



**2018  
PLAYER PACKET**

# SPANAWAY LAKE MONSTERS BASEBALL CLUB

## BOARD MEMBERS

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## COACHES

### HEAD COACH

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### Assistant Coaches

Steve Edmunds  
Terry Keister  
Dan Perdue  
Jarrett Thompson



## MISSION STATEMENT

The Spanaway Lake Monster Baseball Club is an American Legion Baseball Club located in Spanaway, WA. We strive to have both a JV and Varsity team competing in both a Summer League and a Fall League.

The purpose of the club is to promote the game of baseball and a sound understanding of the fundamentals of the game while building a strong youth baseball legacy in the Spanaway area.

Our program is dedicated to supporting any and all players who have the desire to be successful at the game of baseball. There will be many opportunities to raise funds to cover players fees and the Spanaway Lake Monsters Baseball Club Board of Directors is committed to supporting each player's needs. It is our utmost priority to provide competitive Summer and Fall baseball seasons to any and all high school players in our community that are interested.

Parents and players,

Welcome to the Spanaway Lake Monsters, a summer program designed to benefit players from Spanaway Lake High School and Mt. Rainier Lutheran High School

Our goal is to provide a cost-effective way to play summer baseball for players who are looking to improve on their skills. We are dedicated to support and develop student-athletes in the Spanaway area. We pride ourselves in helping our players become better on the field, as athletes and off the field, as men. We have developed this program to do just that.

Our goal is to put together the best coaching and support staff we can, to give your player the best opportunity to develop.

As the head coach, my coaching philosophy is this:

\* I believe that players gain confidence and a love for the sport through positive feedback from parents, coaches and other players. Players develop differently, and each player gains certain skills at different times. Effort and having fun can always be achieved. I try to always provide positive feedback for effort

\* I think that it is important for a coach to have more than just a casual interest in the players. I try to get to know my players well throughout the year. I may not always be successful getting to know every player every day, but I want them to know that I am interested in what they have to say. Most importantly though is that I want them to know that I value them and the work they put in.

\* I believe that practices need to be fun, but at the same time, work needs to get done. Players will not improve without diligence at practice. Although I may design practices to be somewhat casual at times, I expect that players will bring their full effort in order to become successful.

\* Teamwork and developing friendships is important as well. As young adults, they need to still support one another and always try to be positive towards their teammates.

\* Competition is an important element of any sport. As these players continue to grow, they naturally become more competitive. We don't talk about "needing to win" or that it is "important to win," but the players need to understand that winning, especially at the summer level, is not the number one priority. If they focus more on improving as players; winning and being successful will come naturally. Effort and attitude is another one of my focuses. If we can improve, put in a good effort, and have a positive attitude, the score does not matter to me.

\*I will work on teaching fundamentals and skills during our practice time, but I believe that the game is their time. Our coaching staff will give instructions throughout the game, if we feel it will help with the immediate performance of the game. I know that the players do not like to be told they are doing something wrong during the game. I hope that as parents, you will do the same. Positive feedback from the parents is just as valuable to me as feedback from the coaches.

I have included rules that I expect my players to follow. I have attached a separate sheet which will need to be looked over by you and your son. I also have expectations for parents.

1. Help me to make sure your son is on time for every event. I realize that as young men, they need to learn responsibility and being prompt. It's hard to conduct practice or get ready for a game if not all players are present or accounted for. If you or your son know that he will be late, please call ahead and give me a heads up. If your son knows he will be missing a game, please let me know at least a week ahead of time for planned events.

2. Please help out with any sort of team volunteer opportunities. We want to make this a successful summer for you and your son and will have a number of items that will require parent help.

3. Please encourage good sportsmanship by demonstrating positive support for all players, coaches and umpires at every game and practice. Please cheer for your son and his teammates during the game, and try to keep from yelling instructions to them.

4. Please let me know if you have a problem with me or a situation that is happening. Please do not try to discuss these problems before, during or after a game. If you would like, you can schedule a time for us to talk, and I will gladly speak to you on such matters, however if your player is unhappy, he needs to schedule a time to speak to me first. At this age level, I prefer to speak to the player about any sort of on the field issue before I speak to you. It is not that I do not want to talk to you; I want to teach your son responsibility in the matter.

I am looking forward to a fun and rewarding summer. If you have any questions or concerns, please feel free to call or email me.

Sincerely,  
Todd Keister



# 2018 Team Rules

## Team Philosophy

The purpose of the Spanaway Lake Monsters Baseball Club is to promote the game of baseball and a sound understanding of the fundamentals of the game while building a strong youth baseball legacy in the Spanaway/Graham/Eatonville area.

Our program is dedicated to supporting any and all players who have the desire to be successful at the game of baseball. There will be many opportunities to raise funds to cover players fees and the Spanaway Lake Monsters Baseball Club Board of Directors is committed to supporting each player's needs. It is our utmost priority to provide competitive Summer and Fall baseball seasons to any and all high school players in our community that are interested.

## Team Rules

These are the team rules that players will be held accountable for by the coaches, while being a member of the Spanaway Lake Monsters Baseball Club. To accomplish our goals this season, we strongly feel that you **MUST** do the following:

1. We expect players to be at every practice, game and team event in order to improve as baseball players. If you are unable to be at a practice, game or team event - please contact Coach Keister through the REMIND app at least 24 hours before unless it is an emergency.
2. Players are to be model citizens, who represent the Spanaway Lake High School and Mt. Rainier Lutheran baseball programs. If they are ever in trouble with the law, they may be removed from the team.
3. **BE ON TIME** for all games, practices, and team meetings. Tardiness could result in a lessening of playing time, or extra conditioning. This means two (2) hours before home games and one (1) hour before away games. We understand traffic and other problems arise - please build in time for this.
4. The players **RUN** on and off the field at all times. This includes strikeouts; we hustle back to the dugout. After games, we will always run as a team to get lactic acid out of our arms, regardless of the end result of the game.
5. Players are required to help set-up and break-down the field before and after every practice and home game. There should be **NO STANDING AROUND** during this time, or any communication with fans/parents. Field cleanup and set-up is everyone's responsibility to make sure that the field is cleaned properly and the shed and dugouts are clean. Players do not get to take off their cleats or leave until the field is put "to bed," unless given permission.
6. Players and coaches need to display the proper attitude. No sign of **WHINING OR POUTING** on the field or in the dugout. There will be no excuses given for any situation or putting yourself first before the team; (e.g. using a phrase like "We lost, but I went 2 for 3 and didn't lose the game," or "We lost, but I didn't play so you can't blame me for the loss.")
7. Show respect for the baseball equipment. Throwing bats, gloves, and helmets is not tolerated on the field or in the dugout.. If you make a scene with throwing things or yelling after a strikeout or an out, you will be removed from the game, and most likely sent home.
8. Show respect towards your coaches, your opponents, your teammates and all umpires (regardless how bad of a call they make).
9. Coaching decisions during practices and games are final. All discussions about playing time will be held between coaches and players only. Players who would like to discuss their role on the team, should communicate with coaches after practices. Coaches will not discuss matters like management decisions or the role of any other player at any time. Coaches will not discuss playing time with anyone other than the player in question.
10. When we step on the field; hats are on forward, shoes are clean, long sleeves are worn on cold evenings,. and uniforms are clean with tops tucked into pants. If you pull up your pants, your socks need to completely cover your leg. You must have long sleeves that match your uniform (no white or grey). No jewelry will be visible. If you forget any piece of your uniform, then you **DON'T PLAY** (no borrowing from teammates).
11. During the game, the players remain in the dugout and do not talk to anyone in the crowd. Players will also not use cell phones at any time without permission.
12. We play to win all games. Even though this is a season where we are concerned with Winning and Learning, we are never trying to intentionally lose games. We put the nine to ten players on the field that we believe give us the best opportunity to win.

1. The coaching staff is here to make the players better athletes and individuals. If we feel that negativity is being spread throughout the program, by either a player or a parent, then the player will be dismissed from the program.
2. All injuries must be reported to your coach immediately. Illnesses, such as colds and the flu, must also be reported, as well as any other problems that may affect the player's performance at practice or in games.

## **Attendance**

### **Excused Absences**

Qualifies as any absence from practice or a game in which the coach has been notified in advance.

- Most likely, absences from practice or a game for any reason will result in decreased playing time

### **Unexcused Absences**

- Any absence from practice or a game when the coach is unaware of the athlete's whereabouts.
- Unexcused absence could result in a game's suspension
- On the second unexcused absence, the athlete will be removed from the program for the remainder of the season.

### **Unexcused Tardy**

An Athlete that is present, but not prepared to participate, or an athlete who is on their way, but has not arrived

- The unexcused athlete may earn extra conditioning practice.
- Habitual tardiness will result in a loss of playing time or possible game suspension.

### **Suspensions**

If an athlete is suspended from the team, they will not receive a refund of any kind.

### **Game Participation**

Athletes are expected to participate in all games until season's end.

- If you know of conflicts please notify your coach at least a week in advance.

### **Transportation**

Athletes must get transportation to the game site. If you are in need of transportation, please contact another player or coach to help you get to the game. I would rather pick you up than not have you show up.

### **Conduct**

Athletes are expected to follow proper conduct throughout the season

- Profanity will not be tolerated
- Any displays of disrespect or insubordination towards the coaches will result in a dismissal from practice/game
- Any displays of disrespect or insubordination toward the officials or opponents will result in disciplinary action
- Display good sportsmanship at all times
- Respect the property and equipment

### **Nutrition/Health**

- Good nutrition is vital to enhanced performance. Therefore, athletes need to try to eat healthy food and drink prior to and in-between games. Junk food and carbonated soft drinks should not be consumed.
- Since practice and games occur during summer hours, players should not sit in front of the television all morning before games and/or practices. Players should also get proper rest - sleeping in until 2pm on a game day makes their bodies tired and sluggish and unable to perform up to their potential.



# SPANAWAY LAKE MONSTERS BASEBALL CLUB PLAYER CONTRACT

TEAM \_\_\_\_\_ SEASON \_\_\_\_\_

NAME \_\_\_\_\_ TELEPHONE # \_\_\_\_\_

ADDRESS \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

The Board of Directors of the Spanaway Lake Monsters Baseball Club (SLMBC) and the undersigned Player and Parent/Guardians hereby enter into the following agreement:

### SLMBC RULES

The purpose of the SLMBC program is to provide youth the privilege and opportunity to participate in a high quality baseball program exhibiting the finest of ability, sportsmanship, integrity, patriotism and citizenship.

#### 1. No tobacco products, alcohol or drugs

No SLMBC player shall have in his possession, or use, tobacco products, in any form, alcohol or illicit drugs at any time or place during the regular season or any tournament. Violation of this rule shall result in an immediate (3) three game suspension during the year in question along with notification of the suspension to his parents/guardians. Prior to readmittance into the SLMBC program, a conference will be held with the player, his manager or coach, his parents/guardians and a SLMBC Board member to review and confirm the specific measures that have been taken to prevent any further violations. If there are (2) two violations by the same player in one year, his parents/guardians will be notified and the player will be automatically disqualified for the remainder of that year. If a violation of this rule occurs while a SLMBC team is on a road trip, the player's manager or coach shall have the authority to immediately send the player home.

#### 2. Conduct

All SLMBC players will promote the best interest of the programs at all times. No abusive or profane language or conduct directed at opposing players, managers, coaches, or fans is allowed at any time. Any SLMBC player violating this rule shall immediately be removed from the playing field. Players will not argue with umpires or throw bats, helmets or other equipment. Players will stay on the field or in the bullpen area during games. Players are not allowed to use cell phones during any point of the game, unless it is requested by a coach or other SLMBC official. Players will keep the dugout at Spanaway Lake High School and any other field they play on, neat and clean at all times. Unless requested by the coach or other SLMBC official, parents must stay out of the field/dugout area during game play.

#### 3. Season Commitment

Players shall make a season long commitment to the SLMBC. Permission for absence will be granted for activities involving a player's personal or athletic development, or for other good cause shown. Extra activities for any SLMBC player are permitted so long as they do not interfere with SLMBC practices or games. If a family emergency occurs, the player's manager or coach should be contacted at least 24 hours before the event if possible. When players miss a game, it is customary for the manager to sit that player as many games as they have missed. However, it is up to the discretion of the coach to enforce this rule.

#### 4. Travel for Players

Players must be on time. Players must arrive to the field no later than two (2) hours before games at home fields and no less than one (1) hour on road trips. Players will be quiet and orderly in motels, hotels or cabins. Curfew means players will be in their assigned rooms on time, in bed, with the lights off. No outside guests will be allowed in the players rooms. Rooms will be kept neat and orderly. A player causing any damage will be personally responsible for the cost or repair or replacement.

#### 6. Uniforms and Equipment

Uniforms and equipment will be kept in good repair and condition. Uniforms will be regularly laundered. Uniforms that are not maintained in good repair and condition shall be replaced at the player's expense, upon request of a coach or an SLMBC official.

### PAYMENTS

Unless on a previously agreed upon payment plan, players will not participate in SLMBC events (games, practices, etc.), unless they have made their players fees in full.

### AUTHORIZATION FOR MEDICAL TREATMENT

The undersigned parent/legal guardian hereby appoints any SLMBC manager, coach or Board member to give consent to reasonable and necessary medical and/or surgical treatment by any licensed physician or hospital for the player identified herein, when we cannot be reached within a reasonable amount of time due to absence or otherwise. Such consent may include, but not limited to, administration of anesthetics, diagnostic studies, blood transfusions, injections, medications and/or surgery.

### EXPRESS ASSUMPTION OF THE RISK AND RELEASE

The undersigned player and parents/guardians acknowledge that they have read and reviewed this Player Contract. They understand and comprehend it's meaning, and they agree to abide by all of its provisions, terms and conditions. Consent for participation in the SLMBC baseball program by the player identified in this writing is hereby granted. The undersigned player and his parents/guardians hereby expressly assume all of the risks of injury or death inherent in and necessary to the sport of baseball. In consideration of the privilege in the SLMBC baseball program, the parents/guardians of the player herein, and the player himself, if he is 18 years of age at the time of the execution of the Player Contract, hereby release and fully discharge SLMBC, it's officers, directors, managers, coaches and/or agents, from any and all liability for claims of any kind or nature arising out of any injury to, of death of, the player herein sustained while participating in any SLMBC activity.

DATED at Spanaway, Washington this \_\_\_\_\_ day of \_\_\_\_\_

\_\_\_\_\_  
Signature of Player

\_\_\_\_\_  
Signature of Parent/Guardian



# SPANAWAY LAKE MONSTERS BASEBALL CLUB PAYMENT ARRANGEMENT FORM

Payment Arrangement Form

I \_\_\_\_\_ (responsible party) and \_\_\_\_\_ (player) agree to pay my bill of \$\_\_\_\_\_ with the designated payments below. Additional payments are allowed and encouraged, decreasing the length of this debt. I understand that if I fail to meet the payment schedule without notice, the player will not be allowed to participate in any activity sponsored or funded by the Spanaway Lake Monsters Baseball Club.

### 2018 Fees: \$200

**Plan:**

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Date: 6/15/2018 Balance Due

**Send all payment to: SPANAWAY LAKE MONSTERS BASEBALL CLUB (SLMBC)**

Attn: Deanne Shook (Treasurer)

Signed: \_\_\_\_\_ (Responsible party)

Printed Name: \_\_\_\_\_

Signed: \_\_\_\_\_ (Player)

Printed Name: \_\_\_\_\_

Signed: \_\_\_\_\_ (Board Member)

Printed Name: \_\_\_\_\_

**Disclaimer:** The fees established by the Spanaway Lake Monsters Baseball Club (SLMBC) are good faith estimates based upon historical costs. In the event that the established fees do not cover actual operating costs, SLMBC reserves the right to request additional payments.

# SPANAWAY LAKE MONSTERS BASEBALL CLUB

## MAY

Lake Monsters will play all of their home games at Spanaway Lake High School.

20 Kids Clinic 12-2 Practice 2-4	21	22	23	24 5-7pm Practice	25 6pm Lake Monsters @ River Ridge	26
27	28	29 SPANAWAY BANQUET	30 SENIOR FEEDER GAME	31 5-7pm Practice		

Batting Practice begins 2 hours before game time and last around 45 minutes.

## JUNE

Field Maintenance begins an hour and 15 minutes before game time and should take no longer than 30 minutes.

					1	2 10am-1pm Practice
3 12pm Kitsap @ Lake Monsters (DH)	4	5 5-7pm Practice	6	7 5-7pm Practice	8 SLHS HALF DAY	9 10am-1pm Practice
10	11	12 5-7pm Practice	13	14 SLHS Graduation	15 5-7pm Practice	16
17 12pm Lake Monsters @ Elma (DH)	18	19 5-7pm Practice	20 6pm Eatonville @ Lake Monsters LAST DAY OF SCHOOL	21 5-7pm Practice?	22	23 10am-1pm Practice?
24	25	26 5-7pm Practice	27	28 6pm Lake Monsters @ Eatonville	29	30 12pm Lake Monsters v. Bethel (DH)

Warm-up begins 45 minutes before game time and lasts for 30 minutes.

The Lake Monsters will take infield/outfield 15 minutes before the game starts

### For all away games:

The team will arrive at the field no later than one hour before game time.

Warm-up will begin 45 minutes before game time and lasts for 30 minutes.

The Lake Monsters will take infield/outfield 15 minutes before the game starts.

## JULY

1	2	3 5pm Lake Monsters @ L.Columbia	4	5 5-7pm Practice?	6	7 12pm Elma @ Lake Monsters (DH)
8	9	10 6pm Lake Monsters @ Orting	11 4pm Lake Monsters @ Kitsap (DH)	12 6pm Lake Monsters @ Washington	13	14 12pm Lake Monsters @ P. Angeles (DH)
15	16 6pm Chief Leschi @ Lake Monsters	17 5-7pm Practice?	18 6pm Steilacoom @ Lake Monsters	19 5-7pm Practice?	20 6pm River Ridge @ Lake Monsters	21 12pm Lake Monsters @ Montesano (DH)
22	23	24 6pm Lake Monsters @ Washington	25 6pm Eatonville @ Lake Monsters	26 5-7pm Practice?	27	28 END OF SEASON TOURNAMENT @ SLHS 10am - all day
29	30	31				

**GAMES AND DATES SUBJECT TO CHANGE**



# SPANAWAY LAKE MONSTERS BASEBALL CLUB

Parents,

Thank you so much for the opportunity to have your players and young men participate in our baseball program. It is our goal to help them become better baseball players and men.

As in all programs, it takes volunteers and support from everyone to accomplish this goal. The Spanaway Lake Monsters Baseball Club could use your help. You can give a little or give a lot!

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NAME

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PHONE

\_\_\_\_\_ I would like to be a team parent

\_\_\_\_\_ I would like to help with fundraising

\_\_\_\_\_ I would like to be a trustee on the board

\_\_\_\_\_ I would like more information on volunteering



# SPANAWAY LAKE MONSTERS BASEBALL CLUB MEDICAL RELEASE FORM

The undersigned parent or guardian of the minor child named below (player), realizing that the Spanaway Lake Monster Baseball Club (SLMBC) is a nonprofit corporation and that the athletic program is supervised by volunteers; consents, agrees and bind the parent or guardian, including all heirs and assigns to the following matters regarding player participation in SLMBC activities.

1) In consideration of the benefits derived by the player's participation in said program, we hereby consent, approve and agree to indemnify and hold save harmless SLMBC, its agents, representatives, officers, coaches, managers, and board members from and against all actions or causes of actions, claims, demands, liabilities, loss damage or expense of whatever, which may be sustained or incurred by virtue of injury or damage to us or the players resulting or growing out of participation in any program of the SLMBC.

2) In the case of serious accident or illness, and in the case I cannot be reached, I authorize the coach or assignee to provide or arrange for appropriate emergency care. If an emergency transport is necessary, I authorize the same to summon an ambulance to transport the player to the hospital or nearest medical treatment facility based on conditions pertaining to the incident. I understand that if the situation warrants, I may not be notified until after transport has been initiated. I agree to be responsible financially for the reasonable cost of such assistance and/or treatment.

\_\_\_\_\_  
Player's Name

\_\_\_\_\_  
Players Age

\_\_\_\_\_  
Player's Grade/School

\_\_\_\_\_  
Physician's Name

\_\_\_\_\_  
Physician's Phone Number

\_\_\_\_\_  
Medical Insurance Company

\_\_\_\_\_  
Policy #

Allergies or other known conditions:

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

\_\_\_\_\_  
Printed

\_\_\_\_\_  
Date

1st Emergency Contact Name and Number \_\_\_\_\_

2nd Emergency Contact Name and Number \_\_\_\_\_

# Sign up for important updates from Mr. Keister.

Get information for **Spanaway Lake High School** right on your phone—not on handouts.

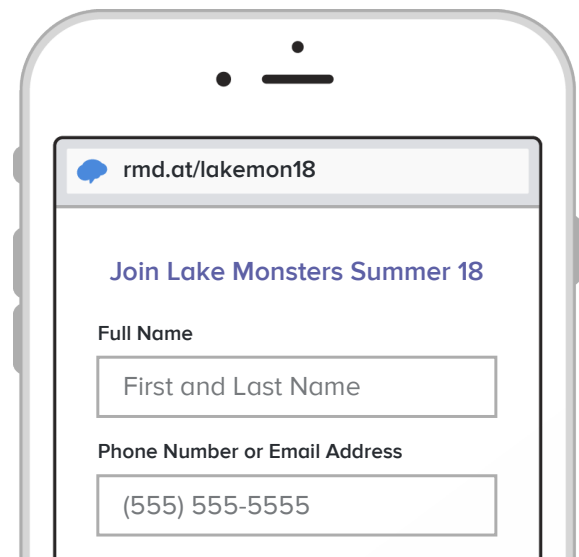
Pick a way to receive messages for **Lake Monsters Summer 18**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/lakemon18](https://rmd.at/lakemon18)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@lakemon18** to the number **81010**.

If you're having trouble with **81010**, try texting **@lakemon18** to **(586) 697-3160**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/lakemon18](https://rmd.at/lakemon18) on a desktop computer to sign up for email notifications.