

# **CASTLEBERRY HIGH SCHOOL**

**2021**

## **ATHLETE & PARENT BASEBALL HANDBOOK**

**Program Objectives**

**PG. 1**

**Role of Athlete**

**PG. 2-3**

**Player Expectations**

**PG. 4**

**Practice Structure**

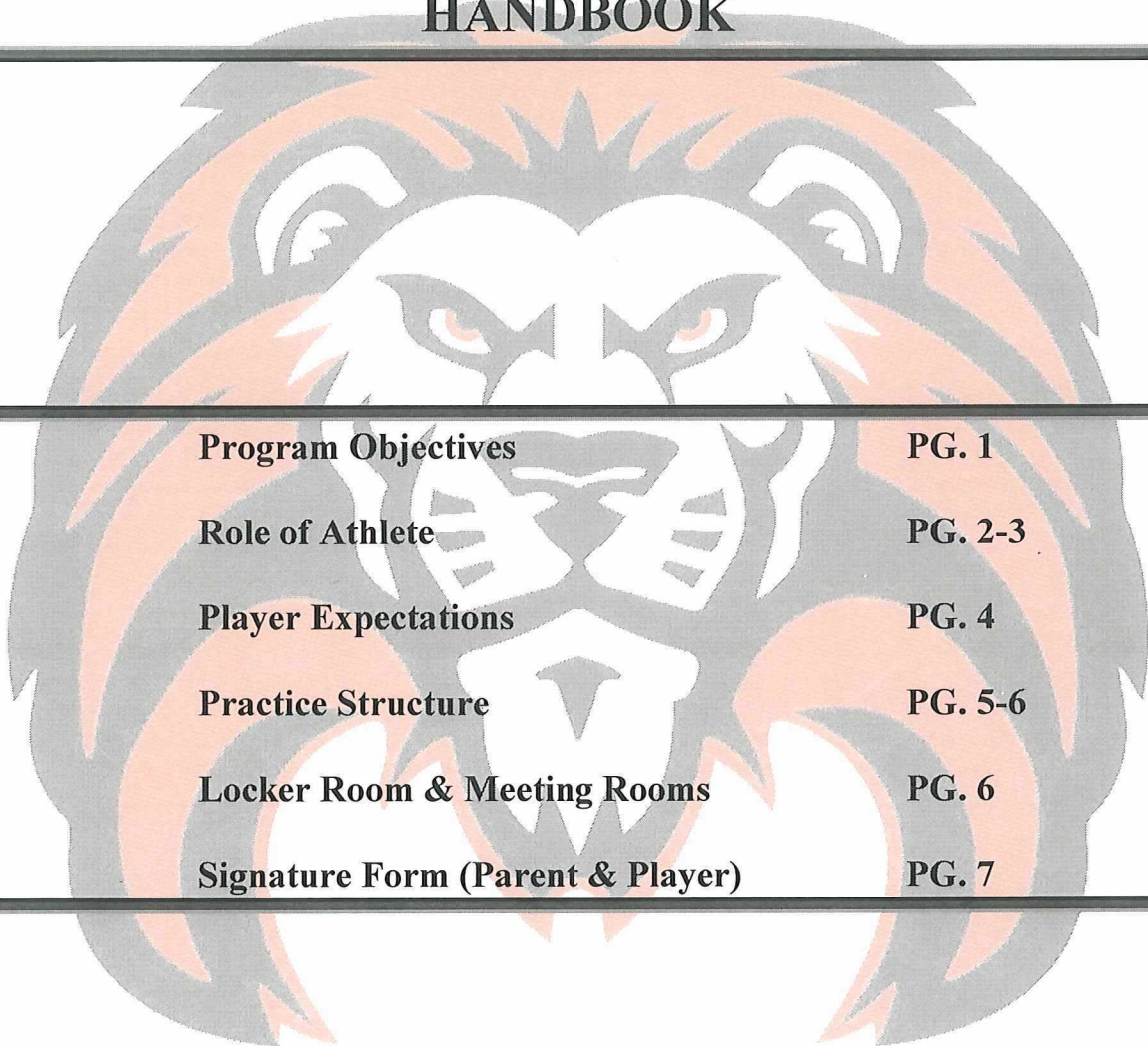
**PG. 5-6**

**Locker Room & Meeting Rooms**

**PG. 6**

**Signature Form (Parent & Player)**

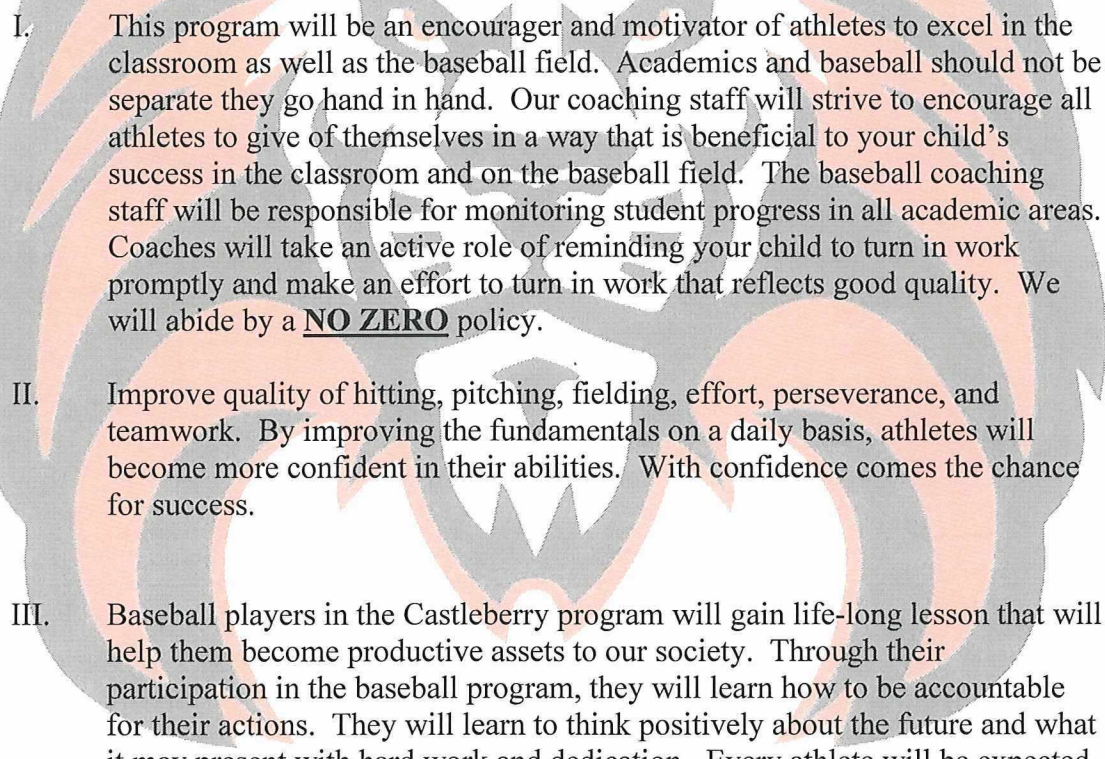
**PG. 7**



# Steve Voth

## Head Baseball Coach

### Castleberry High School Baseball Program Objectives

- 
- I. This program will be an encourager and motivator of athletes to excel in the classroom as well as the baseball field. Academics and baseball should not be separate they go hand in hand. Our coaching staff will strive to encourage all athletes to give of themselves in a way that is beneficial to your child's success in the classroom and on the baseball field. The baseball coaching staff will be responsible for monitoring student progress in all academic areas. Coaches will take an active role of reminding your child to turn in work promptly and make an effort to turn in work that reflects good quality. We will abide by a **NO ZERO** policy.
  - II. Improve quality of hitting, pitching, fielding, effort, perseverance, and teamwork. By improving the fundamentals on a daily basis, athletes will become more confident in their abilities. With confidence comes the chance for success.
  - III. Baseball players in the Castleberry program will gain life-long lesson that will help them become productive assets to our society. Through their participation in the baseball program, they will learn how to be accountable for their actions. They will learn to think positively about the future and what it may present with hard work and dedication. Every athlete will be expected to positively support their school, their community, and their country in a way that will reflect program ownership. Each athlete will be taught how to lead in a way that will be a positive influence to our younger people.
  - IV. Play and have fun. To be enjoyed, he must not trap himself in a mindset of competition. If each athlete can improve their game week-in-and-week-out, then collectively as a team we will be competitive. Coaches will encourage that each player give their best physical and mental effort. Our coaching staff



believes that with these two working hand-in-hand, we will build an unprecedented program that will pride itself in winning.

- V. All baseball players will be expected to understand the aspects of hitting, fielding, and base running in order to better position themselves to understand the sport.
- VI. Each baseball player's commitment to the program is reflected in everything he does, how he applies himself academically, how he behaves on and off the field, and how he commits himself to team goals.



**“Do you want to be like everyone else”**

### **Role of a Castleberry High School Baseball Player**

- I. We assume that each athlete wants to be the best baseball player they could possibly be. In order for this to take place, the coach and the athlete will have to work efficiently, effectively, and together. This is important because if this does not take place, then the relationship with the coach and the athlete will not flourish to their benefit. Coaches will evaluate each athlete in a three step process. **First, who is this athlete and what is his potential? Second, how does this athlete perform week-to-week? And last, what are the potential rewards that this athlete can obtain through extensive work and discipline?** Through this three step process each player will be pushed to optimize their performance.
- II. We assume that you want to be a part of a championship program. Our practices, out of season, fall ball, and summer athletic opportunities are designed in a way to produce champions. **You understand that decisions are made with an “I’m third mentality”; the program first, teammates second, and I’m third. Players must understand that as a coaching staff we will position them in positions that will first, help the team win and second, in an area that will build the athlete the most success.**
- III. We assume that each of our athletes expect to perform the same way on the field as they would perform in the classroom. Your grades not only affect your eligibility, but they also affect the successes of the team.

- IV. We assume that through your involvement with this baseball program you want to learn how to become a better person. Each athlete must acknowledge that they represent Castleberry Baseball 24 hours a day, not just at school. Castleberry players and the character that they are expected to exhibit, is a reflection of our program.

## **“Character is not inherited, it is learned”**

### **Player Expectations**

#### **I. General Expectations (Attendance)**

##### **A. Attendance**

1. Be at school and practice everyday on time.
2. Being at school and practice doesn't mean just show up; it means come with a mental focus to get better.
3. If for some reason you cannot physically practice, then come dressed-out and encourage your teammates.
4. If you cannot come to practice, the first person you should contact is a coach to let him know. Do not send messages through other athletes.
5. Irregular or no attendance makes it difficult for you to be a part of this baseball program.
6. After school detention and ISS is considered an attendance problem and will not be tolerated.

##### **B. Consequences for missing practice Excused and Unexcused**

1. Late to practice
  - i. Athlete will adhere to being on time to practice
  - ii. This teaches your child the everyday rigors that the world will demand on them
  - iii. Extra-curricular workout to be used in conjunction with that day's workout. (Bullpen work)

##### **Excused**

1. Medical – Doctor's note + Phone Call (make-up)
  2. Illness – Phone Call / Email Notification (make-up)
  3. Illness – Present at Practice (no make-up)
- Note:** Must be in attendance at school 5 out of 8 periods (CHS & IMMS)
4. Death in family – Phone Call (no make-up)
  5. STAAR Related (no make-up)
  6. Family Emergencies + Phone Call (make-up)



### Unexcused

1. Absences due to Vacation/Thanksgiving/Christmas /Spring Break
2. Illness – No contact
3. Absent from Practice

Excused – 15 poles (right field – left field)

Unexcused – 25 poles (right field – left field)

## II. General Expectations (Attitude/Effort)

### A. Attitude

1. Have a desire to be at practice everyday with a positive attitude to get better
2. Encourage your teammates daily
3. Expect great things to happen everyday
4. Leave your egos at home
5. Winners view the player/coach relationship as a cooperative effort to make the player the best he can be
6. **Consequences**: If you have an attitude detrimental to practice or the team, you will be eliminated from practice. When this happens you will not compete in the game/games that week

### B. Effort

1. You are expected to give great effort every day
2. Effort is a habit
3. If you cannot give 100% effort, tell your coach
4. During each practice, get in the habit of giving 100%; take each pitch, at bat, each drill one at a time
5. **Consequences**: Not giving 100% effort effects playing time and your role on the baseball team

## Practice Structure

### I. Coaching Assignments (See schedule for more detailed outline of duties) (This could change depending on the knowledge of the assistant coaches)

#### A. Coach Voth

- Begin Practice and oversee the big picture
- Handle pitchers in the bullpen
- Watch hitters on field/cages
- Handle infield while working defense

#### B. Assistant Coach

- Watch hitters on field/cages (Possible bullpen)
- Handle outfield while working defense

#### C. Assistant Coach (Possible Bullpen)

- Oversee JV coaching duties with prepared practice schedule
- Most drills will be done with the varsity.

## II. Weekly Practice Structure (will vary with weather or needs)

### A. Monday

1. Cages, Defense, Live, Bullpens
2. 25/40 pitch bullpen work
3. Weights

### B. Tuesday (Game)

1. Hit live on field

### C. Wednesday

1. Cages, Live, Situations, Bullpens
2. Weights

### D. Thursday

1. Live, Defense, 45 minute Drill, Bullpen,
2. 25/40 pitch bullpen work

### E. Friday (Game)

1. Hit live on field

## II. Practice Setup (Quality not quantity)

### A. Warmup

1. Stretch/Flex/Short to Long Toss

### B. Work Out (See Schedule)

### C. Clean up field – Including players

### D. Meet and discuss practice/tomorrow – Team

### E. Note: Water during practice will be provided for all players

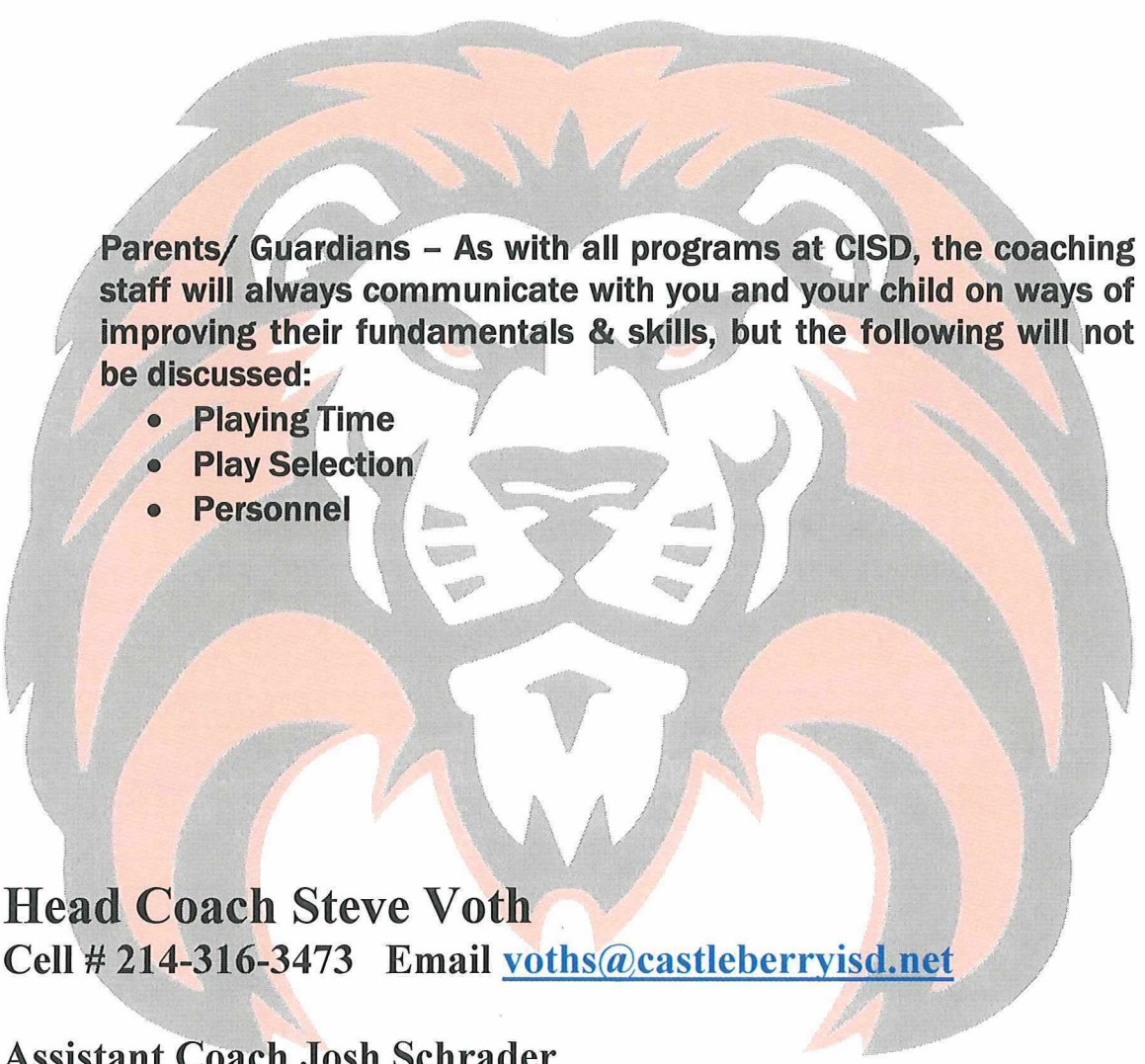
## Locker Room & Meeting Rooms

1. These are your athletic homes. You are responsible to keep your individual area clean, and as a team keep the locker room / meeting room neat.
2. I will try to always pick up the locker room and meeting rooms after practices.
3. No one except players are allowed in locker / meeting rooms. Do not have or invite anyone in without permission.
4. Keep things locked at all times.



## **Parent Expectations**

1. Help your child attend every function on time
2. If you have questions or opinions, please communicate with coaches rather than players
3. Never hesitate to call or visit with me about any concerns that you might have
4. The only problem we cannot solve is the one we do not know about
5. We encourage parents to attend practices and games to help support their son



**Parents/ Guardians – As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals & skills, but the following will not be discussed:**

- **Playing Time**
- **Play Selection**
- **Personnel**

**Head Coach Steve Voth**

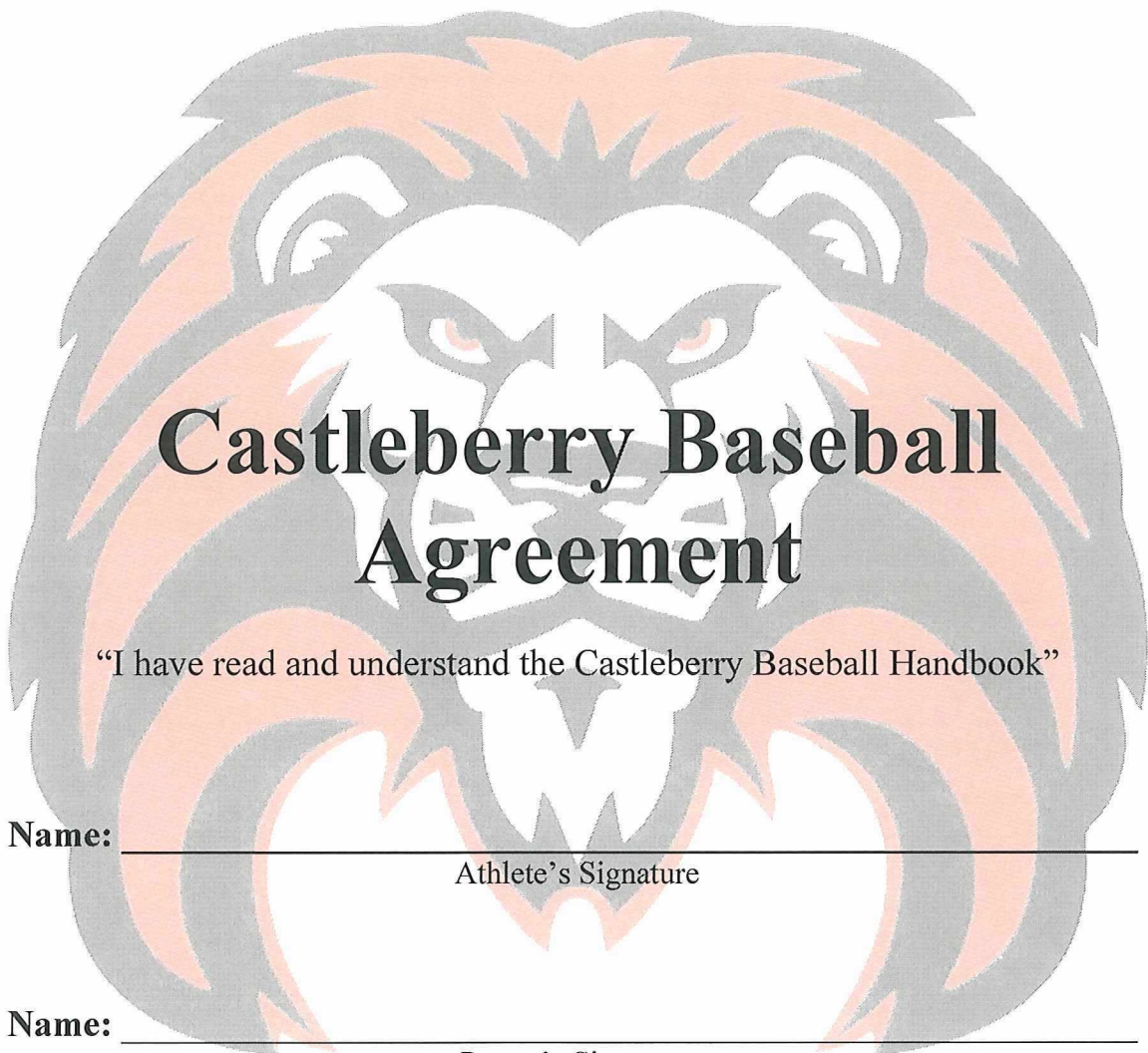
**Cell # 214-316-3473 Email [voths@castleberryisd.net](mailto:voths@castleberryisd.net)**

**Assistant Coach Josh Schrader**

**Cell # 254-210-1044 Email [schraderj@castleberryisd.net](mailto:schraderj@castleberryisd.net)**

**Assistant Coach Lance Canterbury**

**Cell # 817-233-1672 Email [canterburyl@castleberryisd.net](mailto:canterburyl@castleberryisd.net)**



# Castleberry Baseball Agreement

“I have read and understand the Castleberry Baseball Handbook”

**Name:** \_\_\_\_\_  
Athlete's Signature

**Name:** \_\_\_\_\_  
Parent's Signature



# Castleberry Independent School District

## Athletic Code of Conduct



### **STATEMENT OF PURPOSE**

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

### **ATHLETIC CODE OF CONDUCT**

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- .. Comply with school policy.
- . . Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- . . Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.  
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- . If you have a concern, talk to your coach in private.



# CASTLEBERRY HIGH SCHOOL

## BASEBALL SCHEDULE

### 2021



DATE	DAY	OPPONENT	LOCATION	TIME JV	TIME V
February 9	Tuesday	Alvarado (Scrimmage)	CHS	7:00 PM	4:30 PM
February 12	Friday	Eastern Hills (Scrimmage)	CHS	—	4:30 PM
February 16	Tuesday	Southwest (Scrimmage)	CHS/Southwest	4:00 PM	4:00 PM
February 19	Friday	Arlington Heights (Scrimmage)	Arlington Heights/CHS	4:00 PM	4:30 PM
February 25-27	Thurs.-Sat.	Everman/Benbrook Tournament	Benbrook	—	TBA
February 25-27	Thurs.-Sat.	Arlington Heights Tournament	Arlington Heights	TBA	—
March 4-6	Thurs.-Sat.	Irving Tournament	Irving Nimitz	—	TBA
March 4-6	Thurs.-Sat.	Castleberry JV Tournament	CHS	TBA	—
March 11-13	Thurs.-Sat.	Midlothian Heritage Tournament	Midlothian Heritage	—	TBA
March 11-13	Thurs.-Sat.	Irving Tournament	Irving MacArthur	TBA	
March 16	Tuesday	*Decatur	Decatur	5:00 PM	7:30 PM
March 19	Friday	*Decatur	CHS	5:00 PM	7:30 PM
March 23	Tuesday	*Lake Worth	Lake Worth	5:00 PM	7:30 PM
March 26	Friday	*Lake Worth	CHS	5:00 PM	7:30 PM
March 30	Tuesday	*Krum	CHS	5:00 PM	7:30 PM
April 1	Thursday	*Krum	Krum	5:00 PM	7:30 PM
April 6	Tuesday	*Springtown	Springtown	5:00 PM	7:30 PM
April 9	Friday	*Springtown	CHS	5:00 PM	7:30 PM
April 10	Saturday	Northside	CHS	10:00 AM	12:00 PM
April 13	Tuesday	All Saints	CHS	5:00 PM	7:00 PM
April 16	Friday	BYE			
April 20	Tuesday	*Bridgeport	CHS	5:00 PM	7:30 PM
April 23	Friday	*Bridgeport	Bridgeport	5:00 PM	7:30 PM
April 27	Tuesday	*Argyle (Senior Night)	CHS	5:00 PM	7:30 PM
April 30	Friday	*Argyle	Argyle	5:00 PM	7:30 PM

**\* Denotes District Game**

Head Coach: Steve Voth

Assistant Coaches : Josh Schrader, Lance Canterbury

Head Athletic Trainer : Taylor Ogden

Executive Director of Student Services: Lenny Lasher

Principal: Cathy Williams

Superintendent: Dr. John Ramos



# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 <i>Try Outs begin 4 00-5 30</i>	23 <i>Try Outs 9 00 am to 11 30 am</i>
24	25 <i>Practice 4-6</i>	26 <i>Practice 4-6</i>	27 <i>Practice 4-5 30</i>	28 <i>Practice 4-6</i>	29 <i>Practice 4-6</i>	30 <i>9 00 am TBA</i>

# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Practice 4-6</i>	2 <i>Practice 4-6</i>	3 <i>Practice 4-5 30</i>	4 <i>Practice 4-6</i>	5 <i>Practice 4-6</i>	6 <i>Practice 9 am-TBA</i>
7	8 <i>Practice 4-6</i>	9 <i>Scrimmage</i>	10 <i>Practice 4-5 30</i>	11 <i>Practice 4-6</i>	12 <i>Scrimmage</i>	13 <i>Practice 9 am-TBA</i>
14	15 <i>Practice 4-6</i>	16 <i>Scrimmage</i>	17 <i>Practice 4-5 30</i>	18 <i>Practice 4-6</i>	19 <i>Scrimmage</i>	20 <i>OFF</i>
21	22 <i>Practice 4-6</i>	23 <i>Scrimmage</i>	24 <i>Practice 4-5 30</i>	25 <i>Tournament</i>	26 <i>Tournament</i>	27 <i>Tournament</i>
28						



# March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Practice 4-6</i>	2 <i>Practice 4-6</i>	3 <i>Practice 4-5 30</i>	4 <i>Tournament</i>	5 <i>Tournament</i>	6 <i>Tournament</i>
7	8 <i>Practice 4-6</i>	9 <i>Practice 4-6</i>	10 <i>Practice 4-5 30</i>	11 <i>Tournament</i>	12 <i>Tournament</i>	13 <i>Tournament</i>
14	15 <i>Practice 9 00 am to 11 00 am</i>  <i>SPRING BREAK</i>	16 <i>District Game</i>	17 <i>OFF</i>	18 <i>Practice 9 00 am to 11 00 am</i>  <i>SPRING BREAK</i>	19 <i>District Game</i>	20 <i>OFF</i>
21	22 <i>Practice 4-6</i>	23 <i>District Game</i>	24 <i>Practice 4-5 30</i>	25 <i>Practice 4-6</i>	26 <i>District Game</i>	27 <i>TBA</i>
28	29 <i>Practice 4-6</i>	30 <i>District Game</i>	31 <i>Practice 4-5 30</i>			

# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>District Game</i>	2 <i>OFF</i>  <i>GOOD FRIDAY</i>	3 <i>OFF</i>
4	5 <i>Practice 4-6</i>	6 <i>District Game</i>	7 <i>Practice 4-5 30</i>	8 <i>Practice 4-6</i>	9 <i>District Game</i>	10 <i>TBA</i>
11	12 <i>Practice 4-6</i>	13 <i>Non-District Game</i>	14 <i>Practice 4-5 30</i>	15 <i>Practice 4-6</i>	16 <i>BYE</i> <i>TBA</i>	17 <i>TBA</i>
18	19 <i>Practice 4-6</i>	20 <i>District Game</i>	21 <i>Practice 4-5 30</i>	22 <i>Practice 4-6</i>	23 <i>District Game</i>	24 <i>TBA</i>
25	26 <i>Practice 4-6</i>	27 <i>District Game</i>	28 <i>Practice 4-5 30</i>	29 <i>Practice 4-6</i>	30 <i>District Game</i>	



# May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> <i>TBA</i>
<i>2</i>	<i>3</i> <i>PLAYOFFS WEEK</i> <i>ALL TBA FROM</i> <i>HERE ON OUT</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>

# Castleberry Independent School District

## Department of Athletics

5001 Melbourne Road •Fort Worth, Texas 76114 (817) 252-2070

### STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

1. The student and parent/ guardian must sign the organization's extracurricular participation agreement.
2. The student must be considered a participant from the first until the final date of the season.
3. The student must remain academically eligible from the first until the final date of the season.
4. The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
5. The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
6. Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug.-Oct.	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct.	Participate in ten (10) games at the varsity level.
Basketball	Nov -Feb.	Participate in ten (10) games at the varsity level.
Soccer	Nov.-Mar.	Participate in seven (7) games at the varsity level.
Track	Feb.-May	Earn 10 points in the season or 1 point at the District Track Meet.
Baseball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Softball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings.
Tennis	Feb.-Apr.	Participate in two (2) varsity meets and the District Tennis Meet.
Athletic Training	Aug.-May	Standard Requirements (see above).

## DESCRIPTION OF AWARDS GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U.I.L. interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$20 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/ she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/ s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

## GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U.I.L. activities). A student may accept a symbolic award in recognition of his/ her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals).

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

---

Student Signature

---

Date

---

Parent/ Guardian Signature



# Castleberry Independent School District

## Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 (817) 252-2071



### CASTLEBERRY HIGH SCHOOL BASEBALL ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

#### Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Castleberry High School BASEBALL Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

---

Printed Name of Player

Signature of Player

Date

#### Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Castleberry High School BASEBALL Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

---

Name of Parent/Guardian (please print)

Relationship to Player

---

Signature of Parent/Guardian

Date