



BATTER UP! Issaquah High School Baseball 101

Welcome to your first look at Issaquah High School Baseball. Below you will find a lot of details, but the best way to stay informed is to sign up to be on the baseball email distribution list.

Teams & Tryouts: Issaquah has three baseball teams: Varsity, Junior Varsity and the C-Team (freshman). High school baseball teams across the state can begin to prepare for the season on the Monday falling on the week of March 1st. IHS Baseball tryouts are held the first three days. Due to the large number of kids who tryout for the baseball program, the freshmen have their tryouts at Pacific Cascade Middle School (PCMS). The freshmen who are selected into the program will play on the C-Team. The C-Team may have players in higher grade levels, but all freshmen start off on the C-Team in order to gain confidence and leadership skills needed to play later on at the Junior Varsity and Varsity levels. Kids are told in person on the last day of tryouts if they made it onto a team.

Spring Sports Night (March): The Spring Sports Night takes place in the evening at IHS the week after tryouts. It is a very important informational night for all players and parents. After the All Sports program introduction and presentation in the gymnasium, the individual sports will break out into meetings. Individual sports meeting locations will be announced after the general meeting. Baseball usually meets in the Library. You will not want to miss this talk. At this time parents & players will also be asked to sign a Code of Conduct Form, as well as turn in hat and fundraising money.

Season (March-May): Baseball practices start the day after tryouts. The teams have either a practice or regular season game every day after school through April. This includes Spring Break, so make sure your son stays in town for the games. The varsity league and state playoffs run through May.

Off-Season Training (Oct-Feb): Issaquah Baseball and Decater Performance provide optional off-season baseball conditioning and training for IHS players. Coach Reese encourages all players who are available to participate and commit to the off-season training program as a team and toward a common goal of being State Champs! The flyer with dates and cost for these optional training sessions comes out each September for the first session and in November or December for the second session.

Student Athletic Handbook

The Issaquah School District **Student Athletic Handbook** (<http://issaquah.wednet.edu/docs/default-source/district/sports/athletic-handbook.pdf?sfvrsn=2>) provides valuable information about the rules, timelines and eligibility and form requirements needed to compete in sports at IHS. You and your son will be required to sign off on this packet prior to the season. In addition to the below topics, the handbook covers extra material. Please take time to read it.

Good Grades: No “F”s, “U”, “NC” grades and at least a 2.0 GPA. Seems reasonable but did you know at least 1-2 players every season can’t play the game they love because they are on Academic Probation (AP). Don’t let that player be your son!

Current Sports Health examination: All incoming freshmen must receive a physical upon entering high school. This must be dated on or after June 1, 2016 to be eligible for their upcoming school year. The school must have the Pre-participation History and Physical Examination Form filled out and on file. This physical is only valid for 13 months, so plan on getting your son’s sports exam every year.

No Alcohol or Drugs: Issaquah School District strongly enforces a no-tolerance Alcohol, Drug and Chemical Substance Policy, in accordance to Regulation #3240. At all times, have your son stay away from any situation that involves drugs, alcohol and chemical substances.

Fundraising

The Baseball Program relies on a few annual fundraisers to make the program successful. You will get more information in the future, but here is a look at our fundraisers for 2016. If you would like to be more involved in fundraising and have some ideas, please contact Lida Buckner, lidaj@mac.com. All fundraising donations can be done through the District’s Online Payment site (<https://web.issaquah.wednet.edu/touchbase/>).

Mariners Tickets (March)

Each year the Mariners organization gives local high schools a chance to play in the High School Baseball Classic at Safeco Field. High school invitations are based on a program’s ability to sell an allotted number of tickets to a preselected Mariners



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game in June. In turn the Mariners make a generous donation back to those high school baseball programs. In order for Issaquah High School Baseball to be able to annually participate and qualify for the donation, each player, on all three teams, is responsible for selling or purchasing 20 tickets (\$240 value). Players are encouraged to re-sell the tickets in order to recoup the cost. Some families in the past have purchased the tickets and chosen to give them as holiday or birthday gifts. Our baseball program also organizes an option to donate to a non-profit group, which benefits kids and families in the Issaquah area.

The Issaquah team participating in the game at Safeco Field is formed with players from the varsity team and some select JV players. Please keep in mind this is a fundraiser for the program. The memorable perk is playing at Safeco. Although not always possible, the program's goal is to give every player in the program the opportunity to play at Safeco during their baseball career at IHS.

The ticket sale donation (\$240) is due not later than March 25. Payments can be done online through the ISD Online Payment Site (click - make a donation), or by check, payable to Issaquah High School, memo: Baseball Mariners Fundraiser.

Field Banners

Baseball field banners offer the perfect outreach opportunity for businesses in the community to support the baseball program. These banners are sold annually and are seen not only during the high school season, but stay up through the summer and fall baseball seasons (more than 150 games) and football season. Banners are taken down in October, cleaned and stored.

Baseball Media Guide done by Gameday

Gameday sells the advertising, produces the IHS Baseball media guide and makes a generous donation to the IHS Baseball program. Player-parent Laura Morimoto works with Gameday to provide player photos, coaches letters and a fun senior player bio. The program includes every team, headshots, rosters and season schedules. The players will be sent in small groups to thank the advertisers once the program is released. Enough media guides are printed for every family to have a stack to share with family and friends.

Little League Clinic Day

The Issaquah Little League is a long time supporter of the high school baseball program. To show thanks for their annual financial donation, the Issaquah Baseball program puts on a training day for the Little Leaguers. All IHS players are required to participate in the clinic. The event is usually held the third week of March from 12pm-2pm. Players are expected to arrive at 11:15am in full uniform and with gloves and stay through 2:15pm. The clinic is applicable for high school volunteer hours.

The Issaquah Booster Club

The Baseball program encourages all families to be members of the Issaquah High School Booster Club. The Booster Club supports not only baseball funding requests, but all non-curricular IHS clubs, activities and sports. In 2015 the Booster Club purchase the batting machine (\$2,812) being used now by the boys in the new batting cages. They also provide academic scholarships, sports fee scholarships, school social event support, and much more. Issaquah High School Booster Club is a 501(c)3 Tax ID# is 91-1099559. For more information on funding history and impact visit their website: <http://ihsboosters.org/Home>

Fundraising Proceeds

Over the years, donation dollars have improved players' baseball experiences within the program tremendously. The district provides very little funding, mainly enough to cover game balls. We can thank fundraising for the press box, new batting cages, scoreboard, safety nets and so much more. On the horizon the biggest need is a roof and lights for the new batting cages. While plans are still being talked about, the estimate for this project is around \$60,000.

Our League: What is WIAA? And what does KingCo 4A mean?

Washington Interscholastic Activities Association (WIAA) is a private, non-profit 501(c)(3) service organization which oversees sports and fine arts in Washington State. The WIAA's goal is to create equitable playing conditions between high school sports teams in Washington. On the WIAA website you will find all State standings, schedules, and contact information. The WIAA divides Washington State into nine geographic service districts, then by division according to school size (1B-4A). www.WIAA.com



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Issaquah High Schools is in the **KingCo** geographic District, **4A Division** (enrollment 1,252+). There are 65 4A high schools in Washington state. The KingCo League website has accurate and up to date schedules, scores, and standings. To be current on all game changes it is **strongly encouraged that every family** signs up for Game Alerts on the KingCo Athletics website. All information on KingCoAthletics.com is entered and maintained by the school Athletic Director and coaches. <http://www.kingcoathletics.com>

Preliminary Timeline 2016-2017 School Year

***Specific dates have not been released but you can expect this general timeline. Watch for team emails and the Issaquah High School E-news for specifics starting in February.

October –December: Off-Season Training

End of February

- o Deadline to turn in Spring Sports Packet and Code of Conduct form. Both posted on the IHS website in January.

1st Week of March

- o Tryouts (TBD - date, time, place)
- o Deadline to order additional IHS Baseball Logo Gear (Kimmel–flyer emailed out beginning of February)

2nd Week of March

- o Spring Sports Night
- o Practices begin
- o Baseball Dinner to kick off the season ~ IHS Commons
- o Team photos taken by 3rd party for purchase (order forms handed out on Spring Sports Night) and for Game Day Program.

3rd Week of March

- o Tentative weekend Jamboree for JV and Varsity teams - Freshman Team encouraged to attend.
- o Let the Games Begin! Game schedules posted on the KingCoAthletics website

4th Week of March

- o Sunday - Little League Day hosted by the IHS Baseball Players for the Issaquah Little League.

April

- o Safeco High School Classic game (date TBD)
- o Spring Break (April 10 -14): All teams play during Spring Break!

May

- o KingCo 4A Varsity Baseball Tournament (date TBD) / State Competition
- o End of Season Banquet ~ usually the 3rd week of May ~ IHS Commons