit the skills judged necessary to compete at his designated level of play.

*The final standard, “Practice Performance”, provides the coaching staff with the most evidence to effectively base decisions on awarding individual playing time due to the coaching staff’s ability to create and facilitate equable opportunities for comparable observation between players. Instructional drills, game simulation, and intrasquad competition are the most commonly used practice methods for comparable observation.*

Any player, or parent of a player, wishing to discuss team philosophy and/or the standards for awarding individual playing time should schedule appropriate mutual arrangements with the coach or coaches. Players may ask to talk to a coach or coaches privately after a practice or a game, while parents are encouraged to submit a written note to arrange an appointment or can contact the coaching staff via email. Personal phone calls and/or unannounced “drop-in” meetings during a practice, game, or at a coach’s home are strictly prohibited.

In the event of any concerns, unrelated to team philosophy and/or playing time, by the participant or his parents, the Head Coach should be contacted first, followed by the Director of Student Activities, and then, if necessary, the principal.

**The Ephrata Area School District’s athletic department and baseball coaching staff believes that through the use of the aforementioned standards for awarding playing time to an individual participant, the head coaches of the varsity and junior varsity teams are in the best position to make the final evaluation for game time participation. Therefore, as long as the aforementioned standards are applied, the Administration will not become involved in decisions regarding individual playing time.**

## **VOLUNTEER COACHES**

Volunteer coaches are a vital part of our baseball program. In order to more effectively assist player development in our program, we feel it is necessary to increase the coach/player ratio to give each player the quality coaching he deserves. Consequently, volunteer coaches will be a part of the coaching staff and will have many of the same responsibilities that a paid coach would have. These coaches have been acknowledged and approved by both the Head Coach and the Director of Student Activities and have fulfilled the requirements of the Ephrata Area School District to work with student-athletes.

## **LEADERSHIP TEAM**

The Ephrata Mounts baseball coaching staff stands firm behind the belief that developing leadership is an essential role of our program. Therefore, the coaching staff encourages all players to display qualities of a leader. The staff also believes that every individual is capable of demonstrating levels of leadership, and deserve the opportunity, upon their acceptance, to fulfill the defined duties of being a member of the leadership team.

***(Note: Age, grade, years of varsity experience and ability are not recognized as factors used in determining the staff's selection of team captains.)***

The coaching staff defines the responsibilities of a member of the leadership team as:

- **Being a role model** – a personal of strong character who is able to lead by example.
- **Exhibiting good citizenship** – dependable, loyal, trustworthy, unselfish, has a great deal of pride in the team, school and community.
- **Committed to being alcohol and drug free** – shows social confidence.
- **Having a strong self image** – mature, motivated, and good communication skills.
- **Exhibiting good school behavior** – acceptable academic progress.
- **Having a willingness to follow team rules and act as a liaison between teammates, coaches and athletic director.**

## **AWARDS POLICY**

The Ephrata Mounts Baseball Program has established the following criteria for granting individuals awards given by the Ephrata Area School District:

**Certificate of Participation** – awarded each time a student-athlete participates.

**Varsity Letter Award** – awarded to players who contribute to the varsity program's success, either through direct participation in competition or through a role that adds to the overall achievement of the team. The varsity letter is only awarded once.

**Metal Sport Insert** – awarded each time a student meets the criteria for earning a varsity letter after he has already earned one.

## **TEAM WEBSITE**

The Ephrata Mounts baseball program operates an independent website ([www.mountshardball.com](http://www.mountshardball.com)) that features personal player information and individual photographs of players. If you **do not consent** to having this personal player information (height, weight, statistics, etc.) and/or photographs posted on the world-wide web, please inform the coaching staff of this request, otherwise, it will be assumed that we have permission to make such information accessible.

## **SOCIAL MEDIA GUIDELINES**

The Ephrata High School baseball program and the Ephrata Area School District recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Ephrata Area School District is a privilege. As a student-athlete, you represent the school district and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times. In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are **NOT** a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come. **For more information regarding the Ephrata Area School District's board policy on "Student Expression/Distribution and Posting of Materials" please review EASD Board Policy #220.**

Social media outlets will be used as a communication device by our baseball program. They will also be used to encourage involvement with family, friends, fans, colleges and recruiting outlets. Do not be afraid to retweet and "Like" so we can promote all three sites. For this reason all student-athletes are encouraged to subscribe to the following:

1. **Twitter:** follow **MOUNTSHARDBALL@WHPHDB** and **BEUNCOMMON@mountshardball** on Twitter as well as allow MOUNTSHARDBALL@WHPHDB and BEUNCOMMON@mountshardball to follow you.
2. **Facebook:** "Like" "**Mothers of Mounts**" on Facebook.
3. **Team Website:** Sign up for emails through our website at [www.mountshardball.com](http://www.mountshardball.com).

## **INTERSCHOLASTIC ATHLETIC PHILOSOPHY**

The baseball program at Ephrata shares in the Ephrata Area School District's philosophy that the opportunity for participation in a wide variety of interscholastic athletic activities is an integral part of a student's educational experiences. Such participation is a privilege that carries along with it responsibilities. The aim of this participation is the acquisition of a wholesome attitude toward a cooperative effort, an appreciation for the benefits of hard work and discipline, and a respect for the values of competition and good sportsmanship.

## **“BE UNCOMMON” PROGRAM**

In alignment with the Ephrata Area School District’s Interscholastic Athletic Philosophy, our baseball program’s philosophy is that the quality of the character of the team’s individuals (the coaches and the players) are foundational in developing the successful processes that shape each day’s outcomes. We also believe that character can be taught, and that a training facility and a baseball diamond create ideal “classrooms” for positive learning environments. The mission of our “BE UNCOMMON” program is to teach our players to learn how to make playing the game of baseball a positive, character-building experience with life-long implications.

## **TEAM-BASED CORE VALUES**

**We promote three individual and team-based core values that are used to develop our performance training regimens, in-season practice plans, and game-by-game and season objectives:**

- 1. Work Hard! – We want our players to learn to develop an uncommon work ethic that teaches the value of preparation, commitment and hard work.**
- 2. Play Hard! – We want our players to learn to develop an appreciation for consistent maximum effort and mental toughness; as well as a respect for their teammates, coaches, opponents, and officials within the competitive arena.**
- 3. Dream Big! – We want our players to learn to develop a vision that connects their uncommon work ethic and competitive spirit with the possibility of uncommon achievement.**

Here are some of the key objectives of our “BE UNCOMMON” Program:

- Create and implement a guiding sports philosophy that promotes core, ethical values.
- Define the program's values behaviorally.
- Balance the drive to win with the program's core values.
- Design a proactive game plan for building character.
- Create a positive learning environment.
- Promote positive role modeling.
- Respect individual and developmental differences.
- Develop community-wide support for character-based sports.
- Link sports to other areas of an athlete's life.
- Evaluate the program's effectiveness.



## 25 Character Skills that we embrace as “Being Uncommon”

We want our players to learn to be uncommon by inspiring them to develop an uncommon work ethic, strength of character, and unity of spirit. These are the 25 character skills we’ve identified as “positive difference makers”:

- **Accountable** – You own the good, the bad, and the ugly decision or performance.
- **Adaptable** – You are open to change and are willing to seek ways to adjust to a variety of circumstances and situations.
- **Appreciative** – You recognize and acknowledge what others have done for you.
- **Committed** – You realize that “all in” is a one-way street.
- **Courageous** – You understand that you have to take the risk if you ever want the reward.
- **Creative** – You improvise when you need to make something productive out of nothing.
- **Diligent** – You see challenges as hurdles, not road blocks; and seek, and then do what it takes to climb over them.
- **Disciplined** – You are able to consistently control the quality of your actions.
- **Empathetic** – You understand and share the feelings of others. You are willing to volunteer your time to demonstrate that others are important.
- **Enthusiastic** – You outwardly express a passion and enjoyment when you are in the moment.
- **Ethical** – You consistently make decisions that emphasize your knowledge of fairness, sportsmanship, and honor.
- **Focused** – You are able to stay with the process and not allow the outcomes and external influences to interfere with it.
- **Honest** – You realize that the truth is what keeps your feet on the ground, instead of in your mouth.
- **Humble** – You subscribe to the belief that you can always do better and that competitive success comes from overcoming past failures, not from believing you cannot fail.
- **Inspiring** – You offer support and assistance to your teammates and understand that leading by example is a more powerful way to make a difference than spoken words.
- **Loyal** – You defend the team’s core values and character skills in the face of opposing forces.
- **Positive** – You search for the possibility in each opportunity, not the impossibility.
- **Prepared** – You know that there is no substitute for hard work and that people do not rise to the challenge . . . they sink to the level of their preparation.
- **Relentless** – You realize that constant pressure is the only way to break down the door to success.
- **Resilient** – You embrace stress, adversity, and failure as necessary to becoming great.
- **Respectful** – You treat others, including coaches, opponents and officials, the same way you want to be treated.
- **Responsible** – You take care of your mind, your body, and your actions.
- **Selfless** – You understand that when you are part of a whole that the team’s best interests come before your personal needs and wants.
- **Trustworthy** – You are somebody that can be counted on when called upon. You are a “man of your word.” Your commitment to yourself, your teammates, your coaches, and your family is unquestionable.
- **Unique** – You create your own personal improvement plan that is right for you.

The Mothers of Mounts (M.O.M.) will be stewards of the “BE UNCOMMON” program and will determine the parameters and coordinate the individual, team, and program character skill-building activities consistent with the mission and objectives of the program.

Each calendar year, culminating with an in-season activity or event, the “BE UNCOMMON” program will focus on player-participation in community development initiatives.

## **MOTHERS OF MOUNTS**

The Mothers of Mounts (M.O.M.) organization is an auxiliary branch of the Ephrata Baseball Association, a registered (501c3) non-profit youth baseball organization. M.O.M. is comprised of parents and other community members who are dedicated to supporting, assisting, and promoting team spirit by supporting the players, coaches, and philosophies of the high school baseball program.

Key objectives of M.O.M. for the 2025 season:

- Assist in supporting and promoting the “BE UNCOMMON” program.
- Promote an uncommon spirit of unity through merchandising and sponsorships, while strengthening relationships within the community.
- Raise funds that support the high school and EBA programs and assist in promoting the Mountshardball Academy.

Looking to join the group, but aren’t sure how? Find us on Facebook or visit [www.mountshardball.com](http://www.mountshardball.com) and click on the M.O.M. tab to view dates/times for organizational meetings, agendas, and upcoming events. You can also contact Melissa, M.O.M. chairperson, via email at [tgockley@gmail.com](mailto:tgockley@gmail.com).



# MOUNTS

## 2025 PLAYER EVALUATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ Bats L R B Throws L R GPA \_\_\_\_\_

Primary Pos. \_\_\_\_\_ Sec. Pos. \_\_\_\_\_ 60 Time \_\_\_\_\_ / \_\_\_\_\_

### Evaluation Scale

Poor	N.I.	Avg.	Good	Exc.	Comments
------	------	------	------	------	----------

#### Pitchers

Mechanics	1	2	3	4	5	
Fastball Velocity	1	2	3	4	5	
Off-Speed	1	2	3	4	5	
Control	1	2	3	4	5	

#### Catchers

Receiving Mechanics	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Blocking Technique	1	2	3	4	5	

#### Infielders

Fielding Technique	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Range	1	2	3	4	5	

#### Outfielders

Fielding Technique	1	2	3	4	5	
Arm Strength	1	2	3	4	5	
Throwing Accuracy	1	2	3	4	5	
Range	1	2	3	4	5	

#### Hitting

Swing Mechanics	1	2	3	4	5	
Bat Speed	1	2	3	4	5	
Zone Awareness	1	2	3	4	5	
Bunting Skills	1	2	3	4	5	

#### Intangibles

Athleticism/Versatility	1	2	3	4	5	
Attitude/Team-focused *	1	2	3	4	5	
Hustle/On-field Effort	1	2	3	4	5	
"Coachability" *	1	2	3	4	5	
Speed	1	2	3	4	5	
Physical Conditioning	1	2	3	4	5	

( \* ) – For Returning Players Only

## **OUR COACHING PHILOSOPHY**



*The following section contains segments of our coaching manual and provides some insight into the beliefs that the coaching staff adheres to in effectively assisting in player development for each of the baseball players at Ephrata Senior High School. The foundation of our coaching philosophy is based on the primary belief that winning is secondary and that an uncommon work ethic, strength of character, and unity of spirit when combined with quality instruction and coaching leadership are necessary requirements for establishing a successful baseball program.*

### **Our coaches are expected to:**

Be passionate about providing quality instruction.

Teach the lesson before expecting results. Believe that winning is a by-product of the instructional process you provide.

Encourage winning by always striving to be the best.

Always use losing as an opportunity to promote improvement and sportsmanship.

Believe in yourself. Confidence leads to execution.

Be a positive role model at all times.

Develop a plan and stick with it. Have flexibility within your system for constant improvement, but stick with what you believe. Consistency facilitates clear expectations.

Discipline, pride, and unselfishness contribute to team and staff morale. In times of judgment, always consider choosing what is best for the team.

Build self-esteem and self-confidence through positive communication. Encouragement promotes perseverance. Always find a positive in every situation.

Stay open-minded by always seeking a better way of doing things.

***"In the end, it won't be the games or the trophies you've won that you most remember. It will be the players you've coached. And they will remember you and what you've taught them. Championships don't transcend time. Legacies do."***

*Adrian Shelley*

## **WHAT CONSTITUTES A GOOD COACH**

Acknowledging that the most important characteristic of a successful coach is his or her ability to teach. Games are not won by what the coach knows, they are won by what the players have learned.

Instructing by knowing and showing the how to's and the why's. Possessing thorough knowledge of fundamental techniques. "Just do it!" doesn't apply if they don't know how to apply it.

Being prepared – at meetings, practices, and games.

Constantly seeking new knowledge and better instructional practices.

Having a positive attitude.

Being an endless worker willing to devote time to all phases of the program.

Having a winning attitude and modeling the desire to succeed through dedication and hard work.

Paying attention to details. Persistence and perseverance to the finer details increases a team's self-awareness to analyze their own need for constant improvement.

Assuming responsibility for the development of an overall plan for team achievement and for creatively solving problems that deter its progress.

Being loyal, honest, and dedicated to the head coach, his fellow coaches and the organization, the players, and the parents.

Injecting energy and inspiring motivation through constant enthusiasm.

Demanding good work habits and discipline.

*Being self-disciplined. The following will not be tolerated:*

***Drinking or smoking during a practice or game; Drinking with players or promoting the use and abuse of alcoholic beverages, tobacco or drugs; Using drugs; Receiving a citation for Driving Under the Influence of alcohol or drugs; Dating a student; Conversing about sex or in a sexual manner; Cheating or encouraging breaking established rules for competitive play; Abusive or profane language or behavior directed toward any player, coach, or official; Conversing about or encouraging gambling; Abusing expense accounts, telephones, or internet accounts; Sexual harassment.***

## **EVALUATING PLAYERS**

Be consistent, thorough and fair.

Evaluate technique, effort and execution separately; give priority to production.

Allow adequate time for the evaluation process; avoid making spontaneous decisions during times of evaluation.

Share evaluation and comments with players.

Move players up and down the depth chart based on daily performance.

When in doubt, play the player who loves competition and who takes great pride in his performance.

## **HOW WE COACH**

Practice winning every day; demand the best from each player on and off the field.

Keep your poise on and off the field.

Be responsible for your player's progress. If one player is performing poorly, re-evaluate him. If your players are playing poorly, re-evaluate yourself.

Be clear on what is important to winning the game at hand. Clearly state the objectives necessary for the team's success. Each game's objectives may be different, depending on the strengths and weaknesses of the team and the opponent.

Practice simplicity regarding the technical aspects of the game.

Encourage the players to be self-confident, to walk with a swagger.

Never verbally attack your players, physically assault them, or use profanity directed toward them.

Never encourage a hurt player to participate in practice; defer that decision to the team trainer.

Minimize distractions.

Play as many players as possible without compromising the team's success.

We control our own destiny. We are responsible for our performance and our performance only. Therefore, we must build better men and better coaches than our opponents; focusing too much on what the opponent or the umpires are doing becomes wasted energy.

***"A positive anything is better than a negative nothing."***

*Adrian Shelley*

## **HOW WE WIN**

Have a burning desire to win.

Make each practice as intense as possible. Make players comfortable with pressure by familiarizing them to it in practice.

Maintain your poise after a bad break. Be strong enough to change momentum.

Be excellent fundamentally:

Pitching, Catching, Fielding, Hitting, Throwing, Baserunning.

Know our assignments. Eliminate mental mistakes.

Be in top-notch physical and mental condition. Have superior mental toughness.

Establish a relentless offensive attack through aggressive hitting and baserunning.

On defense, throw strikes and allow the fielders to make plays. Make every effort to get the lead out.

Play guys who get results. Potential means "ain't done it yet."

***"Hustle from the first pitch to the last out."***

*Adrian Shelley*

## ***Positive Expectations for Parents for helping to build an "Uncommon" baseball program***

Support your son and attend as many contests as possible.

Avoid putting pressure on your son to start, get a hit, or be the star of the team.

Support the coaching staff and the organization in public around other parents and fans. Avoid constant and chronic complaining.

Avoid speaking negatively about the coaching staff in front of your son. It may create a major barrier in his hope for improvement in the sport.

Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school and life, and participation in athletics is a privilege and not a right.

Serve as good role models for the community, athletes, and other fans.

Contribute as members of the support group (booster club). This means volunteering to help with projects and committees.

Appreciate the educational opportunity that your son is receiving in our baseball program. This includes the enormous time and effort provided by the coaching staff.

Attend the pre-season parents' meeting and read our *Parent/Player Handbook*.

Serve as beacons of good sportsmanship and fair play.

Show respect to everyone involved in the organization and in athletic competition – the coaching staff, athletes, fans, officials, and administrators.

Follow the chain of command in the *Parent/Player Handbook* when you have a concern.

Express concerns and questions in a courteous and civil manner and do it at an appropriate time and in the proper setting.

Abide by all procedures and regulations for our baseball program.

Understand that the goals of the team and the organization are more important than the hopes and dreams you may have for your son.



## **EHS PARENT / COACH COMMUNICATION PLAN**

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children.

As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **COMMUNICATION FROM THE COACHING STAFF**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Locations and times of practices and contests.
4. Team requirements; i.e. practices, special equipment, out-of-season conditioning.
5. Procedure followed should your child be injured during participation.
6. Discipline, which may impact your child's participation.
7. Eligibility requirements and concerns.

### **APPROPRIATE CONCERNS FOR DISCUSSION**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is sometimes very difficult to accept your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those on the next list, must be left to the discretion of the coach.

### **ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations, which may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.



For concerns regarding discussion with the coach, the following procedures should be followed:

1. Call to set up an appointment with the coach.
2. The Ephrata High School telephone number is (717) 721-1478.
3. If the coach cannot be reached, call the athletic director at extension 19020.
4. A meeting will be scheduled for you.
5. **The Next Step:** What a parent can do if the meeting with the coach did not provide a satisfactory resolution:
  - \* Call and schedule an appointment with the Athletic Director to discuss the situation.

**PLEASE NOTE:**

- \* Please do not approach a coach before or after a contest or practice. These can be emotional times for both parents and the coaching staff. Meetings of this nature do not promote resolution.

Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided in this handout makes both your child's and your experience with the Ephrata Area School District Athletic Programs less stressful and more enjoyable.

## **2025 EPHRATA ATHLETIC TRAINING ROOM** **HEALTH & SAFETY PROCEDURES**

Backpacks must be placed in the hallway. Please no food or drink, besides water. Cell phone usage is only permitted during passive modalities. No photos or videos allowed in ATR. Athletes are expected to be respectful of both Athletic Trainers, AT Student Aids, Team Managers and the ATR itself. Anyone found not following rules specific to the ATR and Team Rules will be asked to leave.

Athletic Trainers Contact Info:

Abbie Carr, [abbie\\_carr@easdpa.org](mailto:abbie_carr@easdpa.org) & Cindy Jenkins, [cindy\\_jenkins@easdpa.org](mailto:cindy_jenkins@easdpa.org)

1. Athletic Trainers are available in the High School ATR for athletes to be seen for injury evaluation, rehabilitation, treatment or taping. The training room will typically be open 1 hour before practice is scheduled to begin, unless otherwise stated by the Athletic Trainers. If you are injured, plan to arrive to the ATR 45 minutes - 1 hour before the start of practice. Athletes that need to see the Athletic Trainers during the school day must message Abbie or Cindy via Schoology prior to 1:30pm to set up an appointment time to be seen. No walk-ins during 7th period or ACT without prior agreement. Athletes may not skip Physical Education class to be in the ATR unless an injury is significant enough to render missing class and dismissal is approved by both the PE teacher and AT.
2. Game-Day treatment and tapings will be completed during a scheduled time set by the Athletic Trainer and communicated with the team prior to each game day. Athletes must be in the ATR during the scheduled time for treatment and/or taping.
3. Athletes are expected to fully participate in team stretch. Proper mobility and flexibility are essential in avoiding stress injuries. Athletes are encouraged to utilize equipment in the ATR prior to practice/games for any additional warm up exercises (static stretching, foam rolling, banded warm ups).
4. Athletes should not try to "play through" an injury. If something is bothering you the Athletic Training staff is here to help you treat, rehab and recover from injury and return you back to full participation when it is safe. We will work with you to keep you participating in activities that won't exacerbate your injury but allow you to stay actively involved with the team, if possible.
5. Athletes are expected to maintain proper hydration & nutrition. A small meal or snack 30 minutes to 1 hour before you come to practice is encouraged. It is essential to prepare for practice/games with the necessary "fuel". Water is provided for practices & games. Athletes are expected to hydrate and maintain carbohydrate, protein and sodium levels throughout the day to be ready for practice. Fluid replacement between practices is necessary as well.

6. Clearance for injuries treated within the Athletic Training department will be determined by the Athletic Trainers & coaches. Practice participation (none, partial or full) is as the discretion of the ATs and coaches. If an athlete sees a physician or other healthcare provider outside of our WellSpan Athletic Trainers, a clearance note/progress note is required for the athlete to return to participation in sport.
7. Athletes are encouraged to see our Sports Medicine team with WellSpan Health for any ongoing conditions or concerns. Sports Medicine Physicians: Dr. Preya Patel, MD & Zachary Geidel, MD.

## **PARENT/PLAYER HANDBOOK AGREEMENT FORM**

This handbook is designed to familiarize the parents and players with the primary policies and procedures used within the baseball program at Ephrata Senior High School. Our goal is to develop an efficient and effective program in which all of us can be proud. Therefore, it is imperative that we fully cooperate individually and collectively in following all of the guidelines listed. This handbook has been developed only for the baseball program and should not be referred to for other interscholastic athletic programs in the Ephrata Area School District. If you have any questions please feel free to contact the Head Coach or call the Director of Student Activities.

*(Please complete the form below and return by the completion of the third practice date)*



## **PARENT/PLAYER HANDBOOK AGREEMENT**

I acknowledge that I have read, or had read to me, the Parent/Player Handbook and understand the guidelines and information provided and agree to follow the rules of Ephrata High School and the coaching staff with the understanding that the Coach has the authority to exercise disciplinary measures against team members found to be in violation of any of the aforesaid rules and regulations.

I also acknowledge that I have read, or had read to me, the terms regarding playing time and understand how coaching staff decisions involving the amount of playing time a participant earns are deduced.

\_\_\_\_\_  
*Parent's Signature*

\_\_\_\_\_  
*2nd Parent's Signature (Optional)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Student-Athlete's Name*

\_\_\_\_\_  
*Student-Athlete's Signature*

\_\_\_\_\_  
*Date*

