

# Lakeville South Cougar Baseball

2026

## PLAYER/PARENT INFORMATION



## SSC CHAMPIONS

2023

## SECTION 1AAAA CHAMPIONS

2014 (4<sup>th</sup> in State), 2023 (5<sup>th</sup> in State)

## **Lakeville South Cougar Baseball**

Lakeville South High School Baseball Players and Parents,

First off, I would like to say hello to you all and welcome to another year of Cougar baseball. Whether this is your first or eighth year as part of the Cougar Baseball Family, WELCOME!

Our philosophy for LSHS baseball is made up of several key elements, a few of which I would like to share with both the parents and players at this time. We will meet with the players to discuss the full list after cuts are made.

At the top of the list is being a student first and foremost, followed by being an athlete. We believe that if you are taking care of business in the classroom, it will be an easier transition to the baseball field after class. If we are hitting home runs in the classroom, our minds will allow us to concentrate on baseball much more easily.

Secondly, we will respect where we come from. Lakeville South has a strong history of setting the example that others strive to follow, and we will continue this tradition throughout our program by respecting our parents/guardians, school, opponents, coaches, officials, teammates and most importantly ourselves. We will live and breathe a team-first attitude rather than personal agendas and stats. If one stands alone, we lose; if we all stand united, we win championships!

Finally, we will WORK hard during practice to achieve 100% effort at all times, which will relax us to PLAY the game and have fun as a team.

One of our many coaching goals will always be to maintain the saying that effort will most often equal effect. We as coaches will give every player the right to participate. How that player accepts, understands, and delivers that opportunity is in the hands of the player, not the parent or the coach. We will always trust and respect all players and parents. Like in any relationship, the trust and respect aspects are crucial and are awarded, not given. It is up to all of us to maintain this key element in order to be successful on and off the field.

We look forward to seeing you all at the ballpark to support your school, player, and community!

Sincerely,

Brent Goracke	Corey Kennedy	Jake Plucinak	Kelby Johnson
Varsity Head Coach	Asst. Varsity Coach	Asst. Varsity Coach	Asst. Varsity Coach

Dalton Stevens	Matt Torgerson	Carter Bergdahl	Tom Fischer
JV Head Coach	JV Asst. Coach	B-Squad Head Coach	9A Head Coach

## **Player Expectations**

1. The uniform that you wear and represent cannot be mistreated nor improperly worn. Respect it, as it provides more information than where to return you if lost!
2. While participating for the Lakeville South High School Baseball Program, you CAN participate on other organized summer teams WITH pitching restrictions.
3. Minnesota High School League Rules will apply to ALL violations it governs.
4. If there is any violation of #3, we will remove that individual from Captain status immediately, if that player WAS a captain.
5. Give 100% in the classroom and on the baseball field. If we fail in the classroom, we fail our baseball program.
6. After away games, all players are asked to ride the bus home. Win as a program, lose as a program, and travel as a program.
7. All Cougar Baseball Players will, without effort, carry themselves with a positive attitude and be exceptional role models to all within the community.
8. Trust and Respect of your teammates, coaches, and parents is of the utmost importance.
9. Do not throw equipment.
10. If the player is injured, ill (but was in class at the end of day), or cannot participate due to MSHSL rule violations, he is still required to attend all practice and game events. If the student/athlete is not at practices or games it will be an unexcused absence and fall under the attendance policy. The only exclusion from this is if the player has set up another schedule with their team's head coach.
11. EVERY player has a role on the team. It is the players' challenge to be better than their opponent with the same role in the other dugout.

12. Be at every program function, on time, and ready to give 100% to the program.
13. Work to succeed in all program fundraising events throughout the year to reach our program goals.
14. PROGRAM first before self!!!

## **Attendance Policy**

Excused absence is defined as: illness, family emergency, religious reason, or permission by the head coach of your team.

Excused (examples):

- Stayed home from school sick
- Went home from school sick
- Special circumstance came up and cleared it with your team's head coach
- Please do not make doctor/dentist/hair appointments during practice

Unexcused (examples):

- Forgot about team function
- Didn't have a ride
- Overslept
- Special circumstance came up and did NOT clear it with the coach
- Sent a message to a teammate

If you know you are going to be absent or late, contact your team's head coach as soon as possible. You must contact your coach before the scheduled time of the event for the absence to be excused. Being late is not an excused absence.

- If you are gone from practice (excused) the day before a game, you might not start the next game. If you are not a starter, your playing time might be reduced from normal.
- If you are gone from practice (unexcused) the day before a game, you will not play in the next game.

- If you are late for a team event (unexcused), the coaching staff will determine the penalty.
- The coaching staff reserves the right to make decisions based on extenuating circumstances.

**UNEXCUSED ABSENCE RULE:**

3<sup>rd</sup> incident: Will be removed from the team (no money refunds will be given).

**INJURIES:**

Report all injuries regardless of how small the player/parent might think it is to both the coach(es) and/or trainers.

## **Participation Expectations**

**\*\*\*Three things need to happen before you participate this spring for baseball\*\*\***

1. You need to have had a physical exam and have it on record at Lakeville South High School.
2. You need to have read, signed, and understand the MSHSL Athletic Eligibility Brochure. Separate packet.
3. You need to have read the information attached in this packet and agree to ALL the items within and sign the agreement.

**9<sup>th</sup>-12<sup>th</sup> GRADE:**

All days before the 16<sup>th</sup> of March are NOT mandatory, though encouraged to participate if you can.

Official practice may start inside. Arm conditioning practice for 9<sup>th</sup>-Varsity is the week of March 9<sup>th</sup>. Official team practices start on March 16<sup>th</sup>. We will practice/play Monday-Saturday (including some holidays) in either the high school gyms, Lakeville Dome and/or OUTSIDE. Times will vary! Practice times outside for 9-Varsity will be right after school and vary on Saturdays. If weather becomes a concern, we will notify the players as soon as we can to let them know the new destination and times. **DO NOT ASSUME PRACTICE STARTS OR ENDS AT THE SAME TIME EVERY DAY OR LOCATION!!!**

The player is responsible for getting to practice, dressed in full gear, before the given start time. We do not start to put gear on at the start times; we are ready for practice at the times given. Always come prepared to practice inside or outside with the proper clothing. If a player runs late for practice without notification to the coach, the whole team suffers the burden, so please respect your teammates. It is the player/parent's responsibility to personally call/text/email the coach - do not have somebody do it for you/them. The player will be required to attend every practice unless otherwise excused by the coach. If you will not be at practice, you will need to contact your team's head coach immediately with the contact numbers provided below:

Brent Goracke Varsity HC  
baseball26@live.com  
612-363-7495

Dalton Stevens JV Head Coach  
dalton.jl.stevens@gmail.com  
319-759-3366

Carter Bergdahl B-Squad Head Coach  
[berg4628@isd194.org](mailto:berg4628@isd194.org)  
608-632-7613

Tom Fischer 9A Head Coach  
[tom@fnmgrp.com](mailto:tom@fnmgrp.com)  
952-836-6459

## **Cuts and Player Selection**

We have had high numbers in all grades and we will be in a position to have to make cuts for the program.

The tryout period will be the first 3-4 days of practice (cuts can be done throughout the whole season, including but not limited to just prior to the Varsity post-season/playoffs. If a player is cut after the 1<sup>st</sup> week try-out period there will be NO refund of registration fees). Every player that tries out will be given an equal opportunity to make the team. The selection will be made by the whole coaching staff.

### **SOUTH ROLES:**

The concept of "South Roles" serves to define player roles within the Varsity baseball program, providing structure, clarity, and transparency for both coaches and players. The Varsity roster typically consists of 12-18 players, with the potential for individuals to fill multiple roles, maximizing the team's competitiveness. Coaches will use this framework

to communicate with players about their evaluations during tryouts and throughout the season, aiming to maximize the overall experience for all participants.

Experience and seniority alone do not guarantee a roster spot; players must compete for roles based on a number of factors, including their physical abilities as well as contributions to the morale and success of the team. Underclassmen who do not fill a Varsity role will either be placed on a lower-level team or cut, depending on evaluations and tryout performance. Seniors who do not secure a Varsity role will be cut.

During tryouts/the season, players are welcome to approach the coaches and ask where they stand. Coaches will do our best to give accurate feedback based on comprehensive assessments. There is no set day for Varsity team placement/cuts. We will inform players of their roles after tryouts and during the season, but we reserve the right to make cuts until Varsity playoff rosters are completed at the end of the regular season.

Overall, the "South Roles" framework aims to foster a competitive yet transparent environment within the baseball program, where players understand their roles, compete for positions, and receive fair evaluation and feedback from coaches. By clearly defining expectations and opportunities, we're hoping this system will enhance the experience and development of our players.

**\*\*\*ALL decisions on player selections will be final. Only players who are cut immediately following tryouts will receive a refund for their registration fees.\*\*\***

## **Determination of Playing Time**

### **9<sup>th</sup> & B SQUAD:**

9th grade and B Squad teams are considered teams in transition. Participation in practice and in competition will continue to be a strong emphasis. Coaches will make every effort to give playing time to all players through the 1<sup>st</sup> half of the season. Teams will strive to be competitive for the 2<sup>nd</sup> half. **There is no guarantee that playing time will be equal.**

### **JV & VARSITY**

Participation will be based upon the most skilled athletes who will maximize the possibilities for TEAM success, regardless of grade level. The best TEAM does not

necessarily consist of only the best players at all times. Sometimes the top fundamental players do not help the TEAM achieve their highest goals, but a player who fits a need or fills a role will help the TEAM achieve their highest level of play. Coaches' opinions of who is playing best within the TEAM concept may be different from parents' opinions.

Our opinions are based upon who will help achieve the TEAM'S goals to compete.

Playing time, which positions your athlete plays on the field, and where they hit in the line-up, will be at the sole discretion of the coaching staff. We trust and respect your decisions as parents and providers, so please trust and respect the manner in which we coach our teams. Baseball is a game where on field decisions are rarely, if ever, 100% guaranteed successful. We will do our best to achieve the highest success rate we can in keeping the simple standard that TEAM comes first, not singular players/parents.

Criteria for team selection and playing time includes (but is not limited to - nor are they in any particular order) the following:

- Attitude
- Putting TEAM before player
- Knowledge of the game
- Effort in practice and games
- Physical/mental preparation and conditioning
- Proper fundamental knowledge and ability
- Following team rules
- Situation of the game
- Talent of the individual

## **Player/Parent Question Process**

If you or your player have any questions, follow this system of communication:

**STEP 1:** Conversation between player and parent to get all the information first:

Also remember that the coaching staff will be having pre-season and mid-season meetings with your player, where we will give them information about what their roles will be with the current team they are on and what to work on to better the opportunities they can have with game participation. Players can ask questions any time. Put yourself in the coach's shoes as they have several players on the team to think about, not just your player. Team/Program will always come first!

**STEP 2:** Conversation between player and the head coach of their team:

The issue should be discussed between player and coach(es).

**STEP 3:** Meeting with player, parent, and team head coach:

The first two steps will usually resolve the concerns in almost all cases. If not, please call to arrange a mutual time to meet with your player and the head coach. Players **MUST** be present for this meeting.

Coaches will not meet with a parent about a concern in front of the team OR immediately after a game or practice. 24 hours must pass before this conversation happens.

If found out within the conversation that you are talking about a specific event that happened before the 24-hour period has expired, don't take it wrong, but the coaching staff will be informed to either hang up the phone or leave the conversation immediately. If you still want to talk about your concern after the 24-hour period please make sure that the previous 2 steps have been done first. In almost all cases, your player knows the answer to your questions.

The head coach will ONLY discuss questions about your player and no other players on the team.

**STEP 4:** Meeting with player, parent, team head coach, varsity head coach, and AD:

If steps 1, 2, and 3 have been followed and you still have concerns that need to be discussed, please contact the Athletic Director, Mr. Eric Albright, for a meeting. **YOUR PLAYER MUST BE IN ATTENDANCE.**

Email: eric.albright@isd194.org| Office phone: 952-232-3321

**IMPORTANT NOTE:**

**\*\*\*\*All emails, letters, phone calls, texts etc. held between coach and parent will be discussed the very next day with your player.** As coaches we want to help your player mature under the umbrella of baseball. YOUR PLAYER WILL BE A PART OF THE PROCESS. In order for this to work your player has every right to know ALL of the information. If we as coaches hide the above items from our players and they find out about it, we lose both trust and respect, just as you would if your child held information from you. The player/coach relationship is built on trust and respect; we will not waiver on this philosophy.\*\*\*\*

## **Additional Information**

### **FUNDRAISING:**

Fundraising is what allows the program to do the things we do and buy the necessary items needed to continue to be competitive and give the players the items needed to be as successful as possible. The support of FAMILY AND PLAYERS is crucial in this effort. So please give as much attention to this. Your child and the future Cougar Baseball Players appreciate everything we can do **RIGHT NOW!**

### **Team Pictures:**

YTD

### **Equipment:**

Returnable Equipment (provided by program)

- Uniform tops
- Catchers gear
- Gloves supplied by us

Equipment player provides:

- Helmets
- Pants
- Belt
- Bats
- Gloves
- Catchers Gear/Glove

## **Lakeville South Cougar Baseball**

By signing, I \_\_\_\_\_ (student), Grade \_\_\_\_\_ and  
\_\_\_\_\_(Parent/Guardian), understand and will abide by the rules  
and policies of the MSHSL, Lakeville South High School, District 194, and this  
PAC Handbook.

I will always hold a positive attitude towards my teammates, my school, my coaches,  
officials, fans, and parents.

I will always carry out sound judgment and allow the coaches to coach during practice  
and games at all times.

I will stand behind the calls made by the officials and my coaches and use great  
sportsmanship at all times.

I will work and give 100% at all times in the classroom, practice, and games.

I will accept the coach's decisions at all times.

I will listen and keep an open mind through-out the season and believe in myself, my  
teammates and my coaches.

I will do my (student/athletes and parents) part in all fundraising efforts for the  
betterment of my team and its future.

I will always applaud my teammates in a positive manner.

I will give myself to my team and my team will come first on and off the field.

I will dedicate as much time as I can to baseball and my team while in-season.

**MUST be signed by player and parent/guardian to participate in the 2025 baseball tryouts  
and season!**

Student/Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Student/Athlete email address \_\_\_\_\_ Cell # \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian email address \_\_\_\_\_ Cell # \_\_\_\_\_

Please print this page, sign and deliver to your players head coach the first day of try-outs!