

Dirt dogs

Player Packet



Fall 2017/Summer 2018

Kamimoto - 16u

Mission Statement

Central California Dirdogs goal is to provide the tools for each player to excel and develop into a complete softball player both offensively and defensively.

Create a student-athlete with the proper mechanics and fundamentals to compete at the highest level, both academically and athletically.

We will provide each girl with the opportunity to achieve her fullest potential as an athlete and to contribute to her development into a successful young adult.

The organization will actively pursue highly competitive levels of play in qualifying tournaments and college-exposure tournaments in order to promote the advancement of these players to softball teams at the collegiate level.

What does it mean to be a Dirdog?

“A Dirdog is an athletic nickname given to certain players who are considered scrappy, blue-collar, hardworking, and tenacious.”

As a Dirdog, you are expected to put in the work no one else is willing to do, with no excuses. The expectations you have for yourself, and your ability to grind will set you apart from those who are not Dirdogs.

As a Dirdog, you have to understand opportunities will not come easy. As a Dirdog, you must set high expectations for yourself; be willing to grind; be dedicated to putting in the extra work; stay away from excuses; and take care of the details that will fully prepare yourself to take advantage of any opportunity presented to you.

Be a Dirdog! Fight. Grind. Compete. Prepare. Do what others won't, to create better opportunities for yourself and your future.

It will not come easy, but you will be better because of it.

Team Rules

1. 100% Effort EVERY SINGLE DAY - Practice, Game, Friendly, Showcase, Qualifier - with NO EXCUSES!

Being a High School softball player, your days as a softball player are almost over. TAKE ADVANTAGE OF EVERY DAY YOU HAVE REMAINING ON THE SOFTBALL FIELD - it will not last forever. Take advantage of the opportunity to get better. Take advantage of every opportunity to better your life - on and off the field.

2. If you are going to miss practice, a coach needs to be notified AT LEAST! 24 hours before the scheduled start time.

Practice plans are made well in advance of practice start times. Someone not showing up, with little or no notice can severely impact the structure and flow of practice.

3. Be ON TIME!

The worst habit to develop is being LATE! The coaching staff understands life happens and some things are uncontrollable, but BE ON TIME. If for some reason you are late, hustle to where you are supposed to be and do NOT make a scene.

4. Carry yourself like someone is watching you, to recruit you, every second of every day.

You never know who your next coach may be, or who may be willing to offer you a scholarship. Carry yourself like someone is always watching you, to prevent any negative judgements being made against you that could impact your future.

5. Respect! Respect the game. Respect your teammates. Respect your coaches. Respect the opponent. Respect the officials. Respect the spectators.

The more respect you have for someone or something, the more you are able to take advantage of any opportunity presented to you.

6. Sell yourself AND help your teammates market themselves.

This is a TEAM effort to get every individual to the next level. Dedicate yourself to being in the best possible position to better your future while helping your teammates find the best position to better their future.

Nutrition & Hydration

Preparation is an essential key to success, on and off the field. What a player does on the field to prepare for a game or tournament is a great first step, but what may be the most important is how a player prepares her body from a nutrition and hydration aspect. Physical skills will quickly fade and become highly inconsistent without proper hydration and nutrition. The following is a series of guidelines for: hydration, eating, eating around competition, and supplements.

Hydration

When it comes to preparation and in practice/competition performance, hydration will be one of the greatest initial factors to impact performance. ***If a player does not start the practice or competition hydrated the player will never reach a phase of proper hydration at any point during the practice or competition.*** Hydration is not one of those things where an individual can play “catch up” and be okay. With hydration, WATER is the most important liquid, not Gatorade or any other sports drink; WATER! ***If a player chooses to have a sports drink during practice or competition the bottle should be ½ water, and ½ sports drink, to help off-set the excess amount of sugar.***

One of the best ways to judge one’s hydration level is to simply look at the color of their urine. If the urine is clear or lemonade looking, the athlete is properly hydrated. The darker the urine, the more dehydrated a body is. In order to establish a properly hydrated state, one should drink ½ to 1 ounce of fluid per pound of body weight. For example, someone who weighs 120 pounds should drink 60-120 ounces per day; that will be between 3 and 7 bottles of water per day. In a 24-hour period, that is one bottle of water per every 8 hours or a bottle of water for every 3 hours.

These numbers may seem overwhelming, but breaking bottles up by drinking small amounts once every 15 to 20 minutes makes everything more manageable.

General Eating

When it comes to eating there are two important factors this program focuses on: moderation and consistency. Moderation comes with what and how much a player eats. Consistency comes with when a player eats.

In terms of a schedule, players should eat breakfast *EVERY DAY!* Breakfast sets the tone for the day. When the individual first wakes up the body is essentially coming out of hibernation or breaking a fast. A small meal is needed within the first 30 minutes of waking up. After breakfast, the player should be eating small meals every 3 to 4 hours. That is where consistency comes into play. The more consistently the player can stick to a 3 to 4 hour eating schedule the more manageable maintaining a proper diet becomes.

After setting a schedule then comes the actual food itself. With this we will be using a “80/20 rule.” The 80/20 rule essentially states players should choose foods that are best for them 80% of the time while the other 20% of the time players choose foods that may not be the best for them. This goes to show that we are not fully eliminating bad foods from a player’s diet, but we are moderating how often a player should choose to consume those foods. Also, by consistently eating on a 3 to 4 hour schedule the amount a player eats should be moderated based off limited hunger.

When it comes to foods an athlete should buy or be eating, may be the biggest differences between their diet now and what the program is recommending. For breakfast players should be eating: whole grain toast with peanut butter, yogurt, a banana, oatmeal, berries, almonds, and 100% fruit juice. The next 3 meals should be a

balance of carbohydrates, proteins, and fats. With this, athletes should shop on the perimeter or OUTSIDE of the groceries stores, not in the middle aisles. Specific food lists or descriptions are listed below:

Carbohydrates: (This is the primary fuel source as they provide energy for muscle function and brain fuel).

AVOID!!!! – White bread, pasta, baked goods.

BUY – **BROWN AND CLOSE TO THE GROUND!** Whole wheat bread, sweet potatoes, fruits, vegetables. **This is where the color on your plate should come from.**

Protein: (This is the main component for recovery and protecting the immune system).

No more than 1 gram per pound of body weight

BUY – Chicken (skinless), salmon, tuna, pork, lean red meat, tofu, cottage cheese, milk, eggs, Greek yogurt.

*The less amount of legs the better

*Grilled over fried

*White meat over dark

*Skinless instead of skin

Fats: (Fats absorb vitamins and antioxidants)

BUY – Nuts (pecans, almonds, walnuts), natural butter, olive oil, avocado.

Eating Around Competition

Eating around competitions can be a tough task for players, especially on tournament days. The most important (nutritional) aspect of preparing for a game is hydration. Players should follow the normal hydration guidelines as previously stated, but as practice or game time approaches the hydration schedule alters.

1 – 2 Hours Before: Drink 17 – 20 ounces of water

Immediately Before: Drink 7 – 10 ounces of water

During Practice/Game: Drink 7 – 10 ounces. That is a small gulp every 10-15 minutes, which mean every time a team comes in from offense or defense they should have a gulp of water or a water and sport drink mix.

Post Practice/Games: 20 ounces for every pound lost.

On game days, the 3 to 4 hour eating schedule should remain. Breakfast is still needed and does not change. The second meal should not change, but a small meal between the second and the third meal may need to be added. A small meal right before games should consist of: peanut butter and jelly sandwich or yogurt, a small dish of fruit, and watered-down fruit juice. Within the 10 minutes to half hour immediately following competition or practice it is vital that a player has a meal of some sort. This meal immediately following games or practices should consist of a balance of carbohydrates and protein. During tournaments or double headers, a player should eat a small peanut butter and jelly sandwich and an apple or mixed fruit. Another option could be a small salad with no dressing and grilled chicken or a small yogurt. This should be accompanied by watered-down fruit drink.

Supplements

To finish may be one of the most controversial topics in today's exercise society. Supplements are becoming more popular as meal replacements. The philosophy of this team is, food should come before supplements. Supplements should not be relied on to carry one's diet. Supplements can complement a diet, but they should not be the main focus of a diet.

In terms of complementing a diet, this means if a player’s diet may be lacking protein when they are at school they can take a protein shake. If a player’s diet is lacking vitamins during the day a multi-vitamin can be taken.

With supplements comes a product called “pre-workout.” The program stands against the use of “pre-workout” products. If a player is looking for a boost in their workout caffeine can be a quality substitute for “pre-workout” products.

If a player wishes to use a supplement, the supplement must be reviewed and approved by a member of the coaching staff or exercise science professional before beginning use of the supplement.

Meal Log

Day				
Time	Meal	Food	Amount	Comment/Notes
	1			
	2			
	3			
	4			
	5			
	6			
What Did You Drink Today?				
Drink	How Much / Notes			

Meal Logs are DUE at *EVERY* Sunday Practice
Keep track of what you eat, every day between Sunday practices

Workouts / Running

Physical preparation goes hand-in-hand with nutrition and hydration. The ultimate goal is to develop physical strength, and muscular endurance that optimizes physical performance in terms of consistency. The ability for an athlete to perform at their most elite level as consistently as possible. **IF A PLAYER IS NOT IN A STRENGTH & CONDITIONING PROGRAM AT THEIR HIGH SCHOOL, IT IS HIGHLY RECOMMENDED THEY FIND A PLACE TO WORKOUT.**

PLEASE NOTE: The coaching staff stands AGAINST athletes participating in CrossFit workouts. The style of lifting performed in CrossFit are designed for low repetition, high weight, and quality technique with every rep. CrossFit compromises the effective use of technique throughout the entire duration of workouts, thus compromising athlete safety.

Exercises should focus on the following:

Muscle Group	Standard Weights	Explosive Lifts	Body Weight	Running
Legs	Squats Lunges Leg Press Leg Extensions RDL Single Leg RDL Deadlift	Power Clean Clean & Jerk Hang Clean	Squat Jumps Walking Lunges Standing Leaps Wall Sit	Short Distance / High Rep - Sprints - Forward Sprint to Back Peddle - Walking Lunges to Sprint - Side Shuffle to Sprint
Upper Body	- Bench Press - Dumbbell Press - Shoulder Press - Seated Row - Lat Pulldown - Lateral Dumbbell Raise - Frontal Dumbbell Raise - Tricep Extension - Bicep Curl - Pectoral Fly - Rear Deltoid Fly	Clean & Press	Push Ups Walking Push Ups Seated Dips	Agilities - Cone Drills - Ladder Drills - Hurdle Drills - Hip Rotation & Change of Direction Drills - Reaction Drills
Core	- Med Ball Twist - Med Ball Twist & Throw - Weight Plate Crunch - Cable Cross Body Twist		Seated Twist 6" Leg Raise Flutter Kicks Plank Side Plank Crunches V Ups	Cardiovascular Endurance - Sprint - Jog - Sprint - Walk - Jog - Sprint - Long Distance Sprints - Suicides

Recruiting

Recruiting is a major objective for this team. This means players will be placed in environments to express their physical abilities, in front of college coaches/recruiters, as much as possible. **UNDERSTAND THIS IS AN ATHLETIC AND ACADEMIC SITUATION.** Players with low academic marks significantly limit their marketability.

To gain a complete understanding of an athlete's academic standing, a NCAA Eligibility Center profile should be made at: <https://web3.ncaa.org/ecwr3/>.

It is also important to understand colleges and universities are under strict recruiting rules and guidelines. With these restrictions comes contact windows, and details regarding what a coach can/cannot say to an athlete; when a coach can talk to an athlete; when a prospective school can evaluate a player; and when/what information a school can send a prospective player.

Some important information regarding recruiting can be found in the following handouts:
NCAA Division I Softball Recruiting Calendar

August 1, 2016, through July 31, 2017

(See NCAA Division I Bylaw 13.17.7 for Softball Calendar Formula)

- | | |
|---|-------------------|
| (a) August 1 through November 23, 2016 [except for (1) below]:* | Contact Period |
| (1) November 7-10, 2016: | Dead Period |
| (b) November 24, 2016, through January 1, 2017 [except for (1) below]: | Quiet Period |
| (1) December 7-10, 2016: | Dead Period |
| (c) January 2 through July 31, 2017 [except for (1) and (2) below]: | Contact Period |
| (1) April 10-13, 2017: | Dead Period |
| (2) May 30 through June 8 (noon), 2017:** | Dead Period |
| (d) During high school regional and state championship competition that does not occur during a dead period: | Evaluation Period |
| (e) The following state specific contact/evaluation periods are permissible: | |
| (1) In Hawaii, contacts and evaluations shall be permissible between November 24, 2016, and January 1, 2017 [except for (a) below]. | |
| (a) December 7 through December 10, 2016: | Dead Period |
| (2) In those states that play high school softball season in the fall, evaluations shall be permissible during those seasons, except during dead periods. | |

* Each institution is limited to 50 evaluation days (August 1 through July 31) per NCAA Bylaw 13.02.7.2, which do not include employment of coaches in instructional camps/clinics or the observation of prospective student-athletes participating in high school softball competition.

** Dates are based on the 2017 NCAA Division I Women's Softball Championship. Dead period remains in effect until noon the day following the conclusion of the Women's College World Series. If the championship series ends after two games, the dead period ends on June 7 at noon.



NCAA DIVISION II COACHES OFF-CAMPUS RECRUITING GUIDE
 Please note this document should not be used as a substitute for the NCAA Manual.
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Freshman/ Sophomore	After June 15 Immediately Preceding Junior Year	Two-Year College Prospective Student- Athletes	Four-Year College Prospective Student-Athletes	Evaluations and Contacts	After National Letter of Intent Signing or other Written Commitment
Recruiting Materials: Questionnaires, camp brochures, NCAA materials and nonathletics recruiting publications only.	Official Visits: <ul style="list-style-type: none"> After June 15 immediately preceding prospective student-athlete's junior year in high school. There are no limits on the following recruiting functions for prospective student-athletes entering their junior year: <ul style="list-style-type: none"> Athletically related recruiting materials. Electronic media and transmissions (e.g., email, facsimiles, text messaging, instant messages, etc.). Must be private between sender and recipient.* Telephone calls.* In-person, off-campus recruiting contacts. 	Official Visits: <ul style="list-style-type: none"> At any time during an appropriate recruiting period. If prospective student-athlete has previously visited the institution, a second visit may not occur until September 1 following prospective student-athlete's completion of high school. There are no limits on the number or frequency of the following recruiting functions for two-year college transfers: <ul style="list-style-type: none"> Athletically related recruiting materials. Electronic media and transmissions (e.g., email, facsimiles, text messaging, instant messages, etc.). Must be private between sender and recipient.* Telephone calls.* In-person, off-campus recruiting contacts. 	Official Visits: <ul style="list-style-type: none"> At any time during an appropriate recruiting period. If prospective student-athlete has previously visited the institution, a second visit may not occur until September 1 following prospective student-athlete's completion of high school. If prospective student-athlete's institution is an NCAA or NAIA institution, a visit may occur only after written permission to contact has been granted. NCAA and NAIA Institution: <ul style="list-style-type: none"> Following receipt of permission to contact, there are no limits on the number or frequency of the following recruiting functions: <ul style="list-style-type: none"> Electronic media and transmissions (e.g., email, text messaging, instant messages, etc.). Must be private between sender and recipient.* Telephone calls.* In-person, off-campus recruiting contacts. 	<ul style="list-style-type: none"> No restriction on the number of evaluations. Contacts are restricted at the prospective student-athlete's practice/competition site until such time as the competition has concluded and the prospective student-athlete has been released by the appropriate authority. May have contact with a prospective student-athlete's parents or legal guardians at the competition site during a contact period provided prospective student-athlete has reached June 15 prior to his or her junior year in high school. Electronically transmitted correspondence may not be sent to a prospective student-athlete during the conduct of any of the institution's intercollegiate athletics contests in that sport.* 	<ul style="list-style-type: none"> Privacy requirement between sender and recipient for electronically transmitted correspondence is no longer applicable (e.g., email, facsimiles, text messaging, instant messaging, etc.). May have contact outside of permissible contact periods. Contact restrictions with the prospective student-athlete and/or the prospective student-athlete's parent or legal guardians at the prospective student-athlete's practice/competition site are no longer applicable.

* Electronically transmitted correspondence may not be sent and telephone calls may not be made during the conduct of any of the institution's intercollegiate athletics contests in that sport from the time the institution's team reports on call at the competition site at the direction of the coach until the competition has concluded and the team has been dismissed by the coach (NCAA Bylaws 13.1.3.2.1 and 13.4.5.2).



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DEFINITIONS:

Contact.

A contact is any face-to-face encounter between a prospective student-athlete or the prospective student-athlete's relatives or legal guardian(s) and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., positions himself/herself in a location where contact is possible) or that takes place on the grounds of the prospective student-athlete's educational institution or at the site of organized competition or practice involving the prospective student-athlete or the prospective student-athlete's high school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs. However, an institutional staff member or athletics representative who is approached by a prospective student-athlete or the prospective student-athlete's relatives or legal guardian(s) at any location shall not use a contact, provided the encounter was not prearranged and the staff member or athletics representative does not engage in any dialogue in excess of a greeting and takes appropriate steps to immediately terminate the encounter.

Evaluation.

Evaluation is any off-campus activity designed to assess the academic qualifications or athletics ability of a prospective student-athlete, including any visit to a prospective student-athlete's educational institution (during which no contact occurs) or the observation of a prospective student-athlete participating in any practice or competition at any site.

Prospective Student-Athlete.

A prospective student-athlete is a student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete, if the institution provides such an individual (or the individual's relatives or friends) any financial assistance or other benefits that the institution does not provide to prospective students generally. An individual remains a prospective student-athlete until one of the following occurs (whichever occurs earlier):

- The individual officially registers and enrolls in a minimum full-time program of studies and attends classes in any term of a four-year collegiate institution's regular academic year (excluding summer); or
- The individual participates in a regular-squad practice or competition at a four-year collegiate institution.

Contacts, Evaluations and Telephone Calls.

Off-Campus Recruiters.

An institutional staff member is not permitted to recruit off campus until he or she has been certified on an annual basis as to knowledge of applicable recruiting rules per Bylaw 11.6.1.1. However, institutional staff members (e.g., faculty members) may contact prospective student-athletes for recruiting purposes on campus or within the locale of the institution's main campus during the prospective student-athlete's official visit.

Telephone Calls and Other Correspondence During Conduct of Athletics Contest.

Telephone calls and electronically transmitted correspondence to a prospective student-athlete [or the prospective student-athlete's relatives or legal guardian(s)] may not be made during the conduct of any of the institution's intercollegiate athletics contests in that sport until the competition has concluded and the team has been dismissed by the coach.



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Visits to a Prospective Student-Athlete's Educational Institution.

Visits to a prospective student-athlete's educational institution that will occur during that portion of the day when classes are being conducted for all students must receive the approval of the executive officer (or the executive officer's designated representative) of the prospective student-athlete's educational institution.

Practice or Competition Site.

Recruiting contact may not be made with a prospective student-athlete prior to any athletics competition in which the prospective student-athlete is a participant during the day or days of competition, even if the prospective student-athlete is on an official or unofficial visit. Contact includes the passing of notes to a prospective student-athlete by a third party on behalf of an institutional staff member. Contact shall not be made with the prospective student-athlete as follows:

- a. At any site prior to the contest on the day or days of competition;
- b. From the time the prospective student-athlete reports on call and becomes involved in competition-related activity to the end of the competition; and
- c. After the competition, including competition that requires more than one day of participation (e.g., a tournament), until the prospective student-athlete is released by the appropriate institutional authority and departs the dressing and meeting facility.

Recruiting contact may be made with the prospective student-athlete and/or the prospective student-athlete's parents or legal guardians at a prospective student-athlete's athletics competition as follows:

- a. With a prospective student-athlete's parents or legal guardians at the site of competition during a contact period following June 15 immediately preceding the prospective student-athlete's junior year in high school;
- b. With a prospective student-athlete and/or the prospective student-athlete's parents or legal guardians at any site on the day or days of competition, provided a prospective student-athlete has signed a National Letter of Intent or written offer of admission and/or athletically related financial with the coach's institution.

NOTES:

NCAA/05_17_2016/CNC:jcw

NCAA DIVISION I RECRUITING GUIDE -- SPORTS OTHER THAN FOOTBALL AND BASKETBALL
Effective August 1, 2016

	Questionnaires, Camp Information, NCAA Materials and Nonathletic Publications	Other Recruiting Materials	Electronic Correspondence	Telephone Calls	Off-Campus Contact	Official Visits	Evaluations and Contacts
Swimming and Diving	Anytime	Beginning 9/1 of junior year	Beginning 9/1 of junior year (all forms)	Beginning 7/1 following junior year (at discretion)	Beginning 7/1 following junior year	Opening day of classes of PSA's senior year	Softball: 50 evaluation days (August 1-July 31) Women's Volleyball or Women's Beach Volleyball only: 80 evaluation days (August 1-July 31) Women's Volleyball and Women's Beach Volleyball: 80 evaluation days (August 1-July 31) for volleyball and 20 additional evaluation days for beach volleyball competition only All Other Sports: Seven (7) recruiting opportunities (contacts and evaluations combined) per PSA and not more than 3 of the 7 opportunities may be contacts
Women's Gymnastics	Anytime	Beginning 9/1 of junior year	Beginning 9/1 of junior year (all forms)	Beginning 9/1 of junior year (at discretion)	Beginning 7/15 following junior year	Opening day of classes of PSA's senior year	
Women's Ice Hockey	Anytime	Beginning 9/1 of junior year	Beginning 9/1 of junior year (all forms)	Following sophomore year one call to an international PSA 7/7-7/31 Beginning 9/1 of junior year (at discretion)	Beginning 7/7 following junior year	Opening day of classes of PSA's senior year	
Men's Ice Hockey	Anytime	Beginning 1/1 of sophomore year	Beginning 1/1 of sophomore year (all forms)	Beginning 1/1 of sophomore year (at discretion)	Beginning 6/15 at completion of sophomore year	Opening day of classes of PSA's senior year	
All Other Sports	Anytime	Beginning 9/1 of junior year	Beginning 9/1 of junior year (all forms)	Beginning 9/1 of junior year (at discretion)	Beginning 7/1 following junior year	Opening day of classes of PSA's senior year	
Two-Year College PSA	Anytime	Anytime	Anytime	Anytime (at discretion)	Qualifier: Beginning 10/15 following PSA's completion of high school Nonqualifier or academic redshirt: following completion of first year of enrollment	Qualifier: Five (5) additional beginning 10/15 following PSA's completion of high school Nonqualifier or academic redshirt: following completion of first year of enrollment	
Four-Year College PSA	Anytime*	Anytime*	Anytime*	Anytime* (at discretion)	Beginning 10/15 following PSA's completion of high school*	Beginning 10/15 following PSA's completion of high school*	

*Only after obtaining written permission to contact from NCAA or NAIA institution (other four-year institution not necessary).

Practice and Competition Site Restrictions (see next page)

NCAA DIVISION I COACHES RECRUITING GUIDE – SPORTS OTHER THAN FOOTBALL AND BASKETBALL
Effective August 1, 2016

DEFINITIONS

Contact

A contact is any face-to-face encounter between a prospective student-athlete (PSA) or the PSA's parents, relatives or legal guardian(s) and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., staff member positions himself/herself in a location where contact is possible) or that takes place on the grounds of the PSA's educational institution or at the site of organized competition or practice involving the PSA or the PSA's high school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs. However, an institutional staff member or athletics representative who is approached by a PSA or the PSA's parents, relatives or legal guardian(s) at any location shall not use a contact, provided the encounter was not prearranged and the staff member or athletics representative does not engage in any dialogue in excess of a greeting and takes appropriate steps to immediately terminate the encounter.

Evaluation

Evaluation is any off-campus activity designed to assess the academic qualifications or athletics ability of a PSA, including any visit to a PSA's educational institution (during which no contact occurs) or the observation of a PSA participating in any practice or competition at any site.

Evaluation Days

An evaluation day is defined as one coach engaged in the evaluation of any PSA on one day (12:01 a.m. to midnight); two coaches making evaluations on the same day shall use two evaluation days.

Recruited PSA

Actions by staff members or athletics representatives that cause a PSA to become a recruited PSA at that institution are:

- a. Providing the PSA with an official visit;
- b. Having an arranged, in-person, off-campus encounter with the PSA or the PSA's parent(s), relatives or legal guardian(s);
- c. Initiating or arranging a telephone contact with the PSA, the PSA's relatives or legal guardian(s) on more than one occasion for the purpose of recruitment; or
- d. Issuing a National Letter of Intent (NLI) or the institution's written offer of athletically related financial aid to the PSA (excluding summer term awards prior to initial full-time enrollment).

Telephone Calls

All electronically transmitted human voice exchange (including videoconferencing and videophones) shall be considered telephone calls. All electronically transmitted correspondence (e.g., electronic mail, Instant Messenger, facsimiles, text messages) shall not be considered telephone calls.

CONTACTS, EVALUATIONS AND TELEPHONE CALLS

Off-Campus Recruiters

An institutional staff member is not permitted to recruit off campus until he or she has been certified on an annual basis as to knowledge of applicable recruiting rules.

Telephone Calls During Conduct of an Institution's Athletics Contest

Telephone calls to a PSA (or the PSA's relatives or legal guardians) may not be made during the conduct of any of the institution's intercollegiate athletics contests in that sport from the time the institution's team reports on call at the competition site at the direction of the coach until the competition has concluded and the team has been dismissed by the coach.

Telephone Calls - Institutional Staff Members - General Rule

All telephone calls made to PSAs (or the PSAs' parents, legal guardians or coaches) must be made by the head coach or one or more of the assistant coaches who count toward the numerical limitations in that sport.

Visits to a PSA's Educational Institution

Visits to a PSA's educational institution that will occur during that portion of the day when classes are being conducted for all students must receive the approval of the executive officer (or the executive officer's designated representative) of the PSA's educational institution.

Counting Contacts and Evaluations

Evaluations that occur during the academic year count against the permissible number of recruiting opportunities, except for evaluations that occur on the same day as a permissible contact. Outside of the academic year, evaluations do not count against the annual number of recruiting opportunities. Contacts that occur with a PSA count against the permissible number of total recruiting opportunities regardless of the time period (e.g., academic year or outside the academic year). All contacts and evaluations are subject to recruiting calendar restrictions.

Contact at PSA's Practice or Competition Site

Recruiting contact may not be made with a PSA prior to any athletics competition (including a noninstitutional, private camp or clinic, but not an institutional camp or clinic) in which the PSA is a participant during the day or days of competition, even if the PSA is on an official or unofficial visit. Contact includes the passing of notes or orally relaying information to a PSA by a third party on behalf of an institutional staff member. Contact shall not be made with the PSA as follows:

NCAA DIVISION I COACHES RECRUITING GUIDE – SPORTS OTHER THAN FOOTBALL AND BASKETBALL
Effective August 1, 2016

- a. At any site prior to the contest on the day or days of competition;
- b. From the time the PSA reports on call (at the direction of his or her coach or comparable authority) and becomes involved in competition-related activity to the end of the competition even if such competition-related activities are initiated prior to the day or days of competition; and
- c. After the competition, including competition that requires more than one day of participation (e.g., a tournament), until the PSA is released by the appropriate institutional authority and departs the dressing and meeting facility.

Visit (Without Contact) to PSA's Educational Institution

A visit (without contact) by a coaching staff member to a PSA's educational institution counts as an evaluation for all PSAs in that sport at that educational institution.

Evaluations Are Sport Specific

The limitations on the number of evaluations are sport specific; therefore, a PSA being earnestly recruited by an institution in more than one sport may be evaluated on the permissible number of occasions in each of those sports during the academic year. Evaluations are counted against the sport of the coach making the evaluation.

Exception: Recruiting Opportunities in Cross Country and Track and Field

An institution is limited to a total of seven recruiting opportunities (contacts and evaluations combined) during the academic year during which the PSA competes in any or all of the sports of cross country and indoor and outdoor track and field, provided not more than three of the opportunities are contacts (contacts are permissible during the senior year only).

Evaluations in Team Sports

In team sports, an institution shall use an evaluation for each PSA participating in a practice or contest observed by the institution's coach, except for an evaluation that occurs on the same day as permissible contact. An institution's coach who is attending an event in which PSAs from multiple educational institutions participate in drills (e.g., combine) shall use an evaluation only for each PSA participating in the event that the coach observes engaging in the drills.

Evaluations in Individual Sports

An institution's coach who is attending a practice or event in which PSAs from multiple institutions participate in drills (e.g., combine) or competition in an individual sport on a specific day shall use an evaluation only for those participants that the coach observes engaging in practice or competition. The evaluation is not counted for a particular PSA if a contact is made with that PSA during the same day.

Tournament Evaluations

Evaluation during each day of a tournament held during the academic year shall count as a separate evaluation except as follows:

- a. Evaluation of multiple contests in a tournament that occurs on consecutive days (and normally at the same site) shall count as a single evaluation;
- b. Evaluation of multiple contests in a single tier of a tournament (e.g., sectional, district, regional) shall count as a single observation. If a particular tier of a tournament is subdivided into identifiable segments (e.g., conducted on different weekends), evaluation of contests in each identifiable segment counts as a single observation.

Other Multiday Events

Evaluations at a multiple-day event (e.g., jamboree, round robin, showcase) constitute separate evaluations for each day of the event unless the event is conducted in a tournament format in which a winner of the event is determined.

Evaluations/Contact at PSA's Educational Institution

If a coach makes an in-person recruiting contact at a PSA's educational institution, all evaluations (other than observations of athletically related activities) made on that calendar day at the PSA's educational institution shall not count among the permissible number of evaluations for any PSA at that institution in the applicable sport.

Communication After Commitment

The restrictions on the forms and frequency of communication shall no longer apply after: (1) the PSA signs an NLI or the institution's written offer of admission and/or financial aid; or (2) the institution receives a financial deposit in response to the institution's offer of admission.

Information To Be Returned

Player Name _____ Birthday ____ / ____ / ____

Cell Phone Number: _____ - _____ - _____ Grad Year _____

E-mail: _____

Parent Name _____

Parent E-mail _____

Parent Phone Number _____ - _____ - _____

Important Medical Information

Private Instructor Info

Pitching Coach / Hitting Coach _____
Contact Info _____

Strength & Conditioning Coach _____
Contact Info _____

College Info

College Major / Career Path _____

Colleges of Interest

Do You Want to Play In College? YES NO

Are you Serious about wanting to play in college? YES NO

Would you leave California for college? YES NO

Do You Have Any Colleges Interested in You? YES NO

Who _____

OVERALL GPA _____ SAT Score _____ ACT Score _____

Information To Be Retuned Throughout The Season

***Meal Logs - EVERY Sunday Practice**

***Academic Grade Checks - September 27th, October 12th, October 25th, November 8th**

***Any time you change a: Hitting Coach / Pitching Coach / Strength & Conditioning Coach**

***Any time you have updated information regarding your academics: GPA, SAT score, etc.**

***Updated Player Profile**

Coach Contact Information

Coach Bryce Kamimoto

Cell Phone: (559) 273 - 7872

E-mail: BryceKamimoto@gmail.com

Coach Manny Flores

Cell Phone: (559) 286 - 8736

SAT Dates

Oct. 7th, Nov. 4th, Dec. 2nd

Get signed up to take your SATs!