



McCUTCHEON Baseball Player Development



Program Mission: We strive to educate, empower, and hold our athletes accountable in a positive environment.

- **Educate** – Increase athlete’s baseball knowledge while also focusing on skills that are impactful on and off the field. Respect, awareness, discipline, commitment, handling adversity among others.
- **Empower** – Help athlete take ownership of their development. Once they have tools and direction, know when to let them go figure it out by taking a step back. Don’t over coach. Also find opportunity for athletes to display leadership amongst their teammates. Let them lead drill work, mentor younger players, or organize outside activities.
- **Accountable** – Set high standard for energy, effort and enthusiasm on the field as well represent the program off the field. Celebrate small victories but keep asking for a little more than what the player thinks is possible. Strive towards the athlete setting high expectations for himself.
- **Positive Environment** – Our athletes should not be put down, let down, or shut down. We must enhance the development of confidence, as confident players will lead to consistent performance even as talent level fluctuates. Relationships are at the core of what we do. Successful relationships start with trust. Our athlete’s must trust that we have their best interest in mind.



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Online Forms and Physicals are due before first workout.

1. Complete online forms via Final Forms.
 - a. Registration and instructions can be found on mccutcheonathletics.com – More – Sports Medicines – Physicals and Forms
2. Physicals must be turned in online or to Athletic Office with a physician's signature and number. An athlete must have a new physical in place before participating in summer conditioning. Therefore, an athlete must have a new physical on file in the athletic office by June 1st, or before they begin summer conditioning.



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Key Dates (More details to be released later):

Fall Season - 8/30- 10/9

- For those not participating in a fall sport.
- We will hold practice twice a week for two hours at our field.
- We will also have two weight lifting sessions per week at the school.

Conditioning Period - 10/11 - 12/4

- For those not participating in a winter sport.
- We will hold two/three weight lifting sessions per week at the school.

Winter Season - 12/6 - 3/12

- For those not participating in a winter sport.
- We will hold practice twice a week for two hours in Gym or on Turf.
- We will also have two weight lifting sessions per week at the school.

Spring Season - 3/14 - End of Year

- Starting 3/14, we will practice daily (outside of Sunday)
- All practices are mandatory with the exception of 3/18, 3/19, 3/21. ******Please note that we expect all athletes to attend practice during the week of Spring Break from 3/22-3/26.**
- All athletes must participate in 10 practices prior to competing in a game.

Fundraising Opportunities:

We will have multiple fundraising opportunities throughout the year that we ask for participation from our athletes and their families. These efforts allow us the resources needed to provide a great experience through training equipment, field maintenance and team apparel.

The main fundraisers for the baseball program are working the Team Store at home Purdue football games and hosting our annual golf outing. We ask each family to work one game throughout the Purdue football season and volunteer in some capacity for the golf outing. The home dates for the 2021 season include: **9/4, 9/25, 10/2, 10/23, 11/6, 11/27.**

Our Mav Club Representative will release signup information for the Team Store this upcoming summer. Details on the golf outing will be released at a later date.

The following documents are expectations that we share with our team each year. They serve as the foundation of what we want to accomplish as a program on and off the field.



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Player Expectations

- Be a positive representative of our baseball program
 - On field
 - In classroom
 - In community
 - On social media
- Respect yourself, teammates, coaches, parents, opponents, umpires, school officials and support staff
- Proactively communicate and do so with honesty
- Be on time
- Abide by McCUTCHEON Athletic Department Code of Conduct
- Hazing of any kind is grounds for dismissal
- Take great care of our facilities and equipment whether yours or the programs
 - Locker room
 - Hang clothes up; only shoes should be on ground
 - Theft from locker room is grounds for dismissal
 - Cages
 - Technology
 - Storage
 - Dugouts
 - Buses
 - Uniforms/Apparel
- Unless unavoidable, always wear McCUTCHEON apparel to team workouts.

***All disciplinary action will be determined by coaching staff on a case by case basis in conjunction with school leadership.



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Developing Our Culture

- **High Standards**
 - Excellence cannot be pursued in one area of life and not in others. There is no on/off switch. We must push ourselves to achieve success academically, socially, and athletically.
- **Great Habits**
 - Strive to be self-sufficient. Be mindful of how we interact with those around you. Embrace competition on an individual level as well as in practice setting.
- **Consistency**
 - Consistency over time yields results. In the short term, those that can stay focused in the moment will have best chance at success. Long term, we must develop a plan and stick to it. We cannot chase the quick fix.



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Process vs. Outcome

Which column are we spending more time thinking about?

Controllable

Effort
Attitude
Preparation
Reactions
Plan/Strategy
Energy
Focus
Body Language
Hustle
Being a Good Teammate

Uncontrollable

Friends
Coach's Decisions
Teammates Play
Opponents
Playing Time
Statistics
Calls by the Umpire
Recruiting
Weather
Past Errors
Poorly Pitched Inn
Past Bad ABs
Bad luck
Field Conditions



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Being a Great Teammate

Humility – The ability to do what is best for the team or others. No task is beneath you. It's ok to be vulnerable.

Honesty – The ability to have difficult conversations.

Reliability – Be consistent in your personality and your daily routine.

Communication – Be able to share what you have learned or ask questions if you are unsure.

Problem Solving – If things aren't perfect can you figure it out?

Toughness – Maintain focus in the face of adversity. Be able to adjust and keep looking forward. No complaining or dwelling on things outside of your control.

Engagement – Invest in your teammates on and off the field. Lock in every pitch, every rep. Don't check out if you are not in the lineup.

Trust – Put in the preparation together to develop confidence in one another.

Being Positive – Find a way to acknowledge the good things that occur even in difficult times. Avoid sarcasm when you do have tough conversations.

Accountability – Hold yourself to a high standard first so that you can hold others to the same. Everyone makes mistakes but accept responsibility when needed.



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What We Can Gain from Strength and Conditioning

Mental Toughness – staying focused when tired or in pain; not giving in to any negative thought

Unity – making sacrifices and working hard together helps build trust in one another

Strength – well-conditioned and stronger bodies; improved flexibility and agility

Work Ethic – daily discipline and dedication; great energy, effort and enthusiasm creates action

Confidence – builds from having consistent success in a challenging experience; pushed self to higher level

Competitiveness – will to be the best; thriving in a tough environment rather than just trying to survive

Responsibility – NO EXCUSES; be honest with self and self-motivate to get better each day

Maturity – trust and understand coaches' plan and expectations; maintain positive attitude and body language

Integrity – doing it the right way all the time; NO SHORTCUTS

Preparation – will help you mentally and physically for the spring season

Passion – passion to play baseball and compete will push you through the tough out-of-season workouts

Consistency – learn to bring it every day both physically and mentally



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“Doing common things uncommonly well brings success.”

OFFENSE

BEST BUNTING TEAM ... attitude-want to bunt; confidence-practice with proper form; fearless

BEST GETTING HBP TEAM ... attitude-willing to get hit; keep feet still unless pitch by head/shoulders; fearless

BEST SITUATIONAL HITTING TEAM ... attitude-want to move runners or score without getting a hit; confidence-practice with proper approach; trust; understanding the situation

BASERUNNING

BEST HOME TO 1B TEAM ... hustle-run every ball out; aggressive turns; good angles

BEST TIMING UP PITCHERS TEAM ... practice with proper form; awareness; communication; fearless

BEST MOVING UP ON BALLS IN DIRT TEAM ... focus; know pitcher; good reads, under control; fearless

DEFENSE

BEST CUTS AND RELAY TEAM ... practice with proper form; under control; throw through cutoffs

BEST TURNING DP TEAM ... confidence-practice with proper form; under control, fearless

BEST PITCHERS FIELDING TEAM ... confidence-practice w/ proper form; under control; know responsibilities, no panic

BEST 1B PICKS IN DIRT TEAM ... confidence-practice with proper form; under control; fearless

BEST PITCHERS HOLDING RUNNERS TEAM ... practice with proper form/timing; awareness

ATTITUDE

MOST COACHABLE TEAM... ability to listen and see things from other people's perspective; open mind towards trying something different



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BEST AT HANDLING ADVERSITY... great body language and respect towards teammates, coaches, umpires, and opponents; ability to slow game down by controlling breathing and focusing on next pitch

BEST ENERGY IN THE DUGOUT TEAM ... positive energy/attitude; communication; connected to the game; passion; competitive; respectful; focused on us; optimistic; fearless