




EXTREME
PLAYER, PARENT & COACH
HANDBOOK



W E L C O M E T O T H E

EXTREME

B A S E B A L L & S O F T B A L L C L U B

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Player, Parent, and Coach Handbook

Name:

The name of the organization shall be Extreme Baseball & Softball Club, a non-profit organization, chartered within Premier Girls Fastpitch, American Softball Association, Perfect Game, and USSSA Association, and/or other national softball and baseball associations. The names of Extreme and Extreme Elite shall be used to describe the various teams aged 6U-18U.

Extreme Chartered Description:

The Extreme Baseball & Softball Club is a chartered baseball and softball organization for males and females near ages 6 through 18 years. The Extreme Baseball & Softball Club is one organization with multiple teams. The Extreme Baseball & Softball Club promotes softball and baseball development, sportsmanship, and recreational activities through participation on teams based upon PGF, ASA, or USSSA age limits and birth date requirements. The Extreme Baseball & Softball Club will not discriminate or deny participation and membership because of race, religious preference, color, and nationality or ethnic heritage. The following Charter and Bylaws have been established so that the Extreme Baseball & Softball Club may function for the benefit of all members.

Goals of Our Club (used to measure our success):

1. To promote amateur fastpitch softball for all girls who want to play at a competitive level.
2. To promote amateur baseball for all boys who want to play at a competitive level.
3. To provide a softball and baseball Organization (Extreme Baseball & Softball Club) with true sportsmanship.
4. To provide training at a level each athlete and coach has not yet achieved, for each player and coach in the proper skills of playing softball and baseball.
5. To provide a program to enable the players to play at the highest, appropriate competitive level.
6. To provide leagues that support the competitive goals of softball players and baseball players in the Metro-East.
7. To define, implement, execute, and track the “right way” to run a sports club.
8. To run a club that supports the improvement of fundamentals, competition, and preparation the “right way” for multiple levels (rec to select, select to better select, select to elite, and softball & baseball).
9. To provide a seamless transition in to the next phase of an athlete’s life (whether that’s college, work, college athletics, high school, etc.). Use athletics as the ground to prepare.
10. To leave a legacy on the game. At a time when we all know “what’s wrong” with the game, to be the club that finds solutions, fixes it, and does “what’s right” long-term.
11. To develop a club that supports the missions and visions of its alliances and other organizations that do it the “right way.”

Program Overview:

Each team of the Extreme Baseball & Softball Club is independently managed from the others by different coaching staffs, which are appointed or approved by the Executive Board. Each team will have annual tryouts with open competition for roster positions. Each team is encouraged to open its roster to any girl or boy regardless of the school or city from which she or he is from. It is to be a regional area travel team, which promotes softball and baseball and the development of its players to be the best, as well as promoting Collinsville area players to stay within Collinsville instead of branching out to other programs.

Fall Overview

- The Fall season is extra development time in the Extreme program.
- During the Fall season, practices and games may be offered.
- The Fall season takes the back seat to school ball and other in-season athletics.
- Given the short outdoor season in Illinois and Missouri, we recommend that players participate to their fullest capability in Fall ball so as to take advantage of the outdoor weather.
- The Fall season has a different scope for high-school aged athletes. It is an important showcase and exposure part of the year. Many college coaches do their majority of recruiting during the Fall season.
- During the Fall season, the Extreme Elite will participate in exposure tournaments and college level games.

Winter Overview

- Weekly team indoor practice sessions taught by team coaches and other Extreme coaches. These sessions cover pitching skills, catching skills, defensive skills, baserunning skills, bunting skills, and hitting skills.
- Athlete performance training. These sessions cover core strength, speed, quickness and agility.
- Classroom sessions geared towards the situational and mental part of the game.
- Clinics and seminars that cover important topics including on the field skills (sliding, pickoffs, middle infield, etc.) and off the field topics (sports nutrition, mental skills, body health, recruiting, etc.)

Spring/Summer Overview

- Weekly team practice sessions with team coaches
- Tournaments
- League Games and/or Friendly Doubleheaders

Approximate Spring/Summer Game Schedule:

Age Group	Avg. No. of Games*	Avg. Length of Spring/Summer Game Season
Teams under High School Aged	40-60	Mar 1 – Aug 1
Teams with High School Aged	40-50	June 1 – Aug 1

* Depends on specific team goals and the cooperation of local weather.

Coaching Overview

- Teams are coached by a combination of parent coaches and/or neutral coaches that are selected to meet our skill development and/or college development program goals.
- All coaches have been trained in the Extreme Way and continue to receive Coach Development throughout all of their years of coaching.
- All coaches are responsible for the team's conduct and actions prior to, during, and after the practices, games, and every team event.
- All coaches should be knowledgeable in the game of softball/baseball, PGF/ASA/USSSA/Other Affiliation rule changes, and the Extreme Baseball & Softball Handbook.
- All coaches should attend all eClub meetings.
- All coaches attend softball and baseball clinics whenever possible.
- All coaches are required to abide by the Coaches Code of Conduct.

College Softball/Baseball Recruiting Process:

Most of our high school age players want to play softball/baseball in college. Currently, there is an “information gap” in the youth softball/baseball community about how to pursue college opportunities. Our goal is to close this information gap for our players and parents. The simple fact is that your college softball/baseball opportunities will largely be determined by three things that you have control over:

- 1) Physical softball/baseball skills and athleticism
- 2) Academic performance in high school
- 3) Mental make-up, personal characteristics, and attitude

The recruiting process is built on the following core principles:

- Academics and a college degree are the number one priority in this process. Your playing career will eventually end. A college degree is something you will always have.
- The most important challenge is finding the right “fit” with a college softball/baseball program. The “right fit” includes:
 - Academic skills and goals
 - Matching up your softball/baseball skills and athletic ability with a program
 - Personal interests
 - Social and geographic interests
- It is essential that the student-athlete take the lead of their recruiting process. It takes initiative, desire and extra work (almost like completing another class in school). This is a process that you need to take ownership of, it is not something that someone else can do for you.

There are seven fundamental elements in the recruiting process:

1. Academics – good grades and good test scores open up lots of doors in college softball/baseball.
2. Physical development – you must develop the softball/baseball skills and athleticism to compete in advanced softball/baseball. Physical tools are the starting point of this process.
3. Mental development – you must continue to build and develop the personal characteristics, maturity and mental skills required to succeed in advanced softball/baseball.
4. Research – what colleges are potentially the “right fit” and why.
5. Communication – college coaches want to focus their time on players that express a strong interest in their program. They want you to communicate with them.
6. Exposure – coaches/scouts need to see you play. This requires a combination of high competition tournaments, showcases, and college camps.
7. Marketing – players need an active marketing program that includes letters, player profiles, videos, etc...

The Extreme Elite program provides support and training in this process for players and parents. The Extreme program has a very strong network of relationships throughout college baseball and softball. This is built on the decades of college baseball and softball coaching and playing experience in our lead coaches and directors, combined with direct experience in working college camps, running showcase events, and interacting with hundreds of college coaches on an annual basis. We utilize a credible, professional approach to building relationships with every college program in the country.

Code of Conduct:

A good team must have standards and expectations so that all involved know what is expected of them to maintain a successful organization.

❖ Players

➤ *Responsibilities and Sportsmanship:*

- No Alcohol, Drugs, or Tobacco Products:
 - * Players found to be in possession of, under the influence of, or connected to alcohol, drugs or tobacco products will be subject to disciplinary sanctions, which may include immediate dismissal from the team.
- Playing Time:
 - * Playing time will not be equal in the Extreme Baseball & Softball Club.
 - * At the 6U-14U level, it’s our hope that all athletes will develop in multiple positions and in similar on-the-field situations. At the 14U-18U level, athletes will play specific to their roles, skill level, and specific to the teams’ needs.
- Communication:
 - * Players are encouraged to be the first line of communication with the coaches or with a board member in the program.

- * Players may only talk with a coach about playing time or positions *outside of game or practice time*. Set up a meeting if needed. Honor the 24-hour rule.
- * Players are not permitted to use cell phones during practices or games. Coaches will have cell phones available if parents need to communicate an emergency.
- * Players should call head coach directly if they are going to miss or be late to a practice or activity (text messaging or emailing is not allowed). Call the head coach and leave a voicemail if needed. Players must call for 14U-18U. Parents may call for 6U-12U.
- * There should be no discussion on other players, teams, or organizations on Facebook, YouTube, Twitter, or other online communities.
- * There should be no negativity posted on Facebook, YouTube, Twitter, or other online communities.
- * Players must report all injuries to a coach.
- **Timeliness:**
 - * Players are to arrive at all games at the time designated by the head coach.
 - * Live by the 15-minute rule.
- **Game Approach:**
 - * Players are to remain in the dugout at all times during the game or between games unless excused by a coach.
 - * Only players, coaches or scorekeepers are allowed in the dugout. Friends and family are not allowed in the dugout.
 - * Players are not to communicate or socialize with friends during games. Friends will remain in the spectator area during warm-ups and during games.
 - * Players are required to help carry equipment to and from the game or practice area.
 - * Players are not allowed to argue with an umpire. The first offense will be subject to removal from the game. The second offense will be subject to removal from the team.
- **Sportsmanship:**
 - * Players are not to be rude physically or verbally in any way to a fellow team member, an opposing team member, coach, umpire or fan.
 - * Players will not intentionally push, shove, trip or try to hurt any teammate, opposing player, coach or umpire.
 - * Players will not throw helmets or equipment, swear, throw tempers or yell at other team members, coaches or guardians.
 - * Players will not be disrespectful toward guardians while at a practice, a game or other team event.
- **Extreme Pride**
 - * When sporting Extreme or Extreme Elite attire (everywhere, including malls, restaurants, etc.), players must act in a respectable manner. You are representing the Extreme Baseball & Softball Club and the pride that we have for this organization.
 - * Haircuts should be appropriate to that of a student-athlete. Boys should be tight and around the ears. Girls should be appropriate lengths and color.
 - * Jewelry is not allowed during practices and games.
- **Disciplinary Actions for inappropriate behavior or actions could result in one or more of the following, determined at the Coach's discretion:**
 - * Practice punishment
 - * Being benched for one or more innings
 - * Sitting out a game
 - * Being sent home
 - * Removal or suspension from the team

➤ **Attendance:**

- * Players are required to attend all team events (practice, game, fundraiser, meeting, etc) on time unless excused by the Coach in advance. Players that fail to do so will be subject to disciplinary sanctions.
- * Players MUST notify the Coach of a missed team event or if they will be late to a team event. Players are requested to inform the Coach at least 24 hours in advance.
- * Disciplinary sanctions for missing a team event will include
 - ◆ Sitting out a game
 - ◆ Suspension from the team
 - ◆ Dismissal from the team
- * Players with excessive unexcused absences could be asked to leave the team. Excessiveness is determined at the discretion of the Coach.
- * Typical excused absences are: sickness, a death, a family member's school graduation, a required school function or event or a school sporting event (the Coach still MUST be notified).
- * Typical unexcused absences are: birthday parties, concerts, playing in other non-school sporting events or games (even if you call the Coach – missing a team event for a reason like one of these will count as unexcused). Also, if an absence is excused but you do not notify the Coach, it becomes unexcused.
- * Those that are multi-sport athletes should make all efforts to get your offseason training in by attending other teams' practices should they fit your other sport's schedule.
- * All efforts should be made to take vacations before or after the season. In season vacations can be counted as an unexcused absence unless the Coach is notified in advance and is agreed upon in advance by the Coach.

➤ **Equipment**

- Each player is required to have the following personal equipment:
 - * A fielder's glove of appropriate type and size.
 - * Softball/baseball bat of appropriate size and weight.
 - * Softball/baseball cleats in black or white.
 - * Turf/tennis shoes for inside practice and indoor games.
 - * Compression sliding shorts, cup, or other protective gear that may be needed.
 - * Athletic practice attire.
 - * Batting gloves (if needed).
 - * Water bottle (you are required to bring your own water to practice).

❖ **Parents**

➤ **Communication**

- * Allow your child to be the first line of communication with their coach or with a board member in the program.
- * If communication goes through the coach first from the child, then a guardian may set up a pre-scheduled meeting *in which the player must be present* to discuss playing time or development. Never discuss playing time before, during, or after a game. Honor the 24-hour rule.
- * General information needed and inquiries can come through email.
- * But any needed discussion concerning child should be face to face at a pre-scheduled meeting per the above guidelines (NOT through email or text)
- * Coaching suggestions, complaints, and critiques should not be made through email or text.
- * There should be no discussion on other players, teams, or organizations on Facebook, YouTube, Twitter, or other online communities.
- * There should be no negativity posted on Facebook, YouTube, Twitter, or other online communities.

➤ **Game Approach**

- * No Coaching – Do not try to instruct the players in any way during a game (you will be asked to leave). If you have a question or a comment, set up a meeting with the coach.
- * No Umpiring – Guardians are asked to leave any communication with the umpires to the coaches. No arguing or challenging the umpires, no matter how much you may disagree with the call that is made.
- * No Heckling – Always support other teams with good sportsmanship after wins or losses. We pride ourselves in being respectful winners and losers.
- * No Negativity - While in attendance at practices and games, guardians must never criticize any of the players negatively or in a negative tone of voice. Guardians are asked to promote sportsmanship by supporting the players with positive encouragement, never negative criticism. Guardians are also asked to keep their negative opinions regarding any program (including ours) to themselves. You never know who is around.

❖ Coaches

➤ *Off the Field*

- Develop communications for your team that must include players and guardians. Your communication methods must include:
 - a phone tree for emergencies
 - an email group list
 - an active Facebook group
- Develop a complete staff with:
 - at least 2 assistant coaches
 - a booster club rep
 - a team travel rep
 - a scorekeeper
 - a photographer
- Hold a meeting with the entire coaching staff to divide practice and game roles including:
 - base coaches
 - bench coach responsibilities
 - pitch calling or pitch charting
 - defensive specialty areas
 - pre-game warm-up
 - other areas of expertise
- Every team must have at least 1 coach in attendance at monthly board meetings.
- Facilitate improving team chemistry. Each team should host at least 4 team-building activities each season.
- Facilitate a goal-setting session with your team (this could be held during one of the team-building events).
- Manage the responsibility and care of the organization's equipment (this includes facilities, equipment, video room, team buckets, etc.)

➤ *Practices*

- A practice plan must be created and reviewed with your team prior to practice. Build practices around what you need to improve upon.
- The entire coaching staff should provide input for each practice plan.
- The entire coaching staff should review the practice plan at least 30 minutes prior to each practice. This can happen through email, over the phone, or during a pre-practice coaches' meeting.
- Each practice should address fundamentals, game situations, mental training, and team-building. Off-season practices should be heavy on the fundamentals and team-building while in-season practices should be heavy on game situations and mental training.
- Maintain ownership in your team, especially regarding missing practices.
- Adhere to the Player and Guardian Code of Conduct regarding missing practices.

➤ *Games*

- Before, during and after the game, be an example of class, competitiveness, and positive spirit.

- The entire coaching staff should discuss game strategies and lineup decisions before or after the game to assure the players and parents always perceive a unified philosophy.
- Before a game, go through a team warm-up in which all members of the team must participate.
- Before a game, go through a pre-game warm-up that addresses hitting, defense, pitching, catching, baserunning, and mental training in which all members of the team must participate.
- During the game, manage the pitching and catching by either calling the pitches or charting the pitches.
- During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, discipline the player in an appropriate manner.
- During the game, you are responsible for the conduct of the guardians of your players. It is imperative to adhere to the Player and Guardian Code of Conduct regarding guardian behavior.
- If you have issues with an umpire or with a ruling, discuss it with the umpire in a professional manner.

Extreme Scholar Athlete Program:



The Extreme Scholar Athlete Program recognizes our student-athletes for their commitment inside of the classroom.

In the Extreme organization, we expect our student-athletes to be just that, a STUDENT first and an ATHLETE second. We will all continue to work hard to provide a positive softball/baseball experience, but it is important to remember that our athletes' success in life first starts in the classroom!

The Extreme Scholar Athlete Program has two parts:

1. Each of our student-athletes that meet the criteria outlined below will receive an award once per year to recognize their hard work and achievement in the classroom. Each of our Extreme Scholar Athletes will be honored with a gift each year in July.
2. The team in our Extreme organization that has the most student-athletes in the Extreme Scholar Athlete program will be awarded the **Annual Extreme Academic Team Award**. This team award will be placed on the trophy shelves in the Extreme Building to be honored forever.

Eligibility Requirements:

Each of our student-athletes that meet the following requirements for the entire year will receive an award recognizing their success in the classroom. The award will be based on the final grades, if given, or the combination of all quarter/semester grades. To qualify for this award, the student-athlete must achieve a **3.50+ GPA**.

High School Student Athletes:

Each of our high school student-athletes that achieve a **3.50+ GPA** for the year will be eligible for the award. Weighted GPAs will be used when given. If a student is not taking honors/advanced placement classes, the nonweighted GPA will be used. There will be no rounding of GPAs (so, a 3.495 GPA is not 3.5 and is therefore not eligible).

Middle School Student Athletes:

If a middle school provides GPAs, the same criteria will be used for our middle school student-athletes as outlined above for our high school student-athletes.

If a middle school does not provide GPAs, the following scores should be used to calculate GPAs:

- A+, A, A- = 4.0 points
- B+, B, B- = 3.0 points
- C+, C, C- = 2.0 points
- D+, D, D- = 1.0 point
- F = 0.0 point

The calculated GPA is the sum of points for each letter grade given divided by the number of classes taken. Again, no rounding should occur in the calculation of the GPA. The GPA should be recorded with two digits following the decimal point (i.e., 3.78, 3.61, 3.94, etc.) **It will be the responsibility of the player, their parent or their coach or team representative to calculate the semester GPA before submitting a report card for eligibility consideration.** Submissions **must include a GPA calculation.** Those turned in without a GPA won't be considered for eligibility. The GPA will not be calculated by the Scholar Athlete Director.

Grade School Student Athletes:

If a grade school provides grades on their report card, the calculated GPA will be used, based on the same criteria as our middle school student-athletes, as outlined above. If the grade school provides 2 or more marks (i.e. E/M/U, +/-), to be eligible a student-athlete may have 1 middle mark but all other marks must be the highest mark available (i.e. E, +). If a grade school provides 2 tier marks (i.e. S/U, +/-) only the highest mark given for the school district at the grade school level will be accepted.

Report Card Submittal:

A **complete report card** must be submitted for eligibility. Only providing a portion of a student's report card will disqualify the student-athlete from eligibility. There will not be a second chance for submittal given.

In June, a website will be available for parents to upload a copy of their student-athlete's report card for submission. **Only those with a 3.50+ GPA or grade school student athlete as outlined above should be submitted for eligibility.**

The Extreme Way (Players Expectations for Games):

Prior to Game Expectations:

- Arrive to games on time, if you're going to be late, let us know.
- Make sure you are properly hydrated and fueled before and during the game.
- Eat healthy in between games.
- Wear your uniform properly with respect.
- Hang your equipment properly with respect.

During the Game Expectations:

- Dugouts are for players and coaches only – no talking with parents or friends.
- Know the number of outs.
- Know the score.
- Pick up signs – in the batters box, on the bases, and in the field.
- SPRINT on and off the field every inning. You have 7 seconds to get on and off the field.
- SPRINT on ALL balls in play, until coach holds you up or play is over.
- SPRINT from batter's box to first base EVERY time.
- When you strikeout or make an out, jog quickly back to the dugout.
- Pick up the 3rd base coach EVERY time.
- Get in front of the ball.
- Hit the cutoff every time.
- Catch fly balls with two hands whenever possible.
- With no one on base, catcher should back up first base EVERY time.
- Back up or cover an open base on EVERY play.
- Make an attempt to block ALL balls in the dirt, whether or not runners are on base.
- Every player will participate in charting and scouting.
- Every player will participate in chasing foul balls promptly.
- Every player will participate in cleaning up the dugout, throwing away trash and carrying team equipment after games and practices.
- Behave like an Extremers – support and respect your teammates and coaches, respect opponents, umpires, and fans (failure to do so will result in immediate removal from the game).
- We expect teammates to enforce these expectations with each other. Learn to be a leader.

Practice Expectations

Implement:

- Teach fundamental techniques and skills in all areas that are incorporated throughout the Extreme Organization
- Teach offensive and defensive game strategies consistent throughout the Extreme Organization
- Develop pitcher and catcher relationship during practice
- Use organized practice plan with purpose and focus for each area
- Teach a Skill Progression in all areas of the game
- Develop aggressive team Baserunning
- Develop a player's Baserunning instinct
- Develop aggressive short game/bunting
- Use competitive situations within drills and game situations
- Encourage player communication throughout practice
- Communicate with assistant coaches before, during and after practice
- Use your assistant coaches to plan your practices
- Teach positive imagery, relaxation, and mental toughness in your players
- Build player ownership:
 - proper dress attire
 - attention to health and care of body
 - communication with coaches
 - equipment care
 - great work ethic and attitude
 - core values

Game Expectations

Implement:

- Use an organized pre-game to prepare your team for the game ahead, to address team deficiencies from previous games/practices, and to get some individual development time with players
- Properly warm-up pitchers and catchers before and during the game
- Set goals and focus for each game
- Expect competitiveness and a will to win from all players and coaches
- Teach and give feedback throughout the game in a productive learning environment
- Develop Softball/Baseball IQ in your team
- Use offensive and defensive game strategies that are incorporated throughout the Extreme Organization
- Use an aggressive offense to manufacture runs
- Use your assistant coaches in all facets of the game from the on-the-field strategy to the off-the-field preparations
- Be organized with your game management:
 - pre-tournament documents
 - lineups drawn up
 - dugout organization, etc.
- Know the rules for all associations and all specific tournament rules
- Utilize players in a productive manner that is not a "win at all cost" mentality
- Track and monitor pitcher's pitch counts during games
- Build player ownership (*see list on left*)

Player Fees / Individual Fundraising / Refunds:

- The Director of Baseball or the Director of Softball will set the Player Fee amount for each team in conjunction with the team's Head Coach. Player Fee amounts will be customized to the team's season structure.
- Individual player uniform costs will not be included in the Player Fee and instead will be paid for by each individual family directly to the uniform supplier. The 2016-17 season started the beginning of a 2-year uniform term. This season, the 2017-18 season will be the 2nd year of this 2-year uniform term.
EXCEPTION: Two training jerseys and one hat will be included in the Player Fee and provided to each player annually.
- **Player fee details:**
 - To accept a roster spot, you will be required to pay a 10% down payment during your on-line registration process. Fundraised fees will not be accepted for your down payment. There is also a discounted paid-in-full option available at registration.
 - By October 1st, 30% of your family's player fee must be paid. Payment can come out of pocket or by participation in Extreme individual fundraisers.
 - By January 1st, 60% of your family's player fee must be paid. Payment can come out of pocket or by participation in Extreme individual fundraisers.
 - By May 1st, 100% of your family's player fee must be paid in full. Payment can come out of pocket or by participation in Extreme individual fundraisers.
 - Players are subject to removal from the Extreme Baseball & Softball Club if player fee is past due.
 - Your player fee balance is available 24-hours a day by accessing your account created during the registration process. All payments made on-line provide real-time player fee balance updates.
- **Individual fundraisers to cover your Player Fees (optional):**
 - There will be individual family fundraising options available to assist in covering your family's player fee. You can cover your player fee completely through fundraised money, family money, or any mixture of both.
 - The Fundraising Booklet made available at the beginning of each season and online during the season includes many of the available individual fundraisers so families can plan their fundraising efforts.
 - The profit from your individual fundraisers will be directly deducted from your player fee account balance due.
 - You may choose to do no individual fundraising. If you choose this route, please make your payments on-line through your player fee account or mail your payments in on-time to avoid a delinquent player fee account.
 - Players & Parents can begin the fundraising program at any month the fundraisers are offered.
 - Families that play on teams that travel will be allowed to fundraise additional travel funds beyond their player fee. These overpayments will be refunded to the families in the form of a travel gift card after all fundraisers are completed.
 - Families that play on teams that do not travel will not be allowed to fundraise additional travel funds beyond their player fee. If these families do fundraise beyond their player fees due, the excess balance will be applied to the following season's player fee balance.
 - All questions regarding these fundraisers should be directed to our Fundraising Director or your Team's Booster Club Rep.
- **Refunds:**
 - Player fees will not be refunded if the player quits the team.
 - Player fees will not be refunded if the player is released from the team because of sportsmanship, attitude, or disciplinary reasons.
 - Families that leave the Extreme Baseball & Softball Club will not be allowed to claim their additional travel funds that were raised at Extreme Baseball & Softball Club fundraisers.
 - Player fees can be refunded, in an amount decided by the head coach and approved by the Board of Directors, but not more than the amount actually paid out of pocket by family; if the player is released because of compatibility or playing ability reasons at any time and if all uniforms and equipment are returned in good condition.
 - In case of a medical issue, the coach and/or Board of Directors will determine player fee refunds.
- **Payments:**

Sending in payments by check, mail to: **Extreme, 103 Complex Dr., Collinsville, IL 62234**

Organization Fundraisers:

The Organization reserves the right annually to host an impromptu organization sponsored fundraiser should the Executive Board determine that the player fees collected for the year will not cover the full organization expenses.

Hardships:

A hardship is a circumstance that dictates the inability to pay a player fee at on the designated payment schedule. An alternative plan must be presented to and approved by the Executive Board. This can include an application to the Tom Matysik Scholarship Fund.

Changes and Amendments to Handbook:

Changes and amendments to the organization handbook and by-laws may be made by the authority of the Executive Board.

Board of Directors:

Board of Directors:

Founders – Executive
Directors

- President – Executive
- Vice-President – Executive
- Treasurer – Executive
- Secretary – Executive
- Fundraising Director
- Booster Club Director
- Scholar Athlete Director
- Alumni Director
- Facilities Director
- Director of Baseball
- Director of Softball

Booster Reps

Travel Coordinators

Head Coaches

Assistant Coaches

Extreme Network

Board of Directors / General Membership Meetings:

Executive Board / General Membership meetings shall be conducted at the discretion of an Executive Board member. Special meetings can be convened by an Executive Board member to discuss and carry out special business as needed. All meetings will be considered working meetings and open meetings.

Player Fee Waiver for Parent Coaches (Team Optional):

Half of a Player Fee may be waived for each Parent Coaches' child should this be agreed upon by the Team Head Coach and the Director of Baseball/Softball (this fee waiver is for the player on the team that the parent is the coach of).

Out of Town Travel Stipends for Non-Parent Coaches:

Travel Stipends may be provided to each team's head coach, 1st assistant, and 2nd assistant only if they meet these criteria:

- 1) coach must not have a child currently playing in the organization.
- 2) the tournament must require a hotel stay that is utilized only by that coach (at the discretion of the Executive Board).

Lodging may be paid for by the Organization directly to the hotel upfront or to the coach through refund after the travel. Gas checks will be paid to the non-parent coach before the tournament at a pre-determined rate.

The Extreme Baseball & Softball Club Finances:

The Extreme Baseball & Softball Club will follow a fiscal year from September 1 – August 30. A reporting of the Extreme Baseball & Softball Club financial records and statements will be presented to the membership often. The report results will be announced at an appropriate meeting and become part of the financial records. This report will be accomplished in accordance with Generally Accepted Accounting methods. Deposit Accounts: All Extreme Baseball & Softball Club funds will be deposited in a bank or equivalent institution approved by the Executive Board and all checks written against the Extreme Baseball & Softball Club accounts will be signed by a member of Board of Directors, as appointed by the Executive Board. Loans: Only to the extent of the majority vote of the Executive Board may specifically authorize, by resolution, any founder of the Organization may effect loans and advances for the Organization from the bank, trust company or institution or from any person, firm or other entity, and for such loans and advances may make, execute and deliver promissory notes or other evidence of the indebtedness of the Organization. No such person shall, however, for the purpose of giving security for any such loan or advance, mortgage, pledge, hypothecate or transfer any property whatsoever owned or held by the Organization except when specifically authorized by the Executive Board. Executive Board Members of the Collinsville Extreme Club include: Founders, President, Vice President, Secretary and Treasurer.

Collinsville Select League:

The Collinsville Select League will be a DBA of the Collinsville Extreme Fastpitch Club. This league will be the select league that provides a place to play for area fastpitch softball and baseball teams in the Metro-East. Currently the league will be ran out of the Collinsville Sports Complex. Finances for the league will be ran independently off of revenue and expenses specific to the league. The bank accounts for the Collinsville Select League will use the same EIN as the Collinsville Extreme Fastpitch Club and act as a member under the umbrella of the Collinsville Extreme Fastpitch League.

Dissolution:

The Collinsville Extreme Fastpitch Club in case of dissolution does hereby state that all funds and or property held by the organization at the time of dissolution will be donated or transferred to the Collinsville Baseball and Softball League (50%) and the Collinsville Area Recreational District (50%), both current non for profit organizations within the state of Illinois.

Non-Profit Statement:

Collinsville Extreme Fastpitch Club is organized exclusively for educational and recreational purposes, including for such purposes, the making of distributions to organizations that qualify as exempt organizations under section 501 (c) (3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue law Code). No part of the net earnings of the Collinsville Extreme Fastpitch Club shall inure to the benefit of, or be distributable to, its members, trustees, officers, or other private persons, except that Collinsville Extreme Fastpitch Club shall be authorized and empowered to pay reasonable compensation for services or supplies rendered and to make payments and distributions in furtherance of the purposes set forth in the preceding paragraph. No substantial part of the activities of the Collinsville Extreme Fastpitch Club shall be carrying on of propaganda, or otherwise attempting to influence legislation, and Collinsville Extreme Fastpitch Club shall not participate in, or intervene (including the publishing of or distribution of statements) in any political campaign on behalf of any candidate for public office. Notwithstanding any other provision of any political campaign on behalf of any candidate for public office. Notwithstanding any other provision of these articles, Collinsville Extreme Fastpitch Club shall not carry on any other activities not permitted to be carried on (a) by an Association exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue law) or (b) by an Association contributions to which are deductible 170 (c) (2) of the Internal Revenue Code of 1954 or the corresponding provision of any future United States Internal Revenue law).

Family Agreement Signature Sheet

Club Indemnification

The undersigned parent or guardian of the applicant: _____ does hereby release and discharge the Directors, Coaches, Agents, and other representatives of the Collinsville Extreme Club from any and all debts, claims, demands, actions, damages, causes of action, judgment or suits of any kind which may arise or be occasioned as a result of the applicant's participation in any softball or baseball related activity and hereby agree to have and indemnify and keep harmless the Directors, Coaches, Agents and other representatives of the Collinsville Extreme Club against any and all liability, claim, judgments, or demands for damages arising as a result of any instruction or participation in a baseball or softball related activity at any of the leased Collinsville Extreme Club facilities (i.e. Extreme Building, The Annex, Turn 2, SIUE, etc.).

Signature of Parent or Guardian: _____ *Date:* _____

Medical Treatment Authorization

Parent or legal guardian of the applicant does hereby authorize the Collinsville Extreme Club and its Directors, Coaches or Agents permission to request emergency medical treatment or care as necessary to ensure the well being of the applicant.

Signature of Parent or Guardian: _____ *Date:* _____

Fee Requirement (Family Money or Fundraised Money)

Parent or legal guardian of the applicant does hereby agree to the fee requirement due to the Collinsville Extreme Fastpitch Club. I know that if I do not meet the fee requirement or get a personal payment plan approved by the Board, I will be subject to dismissal from the organization.

Signature of Parent or Guardian: _____ *Date:* _____

Player Code of Conduct

As a player of the Collinsville Extreme Fastpitch Club, I do hereby agree to abide by the Code of Conduct and regulations of this organization as outlined.

Signature of Player: _____ *Date:* _____

Parent/Guardian Code of Conduct

Parent or legal guardian of the applicant does hereby agree to abide by the Code of Conduct and regulations of this organization as outlined.

Signature of Parent or Guardian: _____ *Date:* _____

Emergency Information & Consent

Athlete's Name: _____ Nickname: _____

Address: _____

Home Phone:(____) _____ Cell Phone:(____) _____ Email _____

Father's Name: _____

Address: _____

Employer: _____

Home or Work Phone:(____) _____ Cell Phone:(____) _____ Email _____

Mother's Name: _____

Address: _____

Employer: _____

Home or Work Phone:(____) _____ Cell Phone:(____) _____ Email _____

Family Medical Insurance:

Carrier: _____ Group: _____

Policy #: _____ Group#: _____

Family Physician's Name: _____

Physician's Address: _____

Physician's Phone:(____) _____ Email: _____

Allergies (list): _____

Serious Medical Conditions (list): _____

I/we hereby grant consent to any and all health care providers designated by the **Collinsville Extreme Club** to provide my child _____ (name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation to/from health care providers.

(PARENT/GUARDIAN SIGNATURE)

(PRINT NAME)

(DATE SIGNED)